

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 multinutrient solution that properly supports your optimal health.

It's Time for a Wiser Approach to Nutrition

Features

The key that makes Rise AM & Reset PM successful is Timewise Nutrient Delivery™ which we 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 Rise AM



Provides essential micronutrients to support your health all day*



Helps you feel energized, alert and focused throughout the day*



Supports physical and mental energy*



Supports a positive mood*

The Benefits of taking Reset PM



Helps to relax the body and mind at the end of the day*



Works with your natural circadian rhythms*



Helps your body and restore health as you sleep*



Helps to promote feelings of calm and ease stress*



Supports restful sleep*



Helps you to wake feeling refreshed*

The Benefits of Taking Rise AM & Reset PM Together

- Provides key nutrients needed to support cell signaling and gene activation to help maximize the effectiveness of the Protandim® line*
- Supports overall health, wellness and wellbeing*
- Supports healthy looking skin, hair and nails*
- Supports overall cellular lifecycle, cell structure, health and function*
- Supports healthy aging*
- Supports brain health, learning, focus and memory*
- Provides key micronutrients necessary for total body health*
- Supports nutrient metabolism and energy production*
- Supports musculoskeletal health (muscles, bones, joints, teeth)*
- Helps to fill in nutrient gaps*
- Supports immune health*
- Supports cardiovascular health*
- Supports eye health*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Ingredients

Ingredients of Rise AM

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	% DV**
Vitamin A (as Retinyl Palmitate and 300 mcg from Beta Carotene)	1,300 mcg RAE	144%
Vitamin C (as Ascorbic Acid)	200 mg	222%
Vitamin D3 (as Cholecalciferol)	100 mcg	500%
Vitamin E (as d-Alpha Tocopherol Succinate)	9.5 mg	63%
Vitamin K1 (as Phytonadione)	45 mcg	38%
Thiamine (as Thiamine HCl and Thiamine Mononitrate)	1.5 mg	125%
Riboflavin	2.2 mg	169%
Niacin (as Niacinamide)	10 mg NE	63%
Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	2 mg	118%
Folate (as Calcium L-5-Methyltetrahydrofolate and Folic Acid)	600 mcg DFE (335 mcg folic acid)	150%
Vitamin B12 (as Methylcobalamin)	400 mcg	16,667%
Biotin	35 mcg	117%

**% Daily Value are based on a 2,000 calorie diet.
† Daily Value not established.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	% DV**
Pantothenic Acid (as Calcium Pantothenate)	7 mg	140%
Choline (as Choline Bitartrate and Phosphatidylcholine)	100 mg	18%
Calcium (as Calcium Carbonate and Calcium Citrate)	100 mg	8%
Iodine (as Potassium Iodide)	145 mcg	97%
Selenium (as Selenomethionine)	35 mcg	64%
Copper (as Copper Gluconate)	1.3 mg	144%
Manganese (as Manganese Gluconate)	1.3 mg	57%
Chromium (as Chromium Polynicotinate)	22.5 mcg	64%
Molybdenum (Molybdenum Glycinate Chelate)	25 mcg	56%
Potassium (as Potassium Chloride and Potassium Iodide)	50 mg	1%
Ginseng Extract (Panax ginseng) Root	200 mg	†

**% Daily Value are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Cellulose, Cellulose Gum, Magnesium Stearate, Silica, Stearic Acid, Polyethylene Glycol, Evaporated Cane Juice, Natural Vanilla Flavor

Directions

Take 2 tablets daily, preferably with your morning meal.

WARNINGS: Not recommended for children or individuals under 18 years of age or women who are pregnant or nursing. Keep out of reach of children.



