

# LIFECORE™ COMPLETE VANILLA



## CLINICAL APPLICATIONS

- Supports Healthy Body Weight and Metabolism
- Promotes a Feeling of Fullness and Reduces Cravings
- Provides a Diverse Blend of Clean, Plant-Based Nutrition
- Promotes Healthy GI and Immune Function

## ESSENTIAL NUTRITION

LifeCORE Complete is a balanced nutritional shake, free from classic allergens, such as gluten, soy, dairy, and does not contain fructose or any genetically-modified foods. It provides a diverse blend of pure plant proteins combined with other essential nutrients and fiber to create a complete source of balanced daily nutrition.

Just one serving of LifeCORE Complete provides 20 g of high-quality protein, sourced from organic brown rice, legumes (peas), and potato proteins. The unique complex of vegetable-based protein has a well-balanced amino acid profile including a high content of lysine, arginine, and branched chain amino acids.

LifeCORE Complete suits all lifestyles and weight management goals, delivering the preferred ratio of protein, carbohydrates and fat necessary for a balanced diet in two delicious flavors: rich dark chocolate or creamy vanilla. LifeCORE Complete is specially formulated to curb cravings, maintain glycemic balance and help individuals on specialty diets easily adhere to their prescribed meal plan.

### Overview

LifeCORE Complete is a comprehensive nutrition source that includes an ideal balance of organic brown rice, pea and Solathin™ potato proteins. These proteins have been shown to support satiety naturally by increasing cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1). CCK and GLP-1 are well-known satiety hormones that aid the body in decreasing food intake and signaling increased satiety to the brain. These proteins support satisfaction and maintenance of normal blood sugar levels after eating.<sup>[1-3]</sup>

Carbohydrates are the body's preferred fuel source, making this macronutrient essential to a well-balanced diet. However, the type, quantity and metabolic impact of carbohydrate intake is imperative to achieving balance and reaching wellness goals. LifeCORE Complete provides low-impact carbohydrates balanced with fiber, protein and healthy fats, like olive oil, to fuel the body and maintain optimal health. Olive oil has been shown to not only support heart health and healthy regulation of cholesterol levels, but the omega-3 rich oil helps support satiety as well. Researchers have found that olive oil consumption has a direct impact on blood sugar levels – reducing the amount of glucose absorbed from the blood into the liver cells.<sup>[4]</sup>

### Nutrients

#### Pea Protein<sup>†</sup>

Pea protein was chosen to comprise the plant protein sources of LifeCORE Complete because it showed the strongest effects on CCK release compared to other dietary proteins, in an intestinal cell model.<sup>[1]</sup> In healthy subjects, pea and wheat protein are the most potent stimulators of CCK and GLP-1 release in human duodenal tissue and therefore may be good dietary additives in weight management.<sup>[2]</sup> Further studies on the effect of pea protein on satiety hormone release showed an increase in the level of CCK, comparable to the effect of whey protein.<sup>[3]</sup>

#### Rice Protein<sup>†</sup>

Rice protein is a valuable source of branched chain amino acids leucine, isoleucine and valine. These amino acids reduce the breakdown of protein and stimulate protein synthesis. In animal studies, rice protein was shown to support strong heart

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function, healthy cholesterol levels and insulin sensitivity, reducing the negative impact of the Western diet fed to these animals.<sup>[5-7]</sup>

### Potato Protein†

Solathin™ brand potato protein is a chosen ingredient in LifeCORE Complete because it is a compilation of low molecular weight amino acids, including a potent satiety inducing factor called proteinase inhibitor II (PI2). Proteinase inhibitor II, is a heat –stable protein derived from potatoes that is reported to reduce appetite and food intake by promoting the release of the satiety hormone, CCK, when taken before a meal.<sup>[8-10]</sup>

### L-Carnitine Tartrate†

L-Carnitine increases the flow of free fatty acids into the mitochondria of each cell directly boosting energy production. When key micronutrients are combined with a therapeutic amount of L-carnitine, the mixture can be used as a high octane fuel supplement to enhance mitochondrial energy production and produce clinically significant results. In animal models, L-carnitine has been shown to be effective for supporting cardiac performance, healthy cholesterol levels, carbohydrate and muscle metabolism, cognitive function and a reduction in fatigue.<sup>[11-14]</sup>

### Taurine†

Taurine is a key ingredient in LifeCORE Complete as it enhances function at a cellular level and although it is produced in the body, consumption is essential to maintaining adequate levels. Taurine is a sulfur –containing amino acid that is not incorporated into proteins. It is found in very high concentrations in the heart and retina of the eyes where it serves as a potent anti-oxidant to protect these delicate tissues.<sup>[15]</sup> In human and animal studies, taurine supplementation is shown to support healthy blood pressure levels and positive physiological functioning of the heart.<sup>[16-19]</sup>

### Organic Flax Seed Flour†

Alpha-linolenic acid (ALA) is an omega-3 fatty acid found in flax seeds shown to support healthy heart function.<sup>[20-21]</sup> Flax seeds are also a source of fiber and lignans. Lignans support safe estrogen metabolism in both men and women.<sup>[22]</sup>

### Olive Oil Powder†

Olive oil is a known source of bioactive compounds that support optimal health. Olive oil extracts have been shown to support heart health, healthy cholesterol levels and promotes a healthy cycle of inflammation.<sup>[24-25]</sup> Recent studies have even found olive oil to support healthy weight management.<sup>[4]</sup>

### Larch Arabinogalactin (Fiber Aid) †

Larch arabinogalactan is a source of dietary fiber, and has been approved as such by the FDA. This fiber aid was selected as an ingredient in LifeCORE Complete due to its immune-enhancing properties that suggest an array of clinical uses, both in promoting GI health, as well as its ability to support a more responsive immune system. Arabinogalactan has been shown to prime the immune system, increase natural killer cell activity and support the body during immune challenges.<sup>[25]</sup>

### Directions

Mix 1-2 scoops of this product with 8 oz of water or the beverage of your choice, one daily or as recommended by your health care professional.

### Does Not Contain

Gluten, yeast, artificial colors and flavors.

### Cautions

If you are pregnant or nursing, consult your physician before taking this product

<b>Supplement Facts</b> <sup>v3</sup>		
Serving Size 2 Scoops (63.6 Grams)		
Servings Per Container 14		
<b>2 scoops contain</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories	260	
Calories from Fat	50	
Total Fat	6 g	9%*
Saturated Fat	1 g	5%*
Total Carbohydrate	31 g	10%*
Dietary Fiber	4 g	16%*
Sugars	12 g	**
Protein	20 g	40%*
Calcium	75 mg	8%
Iron	6 mg	33%
Sodium	350 mg	14%*
<b>Proprietary Blend</b>	<b>24.3 g</b>	
Nutralys® Pea Protein Concentrate		**
ORYZAPRO Rice Protein		**
SolaThin™ Potato Protein Extract		**
Organic Flaxseed Flour	4.5 g	**
Larch Arabinogalactan (FiberAid™)	2 g	**
Virgin Olive Oil	2 g	**
Alpha Linolenic Acid (from Organic Flaxseed Flour)	900 mg	**
L-Carnitine L-Tartrate	500 mg	**
Medium Chain Triglycerides	500 mg	**
Taurine	500 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

### LifeCORE Complete Vanilla

ID# 928001 890 Grams (31.4 oz)

ID# 928032 Shaker

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