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From the desk of

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NutriaPlus Q&A

What is NutriaPlus?

NutriaPlus is a **highly concentrated antioxidant supplement** containing a unique combination of twelve synergistic natural ingredients. **Each serving of NutriaPlus provides the antioxidants and phytonutrients from plant extracts, vitamins and minerals.** 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).

What are "antioxidants?"

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.

How was NutriaPlus developed and formulated?

Using the zebrafish research model Lifestyles set out to **find the most powerful combination of natural ingredients** that would help humans in the following four categories:

- Preventing abnormal cell growth (cancer)
- Enhance tissue repair (help the body recover from injury)
- Reduce inflammation in the body (root cause of many diseases)
- Protect the cells from the damage caused by environmental pollution and sun exposure

The result is... NutriaPlus!

Why are zebrafish used for human health research?

The zebrafish genetic structure is incredibly close to humans. They share 70% of genes with us and more than 80% of the genes associated with human diseases. They also have many of the same organs and tissues as humans. Their muscle, blood, skin, brain, heart and eyes share many features with humans. Researchers can easily expose the fish to the drug or nutrient being tested simply by putting it in the water - the zebrafish absorb it through their skin and the effects can be quickly observed.

Remember, **the results observed in the zebrafish will also be observed in humans** - this is a very reliable method of determining what will benefit human health

What human diseases are zebrafish being used to study?

Zebrafish are used to study many different cancers, blood diseases, diabetes, heart disease, brain health and to discover new medicines and the causes and possible cures for many human diseases.

Why should you take NutriaPlus?

- You don't get your 5 - 7 daily servings of fruits and vegetables
- You don't eat a balanced diet

- You skip meals
- You often eat-out at fast food restaurants
- You have stress in your life
- You live in a polluted environment

What is the best time to take NutriaPlus?

NutriaPlus capsules **should always be taken with a meal** as vitamins and minerals, as well as certain phytonutrients are better absorbed by the body when a small amount of fat is present.

Do I still need to eat fresh fruits and vegetables?

Absolutely! **NutriaPlus 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.

Can I take Intra and NutriaPlus together?

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

If you are looking to:

- **Protect the cells of your body**
- **Slow down the effects of aging and**
- **Protect yourself from diseases linked to low intake of antioxidants, then...**

start taking NutriaPlus today!