Ingredients

Ingredients of Reset PM

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value**
Vitamin C (as Ascorbic Acid)	200 mg	222%
Vitamin E (as d-Alpha Tocopherol Succinate)	9.5 mg	63%
Vitamin K1 (as Phytonadione)	45 mcg	38%
Niacin (as Niacinamide)	10 mg NE	63%
Choline (as Choline Bitartrate & Phosphatidylcholine)	100 mg	18%
Iodine (as Potassium Iodide)	145 mcg	97%
Magnesium (as Magnesium Amino Acid Chelate)	100 mg	24%
Zinc (as Zinc Gluconate)	13 mg	118%
Selenium (as Selenomethionine)	35 mcg	64%
Manganese (as Manganese Gluconate)	1.3 mg	57%
Chromium (as Chromium Polynicotinate)	22.5 mcg	64%
Molybdenum (Molybdenum Glycinate Chelate)	25 mcg	56%
Potassium (as Potassium Chloride & Potassium Iodide)	50 mg	1%

Proprietary Calming Herb Blend 300 mg †
L-Theanine, Chamomile Extract (*Matricaria recutita*) herb,
Passionflower Extract (*Passiflora incarnata*) flower

**% Daily Value are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS:
Cellulose, Cellulose Gum, Magnesium Stearate, Silica, Stearic Acid, Polyethylene Glycol, Evaporated Cane Juice, Natural Vanilla Flavor

Directions

Take 2 tablets daily, preferably in the evening with food.

WARNINGS: Not recommended for children or individuals under 18 years of age or women who are pregnant or nursing. Keep out of reach of children.

Results

In a consumer trial, participants were asked to use Rise AM™ & Reset PM™ for 90 days. Participants were not told what to expect.

Here are the results:†



23%
increase
in mental
energy*



27%
increase
in physical
energy*



25%
increase
in alertness*



32%
improvement
in mood*



37%
increase
in ability
to relax*



34%
improvement
in stress relief
at night*



43%
increase
in waking
refreshed
in the
morning*

†Individual results may vary.

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LiveVantage In Vitro Study of Rise AM™ & Reset PM™ System

Background:

Activation is not possible without proper cell communication, and cell communication is not possible without the proper micronutrients such as those found in LifeVantage® Rise AM™ and Reset PM™. We wanted to confirm this principle of activation support using our Protandim® line as an example. We targeted known key gene markers such as catalase, glutathione, and sirtuins in order to show the additive benefits of Rise AM and Reset PM.

Objective:

To investigate the synergistic effects of Rise AM & Reset PM system on Protandim® Nrf2 Synergizer®, Protandim® Dual Synergizer, and Protandim® Tri-Synergizer on various gene targets.

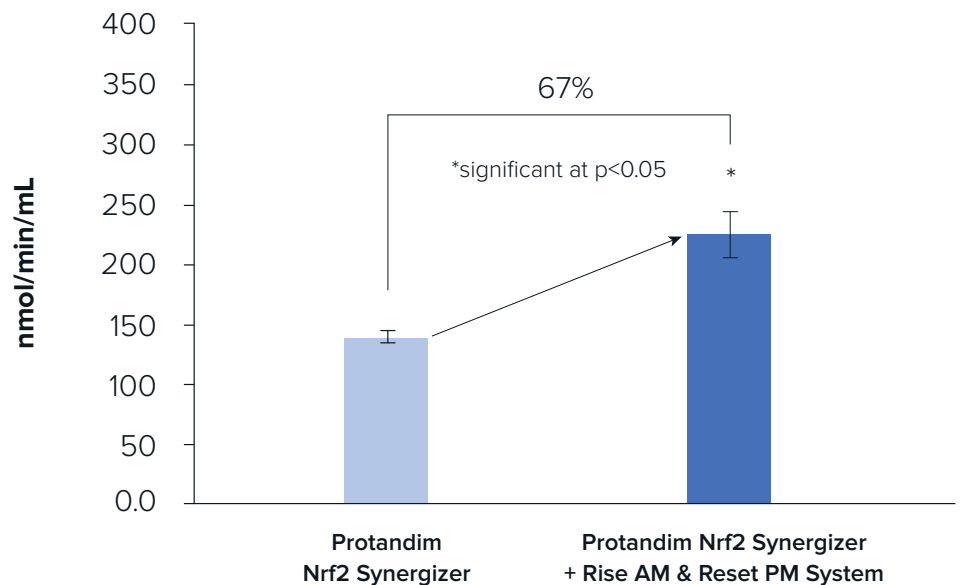
Design:

Liver cells were supplemented with Protandim Nrf2 Synergizer, Protandim Dual Synergizer, and Protandim Tri-Synergizer alone or in combination with the Rise AM & Reset PM system. Gene activation of catalase, glutathione, and total sirtuin activity were investigated.

