

Dear Customer,

We would like to take the chance to say welcome to our Intra Lifestyles Herbal Juice Newsletter.

Below you will find answers to our most frequently asked questions for INTRA.



The advertisement features a central image of an Intra Lifestyles Herbal Juice bottle. The bottle is green and clear, with a label that reads 'Lifestyles intra' and 'Herbal Dietary Supplement'. The label also mentions 'Proprietary blend of 23 botanical extracts and this juice that supports immune system health*' and 'Net 32 fl oz 950 ml'. A circular badge on the label says '23 BOTANICAL EXTRACTS HERBS'. The background is a vibrant blue and yellow gradient with abstract circular patterns. The text 'How can Intra help you?' is written in large, bold, yellow-outlined letters across the top. Below this, there are three columns of text and images. The left column shows a glass of juice and text about providing biological systems. The middle column shows a small plant growing from soil. The right column shows text about the formulation of 23 botanical extracts. Below these are images of various botanicals: German chamomile, Passion flower, Aloe vera gel, Ginger root, and Dandelion root. At the bottom, there is a large yellow banner with the text 'Today, many cultures still use botanicals to effectively maintain health and heal ailments.' and a smaller line of text: 'Did you know that more than 25 per cent of prescription drugs today contain active ingredients that are plant-based?'. The Lifestyles logo 'Live Better. Every Day.' is in the top left corner, and the website 'intra-lifestyles.eu' is in the top right corner.

Lifestyles™
Live Better. Every Day.

How can Intra help you?

One ounce of Intra every day gives your body the botanicals missing from your diet and **provides your body's eight biological systems with the balance it needs for a state of health and wellness.**

German chamomile

Passion flower

Intra is made with a precise formulation of **23 botanicals extracts** that work better together and, as a natural food supplement, Intra helps to **balance and strengthen your body's systems.**

Aloe vera gel

Ginger root

Dandelion root

Today, many cultures still use botanicals to effectively maintain health and heal ailments.

Did you know that more than 25 per cent of prescription drugs today contain active ingredients that are plant-based?

Suggested use of Intra Lifestyles Herbal Juice:

Consumption should be based on body weight. Average adult 1 to 2 oz per day. Above average adult 2 to 4 oz per day minimum. We feel more than 6 ounces is unnecessary.

Child over 3 years and under 13 years, 1/3 of an ounce to 1 ounce depending on size and body weight. Intra Capsules: Take 2 to 4 capsules daily with water (minimum 10 oz.).

Shake INTRA well before using and refrigerate after opening.

Does Intra contain vitamins and minerals?

Intra contains only trace amounts of vitamins and minerals. If you have been taking a vitamin or nutritional supplement, you should continue to do so while taking Intra.

Is Intra safe for anyone to use?

Intra is a dietary supplement, not a drug. However, anyone who has a medical condition or who is at all concerned should consult their doctor before using the product.

Intra has been formulated specifically for daily use by people of all ages. The formula incorporates a moderate level of each herbal extract ensuring that intra is very safe for daily consumption. The herbal extracts used in intra are classified as Food Supplements, which are completely non-toxic. In addition, the botanicals used in intra are all on the GRAS (Generally Recognised as Safe) list. This is an international system that recognises foods and ingredients that are safe for human consumption.

Will taking intra increase my blood pressure?

Intra will not cause a rise in blood pressure. The licorice root extract in intra is deglycyrrhizinated. This means all the glycyrrhizin has been removed and the only beneficial flavonoids remain. Glycyrrhizin has the potential to raise blood pressure if high concentrations are consumed for long periods of time. For this reason, we have removed this component of the licorise root used in intra. Intra contains a very moderate, balanced botanical formulation with no single botanical present in high concentrations. This is the key to the safety of the formula.



Can Lifestyles products be used by diabetics?

Diabetics, in consultation with their doctor, eat a diet based on the Food Exchange List. This means being able to make choices from several different categories in a strictly controlled manner.

Lifestyles products may be consumed by diabetics as long as they are incorporated into each individual's daily Food Exchange List. This means that some of the foods presently being consumed would have to be discontinued to allow for the consumption of Lifestyles products. All diabetics who would like to use the products should consult their doctor for assistance in adjusting their food intake. We suggest you take along the following information to your Doctor or health practitioner:

Nutrition information per 1oz (28 ml) serving:

Calories.....12 cal

Protein.....0g

Carbohydrates.....3g

Fat.....0g

The total sugars are 3 grams per 1oz serving and is comprised of 60% glucose and 40% fructose. The botanical extracts contained in the Intra formula will not cause a rise in sugar levels in the body.

How much sugar does Intra® contain?

Intra contains 3 grams of sugar per one ounce serving. This is the exact same amount of sugar that one ounce of orange juice contains.

Anyone with diabetes should take note on this. Intra capsules contain no added sugar. The sugar content that occurs naturally from juice crystals is less than 1/2 of a gram per two capsules.

