

# **INTRA Q&A**

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## **What is intra?**

Intra is a unique blend of 23 botanical extracts designed to support and strengthen the cells of the body and help maintain optimal health. It has been specially formulated to include powerful yet very safe levels of each herbal extract and has been enjoyed around the world for over 10 years now. **Intra is a natural food supplement that helps healthy people stay healthy.**

## **What type of benefits can I expect to see using intra?**

Intra works with the natural systems of the body and because each one of us is different, we experience different results 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.

## **How much intra should I take every day?**

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. **If you feel you need an extra boost - take more intra daily.**

## **Is it okay to take intra every day for long periods of time?**

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

## **Is intra approved by the FDA?**

Intra has been reviewed by several government regulatory authorities around the world including the FDA in the United States, Health Canada and the Medicines Control Agency in the United Kingdom. Because intra is considered a food, and not a drug, the U.S FDA does not issue written formal approvals.

## **Is intra manufactured in a Government approved factory?**

Yes, The Canadian Food Inspection Agency - Foods of Plant Origin division has approved the intra factory as a fully inspected and registered manufacturing facility.

## **The intra factory is designated as HACCP- what does that mean?**

HACCP stands for: Hazardous Analysis Critical Control Points and is the strictest set of parameters in the world for food and beverage manufacturing. HACCP guidelines for manufacturing are even stricter than GMP regulations. **Intra has been made at the same Lifestyles factory since it was introduced over 15 years ago.**

## **What is the best time of the day to take intra?**

Anytime! There is no "best" or "right" time to take intra. Some people prefer to take their intra first thing in the morning as a great way to start their day while others prefer the evening. Experiment for yourself and find the time that best suits your lifestyle.

**Remember, for best results, intra must be taken every day!**

### **I have a very sensitive stomach, when should I take intra?**

Anyone with a sensitive stomach should take intra directly after a meal and can divide the daily level over three meals. This should help to reduce any irritation. **As with any sensitivity, it is always a good idea to start slowly and work up to the recommended dose of intra.**

### **Is it okay to take intra after I've had coffee or alcohol?**

Coffee and alcohol will not destroy the nutrients in intra, but may affect their absorption in the body. Alcohol and caffeine are both diuretics, and as such, may prevent the maximum absorption of many water soluble nutrients. For this reason, we recommend that you do not take intra or other nutritional supplements for at least 30 minutes after consuming alcohol, or any beverage containing high amounts of caffeine.

### **Is it okay to mix my daily dose of intra in with a drink?**

Yes, intra can be safely mixed with juice or water. **Mixing intra with other juices or water will not reduce the effect of the product in any way.**

### **Can I give intra to my children?**

Many children enjoy the benefits of intra. We recommend that you start with an initial dose between 2ml-5ml to rule out any allergic reaction, and then subsequently work up to a dose of 15ml-20ml for children under 5, and up to 28 ml for children over 5 years of age. **Intra is concentrated food, so of course, children can enjoy the benefits.**

### **Can I take intra if I am pregnant or nursing?**

Intra is a very safe balanced formulation with no single herbal extract present at high levels. There are no ingredients found in intra that would prohibit pregnant or nursing women from taking 28 ml of intra a day. However, if you are taking medication or have any concerns, we encourage you to speak with your doctor before deciding to take intra.

### **I am an athlete, can I take intra?**

We know many athletes that enjoy the benefits of the powerful intra botanical formula. Intra will not cause an athlete to test positive for any banned substance. **Intra is free of all banned stimulants - many Olympic athletes have used intra.**

### **What is the shelf life of intra?**

In most countries around the world, the shelf life of intra is set at 24 months; however, independent laboratory testing has shown that intra can last up to 36 months under proper storage conditions. **Once your bottle of intra has been opened, we suggest you store it in the refrigerator.**

### **Are there any side effects with intra?**

Unlike a drug, intra is a food supplement, and 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 (5-10ml) and working up slowly to the 28 ml to 56 ml level. **If you are on medication, it is always wise to start slowly and work up to the 28ml - 56ml daily level.**

### **Will intra increase my blood pressure?**

Intra will not cause a rise in blood pressure. The licorice root used in intra is de-glycyrrhizinated. This means that all the glycyrrhizin has been removed and only the beneficial flavanoids remain. Glycyrrhizin has the potential to raise blood pressure if high concentrations are taken for a long period of time. For this reason, we have removed this component of the licorice root in intra.