Results:

1. The combination of Rise AM and Reset PM with Protandim Nrf2 Synergizer increased gene expression of glutathione peroxidase by 67% over Protandim Nrf2 Synergizer alone.*

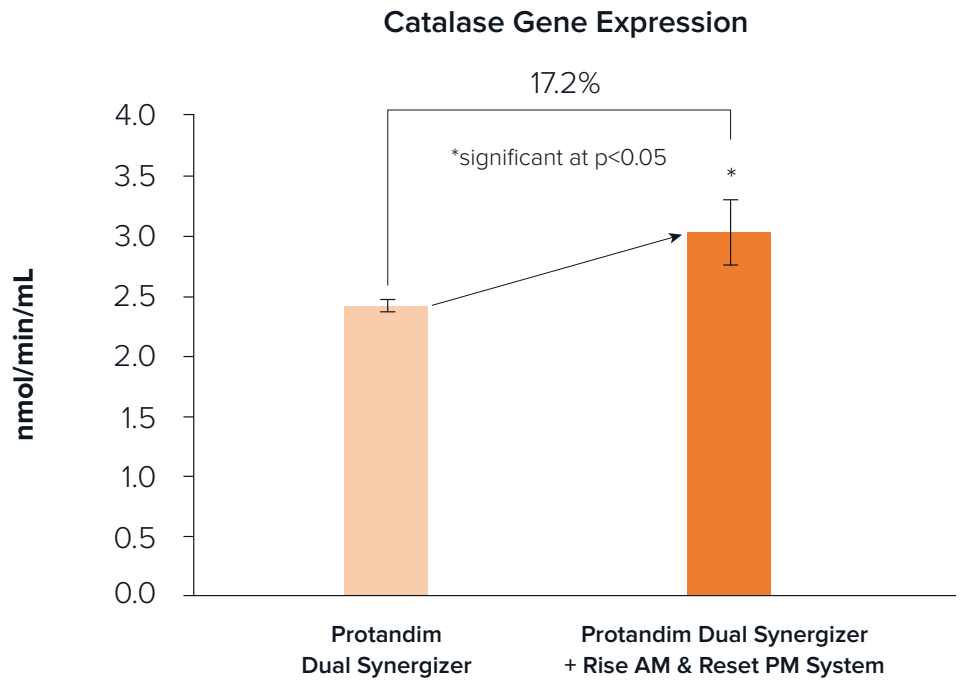
Glutathione Peroxidase Gene Expression



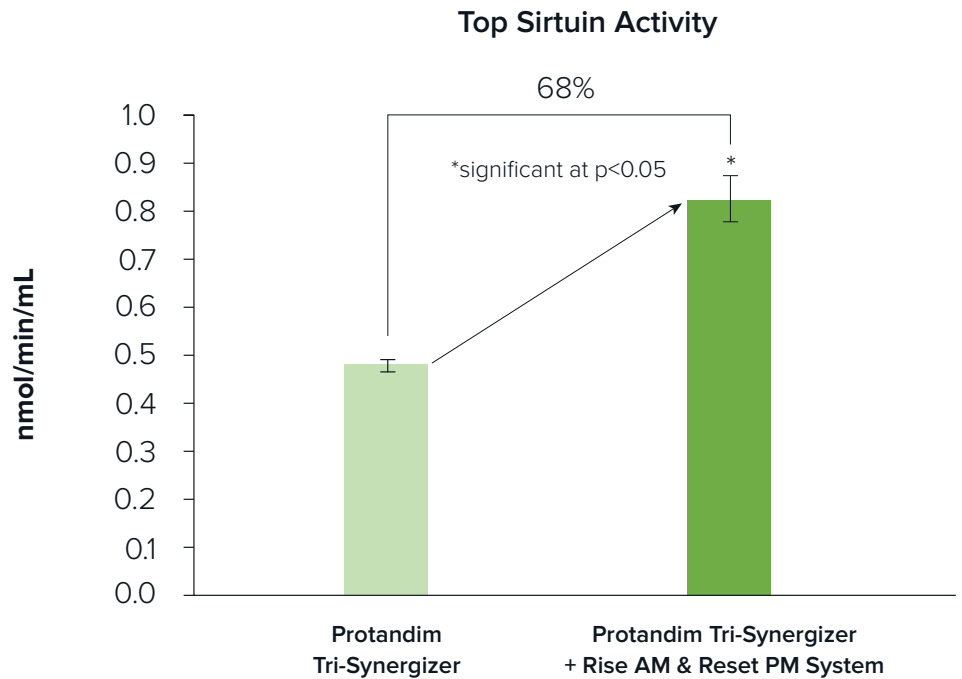
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2. The combination of Rise AM and Reset PM with Dual Synergizer increased the gene expression of catalase by 17.2% over Dual Synergizer alone.*



