

### *product information sheet*

**The Right  
Nutrients.  
In the Right  
Amounts.  
At the  
Right Time.**



Your body's rhythms are synced with the rising and setting of the sun. Once interrupted, these cycles can affect your body, mood, and more. These cycles can also be affected by how and when you supplement your nutrition. Too much of one mineral in the morning or another vitamin at night can lead to unwanted effects. Many multivitamins are convenient. But science has shown that a complete days' worth of vitamins and minerals all at once is not optimal for health. The body's natural rhythms as well as timing, absorption rates, and the interaction of certain ingredients in the body are all important factors to consider to make sure you get a multi-nutrient solution that properly supports optimal health.

### **It's Time for a Wiser Approach to Nutrition**

#### *Features*

The key that makes the TimeVantage Nutrient System successful is Timewise Nutrient Delivery, which was developed in collaboration with experts in biochemistry, biophysics, and molecular biology, to provide the right nutrients, in the right amounts, at the right time. This helps ensure your body gets the essential nutrients it needs at the right time to optimize bioavailability and at levels shown to support real health benefits.



**The right nutrients.** Including vitamins, minerals and adaptogens, carefully selected to build a proper nutritional foundation in order to support ultimate activation of your antioxidant pathways.

**In the right amounts.** Ensuring that you receive the right amounts your body needs while also eliminating concerns about providing more than your body can absorb.

**At the right time.** Specifically formulated so that certain micronutrients don't compete with one another for absorption or decrease their individual effectiveness.

The result is nutrition that allows for your body to stay in sync with its natural rhythms, delivering energy and focus for a productive day and helping to calm your mind and body at night.

## Benefits

### The Benefits of taking TimeVantage™ AM:



Reduces free radicals formed in the body



Supports energy levels and energy production



Supports general health and wellbeing



Supports a healthy stress response in the body



Supports nervous system health and function



Supports collagen formation



Supports bone health and strength



Supports vitamin and mineral levels in the body



Supports hair, skin, and nail health

### The Benefits of taking TimeVantage™ PM:



Reduces free radicals formed in the body



Supports nervous system health and function



Supports vitamin and mineral levels in the body



Supports general health and wellbeing



Supports collagen formation

## Ingredients

### Ingredients of TimeVantage™ AM:

**Dosage size: 2 Tablets**

**Doses per container: 30**

#### Active Ingredients per tablet

Betacarotene .....	175 micrograms
Retinol palmitate .....	595.3 micrograms
Equiv. Vitamin A .....	325 micrograms retinol equivalents
Thiamine nitrate .....	925 micrograms
Equiv. Thiamine (Vitamin B1) .....	750 micrograms
Riboflavin (Vitamin B2) .....	1.1 mg
Nicotinamide .....	2.5 mg
Calcium pantothenate .....	3.82 mg
Equiv. Pantothenic acid (Vitamin B5) .....	3.5 mg
Pyridoxine hydrochloride .....	1.22 mg
Equiv. Pyridoxine (Vitamin B6) .....	1 mg
Biotin .....	17.5 micrograms
Folic acid .....	150 micrograms
Mecobalamin (co-methylcobalamin) .....	5 micrograms
Ascorbic acid (Vitamin C) .....	100 mg
Colecalciferol (Vitamin D3 200 IU) .....	5 micrograms
d-alpha-tocopheryl acetate .....	5.2 mg
Equiv. d-alpha-tocopherol (Vitamin E 7 IU).....	4.75 mg
Phytomenadione (Vitamin K1) .....	7.5 micrograms
Choline bitartrate .....	121.57 mg
Equiv. Choline .....	50 mg
Calcium (from Calcium carbonate) .....	45 mg

Calcium (from Calcium citrate tetrahydrate) ...	5 mg
Chromium (from Chromium picolinate) .....	11.25 micrograms
Copper (from Copper gluconate) .....	650 micrograms
Manganese (from Manganese gluconate) .....	650 micrograms
Potassium (from Potassium chloride) .....	25 mg
Camellia sinensis (Green tea) ext. dry conc. ...	100 mg
From dry leaf .....	1.05 g

**Inactive Ingredients:** Acacia, microcrystalline cellulose, hypromellose, croscarmellose sodium, magnesium stearate, silicon dioxide, stearic acid, hyplose, macrogol 8000, vanillin, sucrose, maltodextrin, modified foodstarch

## Directions

Adults only: Take 2 tablets, once daily, with water, or as directed by your healthcare professional.

