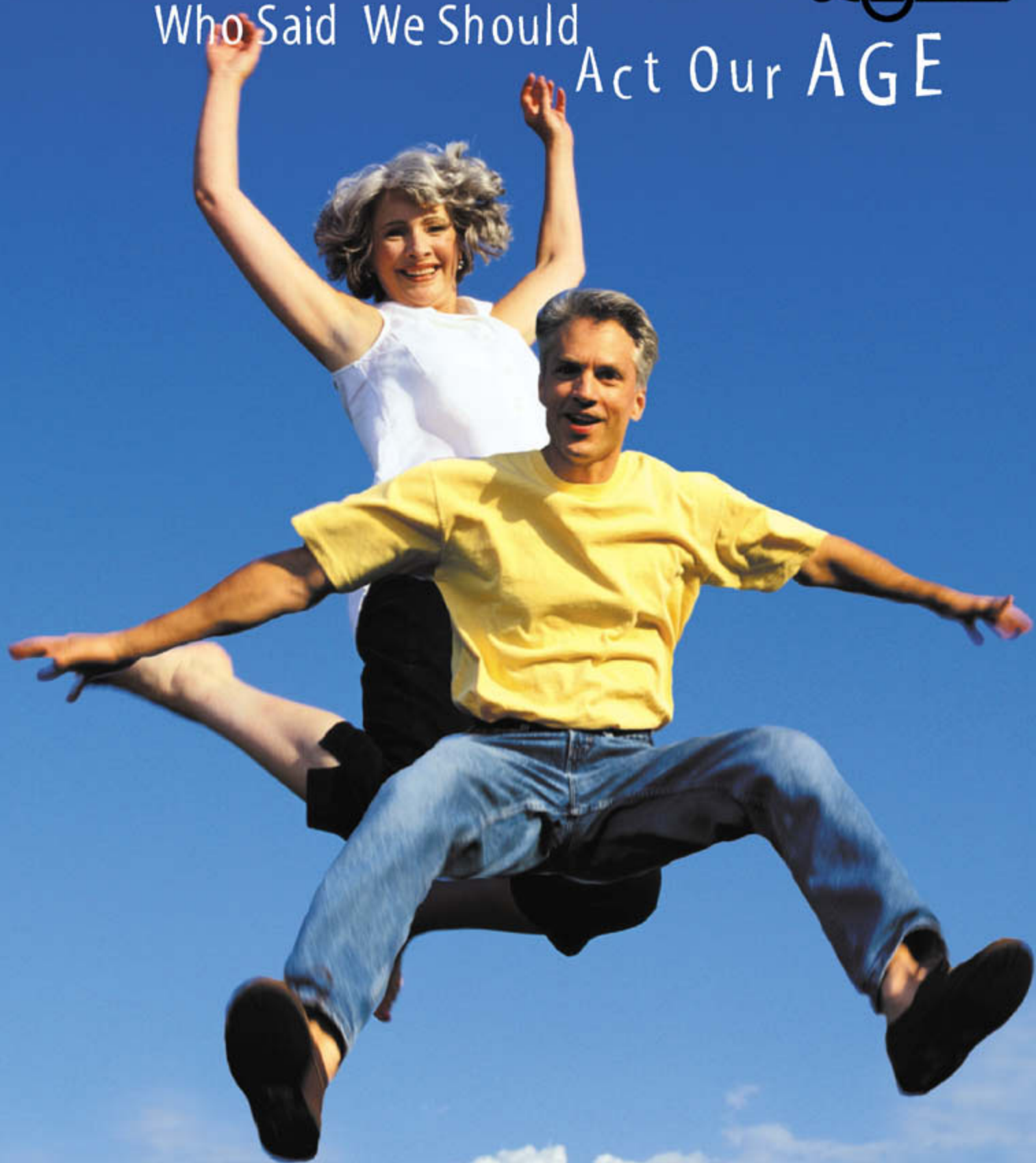


Lifestyles

Who Said We Should  
Act Our AGE



**Vigor**



Make every second count





Make every second count.



## The Vigor Story

Over the past decades there has been an increased demand by both men and women for products that could be seen to make the difference in their increasingly active lives. We at Lifestyles have always been at the leading edge and knew exactly what it was they were looking for. In developing Vigor, we searched the world over to locate the most powerful botanical and protein extracts available. From the Rainforests of Brazil to the fields of China, Vigor contains the most potent, standardized botanical and protein extracts known to mankind. Formulated for the specific needs of both Men and Women, Vigor has set a new standard for high-performance nutritional supplements.

**Vigor for Women** is a uniquely balanced formulation featuring herbs such as Dong Quai, Cranberry and Red Clover, used for centuries by women around the world. Vigor for Women also contains the most potent forms of Siberian and Panax Ginseng as well as the time-tested botanical, Ginkgo Biloba.

**Vigor for Men** features the Brazilian rainforest botanical Catuaba, appreciated by the local male population for generations. The Tupi Indians first discovered the powerful qualities of this plant extract and have composed many songs praising it. Vigor for Men also features Epimedium Grandiflorum, Tribulus Terrestris and Muira Puama.

## For Best Results

It is suggested that you take two to four Vigor tablets daily between meals with water, intra or juice. Vigor can also be taken first thing upon rising in the morning on an empty stomach. To maximize the potency of Vigor, take in combination with intra.

## Taking a Closer Look



### Women's Formula

Supplement Facts	
Serving Size: 2 tablets	
Amount Per Serving	% Daily Value
Calories	4
Carbohydrates	1g <1%
Dong Quai extract (root) (angelica sinensis) (1% ligustilide)	100 mg *
Dong Quai Powder (root)	100 mg *
Chaste Tree extract 4:1 (berry/vitex)	100 mg *
Siberian Ginseng extract (root) (eleutherococcus senticosus) (0.8% eleutherosides)	100 mg *
Panax Ginseng extract (root) (7% ginsenosides)	80 mg *
Black Cohosh extract (root) (cimicifuga racemosa) (2.5% triterpene glycosides)	60 mg *
Red Raspberry extract 4:1 (leaf) (rubus idaeus)	50 mg *
Cranberry extract (juice) (90% solids)	50 mg *
Red Clover extract (leaf) (trifolium pratense) (8% isoflavones)	30 mg *
Ginkgo Biloba extract (leaf) (24% flavonoglycosides / 6% lactones)	30 mg *
Nettle extract (root) (urtica dioica) (0.8% sterols)	20 mg *

\*\* Percent Daily Values are based on a 2000 calorie diet  
\* Daily Value not established

### Men's Formula

Supplement Facts	
Serving Size: 2 tablets	
Amount Per Serving	% Daily Value
Calories	4
Carbohydrates	1g <1%
L-Arginine	200 mg *
Epimedium Grandiflorum extract (leaf) (3% epimedioides) (horny goat weed)	150 mg *
Catuaba extract 4:1 (bark) (erythroxylum catuaba) (40% saponins)	150 mg *
Tribulus terrestris extract (fruit) (puncture vine)	100 mg *
L-Lysine	100 mg *
L-Glutamine	100 mg *
Muira Puama extract 4:1 (bark) (potency wood)	50 mg *
Maca extract 4:1 (root)	50 mg *
Avena Sativa extract 4:1 (aerial parts)	50 mg *
Ginkgo Biloba extract (leaf) (24% flavonoglycosides / 6% lactones)	50 mg *

\*\* Percent Daily Values are based on a 2000 calorie diet  
\* Daily Value not established



Not all products are available in every country. Ingredients may vary by country. Please see product label for complete listing.