3. The combination of Rise AM and Reset PM with Tri-Synergizer increased total sirtuin activity by 68% over Tri-Synergizer alone.*



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Why Should I take LifeVantage® Rise AM & Reset PM?

Instead of stuffing all of your daily values of vitamins and minerals into one serving, the Rise AM & Reset PM 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 Rise AM & Reset PM with my other supplements?

If you have any questions about how your supplements will interact with Rise AM & Reset PM, please consult your health care professional to verify their effectiveness together.

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

A well-balanced diet will help in getting all the necessary vitamins and minerals. Many people mistakenly believe all 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. Rise AM and Reset PM were 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 Rise AM & Reset PM System you will get one bottle of Rise AM with 30 servings and one bottle of Reset PM with 30 servings.

Can I give Rise AM & Reset PM to my children?

We do not recommend giving the Rise AM & Reset PM system to your children. The system was formulated based on adult dietary needs.

Can I take Rise AM & Reset PM 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.

What are the benefits of taking Rise AM & Reset PM?

There are lots of benefits that you can feel when taking Rise AM & Reset PM, some of these include:

- Provides key nutrients needed to support cell signaling and gene activation to help maximize the effectiveness of the Protandim line*
- Supports overall cellular lifecycle, cell structure, health and function*
- Provides key micronutrients necessary for total body health*
- Helps to fill in nutrient gaps*
- Supports overall health, wellness and wellbeing*
- Supports healthy aging*
- Supports nutrient metabolism and energy production*
- Supports immune health*
- Supports cardiovascular health*
- Supports healthy looking skin, hair and nails*
- Supports brain health, learning, focus and memory*
- Supports musculoskeletal health (muscles, bones, joints, teeth)*
- Supports eye health*

Are there any potential allergens in Rise AM and Reset PM?

Rise AM & Reset 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 in Rise AM & Reset PM derived from?

A majority of the vitamins and minerals are produced through synthetic means. However, all ingredients in Rise AM & Reset PM are designed to be nature identical, so your body will recognize them as if in their natural form.

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When should I take Rise AM & Reset PM?

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

Are there any side effects to taking Rise AM or Reset PM?

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 (866) 460-7241.

I already take a multivitamin. Why should I switch to Rise AM & Reset PM?

A quality multivitamin is important to any well-balanced diet. The Rise AM and Reset PM System is the only multinutrient on the market that contains Timewise Nutrient Delivery, which gives the right nutrients, in the right amounts, at the right time, 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 Rise AM and Reset PM gluten-free?

Yes, Rise AM & Reset PM are gluten free.

Is Rise AM and Reset PM vegetarian or vegan friendly?

Yes, Rise AM & Reset PM are 100% vegetarian as well as vegan friendly.

If my doctor tells me I have a nutrient deficiency, will Rise AM & Reset PM help?

Rise AM and Reset PM are 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 Rise AM & Reset PM will meet your needs.

How does Rise AM and Reset PM complement other LifeVantage® products?

Rise AM and Reset PM are unique supplements designed to work together from the start. In studies we have conducted, we found that Rise AM and Reset PM make our Protandim® activating products work even better.

Will the niacin in LifeVantage® Rise AM and Reset PM give me a niacin flush?

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

Why doesn't Rise AM or Reset PM 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.

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