**Warnings TimeVantage™ AM:** If you are pregnant, or considering becoming pregnant, do not take Vitamin A supplements without consulting your doctor or pharmacist. When taken in excess of 3000 micrograms retinol equivalents, Vitamin A can cause birth defects. The recommended daily amount of Vitamin A from all sources is 700 micrograms retinol equivalents for women and 900 micrograms retinol equivalents for men. Contains 7 mg of total caffeine per tablet (from green tea). A cup of instant coffee contains approximately 80 mg of caffeine. Caffeine intake more than 200 mg per day is not recommended during pregnancy or breastfeeding. Contains 25 mg of potassium per tablet. If you have kidney disease or are taking heart or blood pressure medicines, consult your doctor or pharmacist before use. Keep out of reach of children. Vitamins and minerals can only be of assistance if dietary intake is inadequate.



## Ingredients

### Ingredients of TimeVantage™ AM:

Dosage size: 2 Tablets

Doses per container: 30

#### Active Ingredients per tablet

Ascorbic acid (Vitamin C) .....	100 mg
D-alpha-tocopheryl acetate .....	5.2 mg
Equiv. d-alpha-tocopherol (Vitamin E 14 IU) .....	4.75 mg
Nicotinamide .....	2.5 mg
Phytomenadione (Vitamin K1) .....	7.5 micrograms
Magnesium oxide .....	82.9 mg
Equiv. Magnesium .....	50 mg
Zinc gluconate .....	45.3 mg
Equiv. Zinc .....	6.5 mg
Manganese gluconate .....	4 mg
Equiv. Manganese .....	500 micrograms
Chromium picolinate .....	90.5 micrograms
Equiv. Chromium .....	11.3 micrograms
Potassium chloride .....	47.7 mg
Equiv. Potassium .....	25 mg
Choline bitartrate .....	121.6 mg
Equiv. Choline .....	50 mg
Camellia sinensis ext. dry conc. ....	100 mg
From dry leaf .....	1.8 g
Matricaria chamomilla ext. dry conc. ....	50 mg
From dry herb .....	200 mg

**Inactive Ingredients:** acacia, microcrystalline cellulose, hypromellose, croscarmellose sodium, magnesium stearate, silicon dioxide, stearic acid, hyprolose, macrogol 8000, vanillin, sucrose, maltodextrin, modified foodstarch

## Directions

**Directions for Use:** Adults only: Take two tablets once in the evening, with water or as directed by your healthcare professional.

**Warnings TimeVantage™ PM:** Contains 25 mg of potassium per tablet. If you have kidney disease or are taking heart or blood pressure medicines, consult your doctor or pharmacist before use. Do not use if pregnant, breastfeeding or likely to become pregnant. Keep out of reach of children.

### Share

Let your friends and family learn about your experience on social media!

Tag @LifeVantage





### *Why Should I take TimeVantage™ Nutrient System?*

Instead of stuffing all of your daily values of vitamins and minerals into one serving, The TimeVantage Nutrient System allows your body to get what it needs, when it needs it. The system is uniquely designed to give you the right nutrients, in the right amounts, at the right time, to help your body function optimally.

### *Can I take the TimeVantage™ Nutrient System with my other supplements?*

If you have any questions about how your supplements will interact with the TimeVantage Nutrient System, please consult your health care professional to verify their effectiveness together.