How many calories are there in an ounce of Intra?

Intra contains 12 calories per ounce. All coming from carbohydrates. Intra contains no fat or protein.

What would explain a new customer experiencing an uncommon reaction such as headache, nausea or diarrhoea after using the products?

All Lifestyles products are either food supplements or meal replacements. As with any food product, a small percentage of people may have a food allergy or food intolerance to a certain ingredient used in that product. Common intolerance's include lactose intolerance (dairy products) and gluten intolerance (wheat, oats rye).

If a person has an intolerance or an allergy to an ingredient, they should not consume that product. Also, many people are not used to eating properly and their bodies may need time to adjust to improved nutrition. These people may quite safely continue to use our products, however, they may find it necessary to reduce their consumption of the products until their bodies have adjusted.

Is Intra free of Gluten/Wheat and safe for Coeliacs?

Yes. It is safe for Coeliacs. The Chinese Pearl Barley extract in Intra does not contain gluten (which is the protein component of barley). There have been many Coeliacs who take intra and report no adverse reactions. If you are sensitive to other ingredients we suggest you start slowly with your intra, 1/4 to 8/10ml per day and work up from there.

Is it OK to take Intra® everyday for a long period of time?

Yes, Intra® was developed for this exact purpose using purified herbal extracts in relatively low dosage, balanced formulation. Many herbal experts recommend that high dosages of single herbs taken for only short periods of time. However, this does not apply with Intra. Each individual will require balancing in a different way and so the effects can be expected to be different from person to person.

Why are the effects of consistent use of Intra apparently different in each person?

Intra is a composite of 23 different botanical extracts. It really is a case of the whole thing being more than the sum of its parts. Many of the ingredients react synergistically with each other producing additional benefits that individual ingredients may not. No one ingredient is vital but the combination is. In addition, Intra is designed to balance the body's system.

Can Pregnant or Nursing mothers take intra?

Yes. But not more than one ounce per day and listen to your body.

Why does Intra® taste slightly different from bottle to bottle?

Intra is a natural product and contains botanicals whose sources include roots, leaves, barks and berries. As these botanicals are grown in their natural environment, they are exposed to nature's ever changing elements and conditions. When these ingredients are combined with other extracts to form a botanical blend, slight variations in taste may occur. The difference in taste does not affect the overall quality of the product.

Does the hot-fill bottling system affect the herbs in Intra?

No. Most of the botanicals used in Intra are extracted using heat. As a result these extracts are not affected by the temperatures used in the hot-fill system, a system which was designed in consultation with industry experts.

Are the herbs in Intra grown organically?

All botanicals used in Intra are grown without the use of pesticides, herbicides or chemical fertilisers. 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 thought the juice in intra liquid was important?

The juice in 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 the 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, which then assists the absorption of the herb in the body.

What are standardised herbal extracts?

Herbal standardisation is the ability to extract the active components (the parts of each herb known to be beneficial to health) of a 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. Standardisation ensures that each bottle of Intra contains the exact same level of active ingredients.

Are there any other products on the market like intra?

Intra is unique. The formula is a closely guarded secret. There are some products similar to Intra, but one should be aware that many herbal products tested are inferior due to poor formulation, incorrect extraction methods, and incorrect or mutilated ingredients.

Is it OK to give Intra® to animals?

Yes. Animal's bodies respond positively in the same way as humans to collect food and nutrients.

I have heard of natural products causing positive results in Sports drugs tests.



Is Intra OK for Sports people to take?

Intra contains no banned substances. Ephedra is a common herb used to produce energy. It is a banned substance but is still used by some manufacturers. Ephedra would cause failure of a drug test, Intra does not create a positive result in such tests. Sports people should be encouraged to take intra for the added nutrient value and that's why it is officially taken by many top Olympic athletes.

What time of the day should I take intra?

First thing in the morning is best but Intra can be take at anytime when it is convenient.

Whether you are looking to optimize your health, lose weight, or conquer the signs of aging, **the Lifestyles product line has something for you.**

With years of manufacturing excellence and millions of satisfied customers worldwide, you can be confident in knowing that you are providing the best for your body.

If you're ready to take control of your health and wellness, Lifestyles will help you start today.

Visit www.lifestyles.net today!
Intra-Lifestyles.eu

PBC²
PREFERRED BUSINESS CHOICE

intra

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How do the intra capsules differ from intra liquid?

There is no difference in the formula between the liquid and the capsules. Two Intra capsules provide the same level of standardised botanicals as 1 ounce of Intra liquid.

Is the Intra® "Refund Guarantee" for 90 days (three bottles)?

No. The Intra® "Refund Guarantee" is for 30 days (one bottle) per customer.

Thank you very much for your time and questions.

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[On this page you will find some of the most common questions on the manufacturing and nutritional information about Lifestyles intra.](#)