### **Can I be allergic to intra?**

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. **As intra is a food supplement, a very small minority may be allergic to one of the ingredients - no more than any other type of food.**

### **Why does my intra taste different sometimes?**

It is perfectly normal for the taste of intra to vary from time to time. Intra is a natural product, and contains no artificial flavours. Several things can affect the taste of intra such as when the herbs are harvested or different weather conditions, similar to the way the taste of fruits and vegetables can vary on occasion. Intra is not sold on taste, but rather on the quality of powerful botanicals which is constant in every bottle.

### **What are standardized herbal extracts?**

Herbal standardization is the ability to extract the active components (the parts of each herb known to be beneficial to health) of an herb at a consistent level each time. Once the extraction is complete, sophisticated measuring devices are used to ensure that the active components have been fully extracted. Standardization ensures that each bottle of intra contains the exact same level of active ingredients. **Standardization is the only true measure of a high quality herbal supplement.**

### **Are the herbs in intra grown organically?**

All botanicals used in intra are grown without the use of pesticides, herbicides or chemical fertilizers. However, these botanicals are grown in many different countries around the world, all with different regulations pertaining to organic foods. As a result, we are technically unable to claim that intra is an organic product.

### **I am a celiac, does intra contain gluten?**

Intra contains no gluten. The Chinese pearl barley extract used in intra does not include the gluten portion of the barley grain. Anyone with celiac disease should start slowly with intra (10-15mls per day) as they are often sensitive to other ingredients.

### **Does intra contain vitamins and minerals?**

Intra contains only trace amounts of vitamins and minerals. If you have been taking a vitamin supplement such as Lifecycles, you should continue to do so while taking intra. **It is important to remember that the body needs herbal extracts as well as vitamins, minerals and phytonutrients for optimal health.**

**Is there any alcohol in intra?** No, intra does NOT contain alcohol.

### **How much sugar does intra liquid contain?**

Intra liquid contains 3 grams of sugar per one ounce (28ml) serving. This is the exact same amount of sugar that one ounce (28ml) of orange juice contains. Anyone with diabetes should take note of this.

### **How many calories does intra contain?**

One ounce of intra contains 12 calories. There is no fat or protein in intra, and the caloric content will not affect your weight.

### **Is intra kosher?**

Yes, intra liquid is kosher, but not kosher for Passover. The COR symbol is administered by the Kashruth Council of Canada, an association affiliated with the Orthodox Union in New York. Intra capsules are not kosher.

### **How do the intra capsules differ from intra liquid?**

There is no difference in the herbal formula between the liquid and the capsules. Two intra capsules provide the same level of standardized botanicals as 1 ounce of intra liquid. **You can expect the same wonderful benefits with intra capsules.**

### **When is the best time to take intra capsules?**

Unlike Nutria which should be taken with a meal, intra capsules and intra liquid can be taken any time it is convenient for you. The capsules offer even greater convenience as they can be carried in your briefcase or gym bag and taken anytime during the day or night. Intra capsules should be taken with at least a couple of ounces of water (or juice) in order for the juice crystals to perform properly. **Carry intra capsules with you wherever you go to ensure you never miss a day of intra!**

### **How much sugar is in the intra capsules?**

Intra capsules do not contain added sugar. The sugar content that occurs naturally from the juice crystals is less than 1/2 of a gram per two capsules. **If someone is extremely sensitive to sugar - intra capsules are the best choice.**

### **I thought the juice in intra liquid was important?**

The juice in the intra liquid is very important as a natural sweetener as well as an excellent aid to the absorption of the herbs. That is why we included freeze-dried orange juice crystals in the intra capsules. When the intra capsules are taken with water, the juice crystals mix with the water in the stomach to form orange juice this than assists the absorption of the herbs in the body.