



**Q. What is Intra?**

**A. Intra is a unique and proprietary blend of 23 botanical extracts designed to support, balance and strengthen the 8 biological systems of the body. It has been specially formulated to include powerful yet very safe levels of each botanical extract and has been enjoyed around the world for over 15 years. Intra is a natural food supplement that helps maintain vitality and optimal health.**

**Q. What type of benefits can I expect to see using Intra?**

**A. Intra works with the natural systems of the body and, because each one of us is different, we experience different results when using the product. In general, Intra helps support and strengthen the areas of the body where we are weakest – often the results are very dramatic. Everyone who uses Intra daily will experience different benefits. There are over 85000 research studies published in peer-reviewed journals supporting the benefits of each of the botanicals found in Intra.**

**Q. How much Intra should I take every day?**

**A. The recommended dose of Intra is 28 ml to 56 ml (1 – 2 fluid ounces) a day, but up to 168 ml (6 fluid ounces) can be safely consumed daily if you feel like your body needs additional support. Intra is suitable for the whole family.**

**Q. Is it OK to take Intra every day for a long period of time?**

**A. Yes. Intra was developed for this exact purpose using purified botanical extracts in a balanced and safe formulation. Many herbal experts recommend that high dosages of single botanicals be taken for only short periods of time. However, this does not apply with Intra since it was specifically formulated with safety in mind using a moderate level of each botanical extract.**

**Q. Is Intra approved by the FDA?**

**A. As a dietary supplement, Intra is considered a food, and does not require FDA approval. The FDA does not offer opinions on or approval of dietary supplements. Extensive and stringent independent laboratory testing confirms the safety and purity of all components of Intra.**

**Q. Are there any side effects with Intra?**

**A. In general, Intra has no side effects. Occasionally, a small minority of people go through a mild adjustment or cleansing period shortly after taking the product. This process should last no more than 3 – 5 days, and can be avoided by taking a small amount of product (5 – 10 ml / 1 – 2 tsp) and working up slowly to the 28 ml – 56 ml (1 – 2 fluid ounces) level. If you are on medication, it is always wise to start slowly and work up to the 28 ml – 56 ml (1 – 2 fluid ounces) daily level. Further, Intra is a food product, and as such, a small minority of people may be allergic to one of the ingredients that make up the formula. As with any food product, if an allergy exists, the person should not continue to take Intra.**



**Q. What is Nutria?**

**A. Nutria is a highly concentrated antioxidant supplement. Each serving of Nutria provides the antioxidants and phytonutrients from 20 fruits and vegetables including lycopene (from tomatoes) and sulforaphane (from broccoli) – two powerful health-promoting natural substances. Moreover, it includes organically bound selenium called SelenoExcell (the brand of selenium studied in the Nutritional Prevention of Cancer Study by the University of Arizona). Nutria does not contain added sugar.**

**Q. What are “antioxidants?”**

**A.** Antioxidants help protect every cell and membrane in our body from the damaging effects of daily life, and help prevent health conditions that result from accumulated damage from oxidation. For example, science has been looking at the ability of antioxidants to prevent cancer and heart disease, boost the immune system, and slow the aging process. Many leading scientists and healthcare practitioners are convinced that increasing your intake of antioxidants can result in a major improvement in health and increased longevity.

**Q. Can you get too many “antioxidants?”**

**A.** Yes and no... it depends. For antioxidants to properly protect your body from the onslaught of oxidative damage from free-radicals, they must be taken in combination – in this case, there doesn't seem to be any indication that too much is bad. On the flipside, if one isolated antioxidant is taken at a too high of a level, this antioxidant can become a “pro-oxidant,” which behaves similarly to free-radicals (recently, this was seen with vitamin E, which showed high doses of alpha-tocopherol increased the risk of certain cardiovascular diseases).

**Q. What is the best time to take Nutria?**

**A.** Nutria capsules should always be taken with a meal as lycopene and sulforaphane are better absorbed by the body when a small amount of fat is present.

**Q. Do I still need to eat fresh fruits and vegetables?**

**A.** Absolutely! Nutria is not intended to replace fresh fruits and vegetables but to help supplement the important nutrients provided in them. It is well recognized that the majority of people do not consume the suggested servings of these foods on a daily basis. In addition, due to modern farming methods, the nutritional benefits of fruits and vegetables have been compromised due to depleted soil, pesticides and unripe picking. However, fresh fruits and vegetables also provide dietary fibre and water, two important elements for good health.

**Q. Can I take Intra and Nutria together?**

**A.** Of course! In fact this is encouraged – especially since Nutria was developed to complement Intra. By taking both, you capitalize on numerous synergistic interactions, including an increased ORAC value (a measure of antioxidant capacity), increased effectiveness, and increased health benefits.