

March 12, 2025



Life Time Brings Trusted, Proven Line of LTH-Branded Supplements to Amazon



Rigorously tested, research-backed LTH protein powders, electrolytes, fish oil and more now available

CHANHASSEN, Minn., March 12, 2025 /PRNewswire/ -- Life Time (NYSE: LTH), the nation's premier healthy lifestyle brand, has expanded access to its highly trusted line of LTH-branded supplements on [Amazon](#). Concurrent with National Nutrition Month, the nearly 33-year health and wellness pioneer has brought its two decades of expertise in formulating high-quality, rigorously tested supplements to the e-commerce giant, including:

- **[LTH Protein Powders](#)**: High-quality protein powders to support muscle recovery and daily nutrition.
- **[GLOW Omega-3 Fish Oil](#)**: Supports heart, brain and joint health with sustainably sourced omega-3s.
- **[REWIND Collagen Elixir](#)**: Aids skin elasticity, hair and nail health and joint functioning with a berry sorbet flavored daily shot blend of collagen.
- **[POWER Creatine Monohydrate](#)**: A go-to supplement for muscle strength, athletic power, brain health and promoting lean body mass.
- **[PRIME Collagen Peptides](#)** – Supports muscle recovery, joint health and skin hydration.
- **[HYDRATE Electrolytes](#)** – A hydration mix designed to replenish electrolytes.

"With millions of people shopping on Amazon every day, we saw an opportunity to dramatically expand Life Time's impact on peoples' health and wellness via our LTH supplements and create more awareness for the exceptional products we create and offer," said Kimo Seymour, Senior Vice President, Life Time. "It's now easier than ever for anyone

to access and benefit from the rigorous commitment we've applied to ensure what's on the label is in the product, along with high standards for quality and effectiveness."

Life Time entered the supplement space more than 20 years ago when Founder, Chairman, and CEO, Bahram Akradi, personally funded third-party testing of the multivitamin he was taking at the time, only to discover it fell well short of ingredient profile and quality standards. Committed to a better solution, he launched a new line of supplements with exceptional ingredients, rigorous third-party testing and uncompromising quality.

Designed by Life Time's Registered Dietitians and Personal Trainers, LTH supplements are all formulated with high quality, research-backed ingredients and without synthetic chemical flavors, colors, or sweeteners. Consumers can now conveniently shop for LTH supplements on [Amazon](#). This is in addition to [LT Shop](#) and via Life Time's complimentary [Life Time App](#), which is paired with its nutrition programming and expert coaching, aiming to cut through the confusion with trusted solutions that support health and performance.

According to a recent survey commissioned by Life Time, 71% of adults feel overwhelmed by the variety of supplement choices or confused by ingredient labels. The Amazon store front provides detailed information on LTH products.

The LTH portfolio currently features more than 50 products, including multi- and other vitamins, fish oil, protein, colostrum, electrolytes, greens and much more.

This year, Life Time plans to introduce additional LTH products, including PUMP, a caffeine-free pre-workout; (Re)FUEL, collagen protein bars; and DREAM, a multivitamin magnesium sleep support powder.

For more information about Life Time, visit www.lifetime.life or follow on social media at [Facebook](#), [Instagram](#) and [LinkedIn](#). [LTH is also on Instagram](#) featuring education, experts and recipes.

About Life Time

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of more than 175 athletic country clubs across the United States and Canada, complimentary, comprehensive healthy way of life app and nearly 30 of the most iconic athletic events in the country. The health and wellness pioneer uniquely serves people 90 days to 90+ years old through its healthy living, healthy aging, healthy entertainment communities and ecosystem, along with a range of healthy way of life programs and information, and trusted LTH nutritional supplements and products. Life Time was recently certified as a Great Place to Work[®], reinforcing its commitment to fostering an exceptional workplace culture on behalf of more than 42,000 dedicated team members.

View original content to download multimedia: <https://www.prnewswire.com/news-releases/life-time-brings-trusted-proven-line-of-lth-branded-supplements-to-amazon-302399676.html>

SOURCE Life Time, Inc.