

Intra and Nutria are Better Together



When taken together, Intra and Nutria beneficially increase the effectiveness and health benefits of each other – from an increased reaction value in the body to better absorption.

In fact, Intra and Nutria taken together provide many hundreds of concentrated phytonutrients that benefit human health and work together to produce a greater benefit than any one of the individual components on their own.

Taking both at the same time increases the absorption rate

Taking Intra and Nutria at the same time is ideal and both are best absorbed when taken with a meal. If you do not want to change your routine – just make sure that both are taken within a 24-hour period to capitalize on the synergistic interactions.

The truth about combining antioxidants

High doses of single antioxidants are never a good idea – a good understanding of antioxidants and how they work is essential in grasping this concept. Antioxidants work best in a combination. This is because when one antioxidant neutralizes a free-radical, in some cases the antioxidant itself then becomes a free-radical – becoming a “pro-oxidant.”

Without another antioxidant to neutralize this newly formed pro-oxidant, it can now go around causing as much damage as the initial free-radical.

That is why Nutria was formulated to be a balanced antioxidant supplement that incorporates a wide range of antioxidants from many sources. When combined with Intra, there are over 40 sources of antioxidants that work together to ensure that free-radicals are effectively neutralized.





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The ORAC value of Intra and Nutria

The recommended dose of 2 oz. of Intra and 2 capsules of Nutria increases the average person's ORAC daily intake by 64%.



Antioxidant protection

Fortunately, the body is able to curb free-radical damage by producing antioxidant molecules and enzymes. The body's arsenal of antioxidants appears to be insufficient in today's polluted and toxic environment. However, the effectiveness of the body's antioxidant defense mechanisms appears to lessen, with free-radicals given greater rein to do damage. This results in the increase of many of the diseases we associate with aging, including coronary heart disease, cancer, skin damage, Alzheimer's disease, strokes, and rheumatoid arthritis due to free-radical damage.

A less scientific way to explain this is by picturing your body as your house and the free-radicals as fire. If your house is burning, you want to have over 35 firefighters putting out the fire (which is the amount of antioxidants provided by Intra and Nutria), instead of one or two, which could be pictured as Vitamin C and/or Vitamin A.

Free-radicals are your body's worst enemy

Free-radicals are formed naturally in the body. They are also formed, in ever-increasing numbers, outside the body i.e. pollution, radiation, cigarette smoke, motor vehicle emissions, and many other processes.

Free-radicals are atoms or molecules with an odd (unpaired) number of electrons that makes them unstable and highly reactive. Once formed, these highly reactive radicals can start a chain reaction called oxidation, which happens all the time in our bodies attacking constantly our 63 trillion cells.

The effects of free-radical damage

Overall, free-radicals have been implicated in the development of at least 50 diseases! A partial list includes arthritis and other inflammatory diseases, kidney disease, cataracts, inflammatory bowel disease, colitis, lung dysfunction, pancreatitis, drug reactions, skin lesions, and aging, to mention a few.

Heart disease and cancer are two of the most widespread diseases associated with free-radical damage. Several factors, such as high blood cholesterol levels, hypertension, cigarette smoking, and diabetes, are chief culprits in the promotion of heart disease.

ORAC value and antioxidant capacity

ORAC stands for "oxygen radical absorbance capacity". It is a measure of the antioxidant capacity of a food or product. The total antioxidant capacity refers to a full spectrum of antioxidant activity against various reactive oxygen/nitrogen radicals. The higher the ORAC value, the greater the antioxidant capacity.

Understanding the ORAC value

While the ORAC assays are performed in vitro (in the test tube), this does not determine the bioavailability within the body. A high ORAC value indicates that the tested sample possesses a high potency of antioxidant activity chemically.

Research has shown that a daily intake of 3,000 to 5,000 units daily is enough to cause a measurable increase in antioxidant status in the human body. For this reason, the ORAC assay can help us determine what foods and nutritional supplements will have a positive effect on our health everyday.

Studies show that the average person gets only about 1200 ORAC units per day from three servings of fruits and vegetables...less than half of the minimum amount needed for a protective benefit. Understanding the ORAC assay and consciously consuming high ORAC foods and supplements is the first step to maximizing the benefits of antioxidants.