### *Don't I get these vitamins and minerals from my diet?*

Many people mistakenly believe all of their dietary needs are met by a well-balanced diet. However, dietary surveys continue to show that most people don't consume enough of key nutrients and their diets often fall short. So, they may be getting a sufficient amount of one vitamin or mineral and not getting any of another. The TimeVantage Nutrient System was formulated to deliver the right nutrients, in the right amounts, at the right time so your body can properly absorb all the nutrients and to maintain its proper functions.

### *How many servings are there per bottle?*

Each bottle contains 30 servings. Each serving is 2 tablets. When you purchase the TimeVantage Nutrient System you will get one bottle of TimeVantage AM with 30 servings and one bottle of TimeVantage PM with 30 servings.

### *Can I give the TimeVantage Nutrient System to my children?*

We do not recommend giving the TimeVantage Nutrient System to children. The system was formulated based on adult dietary needs.

### *Can I take the TimeVantage Nutrient System if I am pregnant or nursing?*

We suggest you consult with your physician before use if you have any questions or concerns about your pregnancy.

### *Are there any potential allergens in the TimeVantage Nutrient System?*

TimeVantage AM & TimeVantage PM are free from gluten, wheat, dairy, gelatin, and yeast. If you are concerned about any specific ingredients, please contact your health professional.

### *What are the vitamins and minerals the TimeVantage Nutrient System derived from?*

A majority of the vitamins and minerals are produced through synthetic means. However, all ingredients in the TimeVantage™ Nutrient System are designed to be nature identical, so your body will recognize them as if in their natural form.

### *When should I take TimeVantage AM & TimeVantage PM?*

As indicated in the name TimeVantage AM is best taken in the morning with a glass of water and preferably with a meal. And TimeVantage PM is best taken in the evening with a glass of water and preferably with a meal.

### *Are there any side effects to taking the TimeVantage Nutrient System?*

We do not expect there to be any side effects for the typical consumer. If you experience any adverse reaction, discontinue use of the product, and let our support team know by calling 1-800-218-751.

### *I already take a multivitamin. Why should I switch to the TimeVantage Nutrient System?*

A quality multivitamin is important to any well-balanced diet. The TimeVantage Nutrient System is the only multi-nutrient on the market that contains Timewise Nutrient Delivery, which gives the right nutrients, at the right time, in the right amounts, so your body can work optimally. As experts in nutrigenomics, LifeVantage is always seeking ways to not only supplement the body but activate its natural processes to help it function better.

### *What is the difference between activation and supplementation?*

Supplementation is essentially topping off levels of deficiency in the body. Activation takes a more proactive approach by switching on the cells and genes abilities to function optimally. However, cells require the proper nutrients to function correctly. If they do not have the proper nutrient base, then the basic function of cells will start to falter.



### *Is the TimeVantage Nutrient System gluten-free?*

Yes, TimeVantage AM & TimeVantage PM are gluten free.

### *If my doctor tells me I have a nutrient deficiency, will the TimeVantage Nutrient System help?*

*The TimeVantage Nutrient System* is designed to provide the essential nutrients most adults need to support overall health. If you have specific concerns about deficiencies, please talk to your health care provider to determine if the TimeVantage Nutrient System will meet your needs.

### *How does the TimeVantage Nutrient System complement other LifeVantage products?*

TimeVantage AM & TimeVantage PM are unique supplements designed to work together from the start. In studies conducted on the U.S. formulas, we found that the multi-nutrient Rise AM & Reset PM System made our Protandim® activating products work even better.

### *Will the niacin in the TimeVantage Nutrient System give me a niacin flush?*

No, the form of niacin used (niacinamide) does not cause niacin flush.

### *Why doesn't the TimeVantage Nutrient System contain iron?*

Most people are not iron deficient, and multivitamins do not contain iron unless they are designed to meet the needs of someone with a specific deficiency.

