

FAQ

Nutriline Bio C Plus All Day Formula

Is Nutrilite Bio C Plus all natural?

No. In addition to using plant ingredients, Bio C Plus All Day Formula contains vitamin C from ascorbic acid. Ascorbic acid is a highly processed ingredient made from glucose using a 2-step fermentation process.

Non-natural nutrients are used for several reasons, including better assimilation in the body or formulation advantages. This is consistent with the Nutrilite stance of “The Best of Science, The Best of Nature”. Nutrilite will, however, use or find natural alternatives to synthetic sources of organic materials whenever feasible. Do note, Nutrilite supplements have no artificial colors, flavors or preservatives added.

When is the best time to take Nutrilite Bio C Plus?

The tablet can be taken at any time of day, with or without a meal.

Why Nutrilite Bio C Plus extended release?

It provides a one-tablet convenience that delivers a slow, steady release of vitamin C, a nutrient that is not produced or stored in the human body and therefore needs daily replenishment. It is more effective in supporting overall health because of the improved utilization of vitamin C in the body. It also allows us to drive recognition of our commitment to naturally sourced ingredients in our products because of our use of acerola cherries - grown on our certified organic farms - In combination with natural antioxidants sourced from lemons, orange, and grapefruit.

How does the extended release technology work?

- a) All ingredients are mixed together with a fibrous ingredient and compressed to form a tablet.
- b) After swallowing, the tablet becomes wet in the stomach and the fibrous ingredient expands to form a network.
- c) The wet tablet gradually releases key ingredients by controlled diffusion through the network as it passes the length of the small intestine.
- d) The nutrient release rate from the tablet is slow and steady with the wet tablet gradually decreasing in size until it is completely dissolved.

Who may benefit from consuming this product?

Busy, active adults who take vitamin C but want a more effective way to keep their body's natural defenses strong. Smokers, individuals who lead a stressful lifestyle, and those who are concerned with maintaining healthy skin.

What are the potential benefits of using this product as recommended?

Bio C Plus All Day Formula is a convenient way to supplement a healthy diet with vitamin C, acerola, and citrus bioflavonoids to ensure adequate intake of these important nutrients. Scientific research has shown that vitamin C possesses antioxidant activity and plays an important role in maintaining healthy tissues and in supporting immune system function. Bioflavonoids also function as antioxidants, complementing the activity of vitamin C.

What scientific evidence is there to support this product?

Physiological modelling of the release profile in the human intestine combined with absorption experiments demonstrates that Bio C Plus All Day Formula is released at a slower and more steady pace in the gut and is predicted to be absorbed at an efficient rate of 73% of the given dose. This means that of a 500 mg dose only 134 mg would be wasted and excreted from the intestinal system. In contrast to extended release, an instant release tablet containing vitamin C at 1,000 mg was only 43.5% bioavailable, meaning 569.5 mg of the dose would be wasted and excreted from the intestinal system.

The release profile and absorption rate of Bio C Plus All Day Formula indicate a lower plasma level of vitamin C and thus, this formulation limits overloading the renal threshold, allowing vitamin C to be used by body tissues and stores rather than being excreted through the urine. When blood levels of vitamin C are below the kidney's threshold, sodium-dependent vitamin C transporters reabsorb the vitamin. While the vitamin C concentration remains low in the blood, the transporters pump the vitamin back into the blood stream, thus limiting its loss by renal clearance.

When blood vitamin C concentrations exceed the renal threshold, the body excretes vitamin C rapidly. The extended release tablet's release profile avoids overcoming the renal threshold, so little is wasted. Having a lower but steady amount of vitamin C remaining in the blood stream for a longer period of time allows for its more effective utilization within the body.

Bio C Plus can cause gastric upset, is that true?

- Bio C Plus is gentle on the stomach and this can be taken any time of day, with or without a meal.
- Since Bio C Plus Extended Release is designed to maximize absorption and limit waste, it will also reduce the amount of leftover vitamin C in the intestinal tract, thereby limiting the chances of gastric upset.

What are the benefits of Bio C Plus All Day Formula?

Bio C Plus All Day Formula is a daily use dietary supplement that helps to replenish essential vitamin C that keeps the body's defenses strong. Vitamin C also helps promote healthy bones, teeth, gums, and is a general make-up of the body. It can be taken as a complement to '1- DOUBLE X or Daily Multivitamin/Multimineral to enhance total vitamin C intake. It can be also be taken with Multi-Carotene and Lecithin-E to boost antioxidant intake. It can be part of the immunity regimen with Triple Guard

Echinacea. As a part of the skin health ill and to boost collagen production, it can be taken with the Protein Powder.

What are the key selling points for this product?

- All day support. The slow, steady release improves utilisation and avoids the waste associated with large doses.
- Gentle on the stomach. Slow, steady release throughout the day means no stomach or digestive upset.
- Plant-based nutrients: has a foundation of natural vitamin C from acerola cherries in combination with natural antioxidants from citrus bioflavonoids from lemons, oranges, and grapefruits.
- Extended release technology.
- Better absorption, less wastage.
- 500 mg in a single slim tablet.

How should this product be taken? Should it be taken on an empty stomach or with food?

Take 1 tablet a day, with or without a meal.

What happens to the unabsorbed vitamin C after 8 hours?

It will be excreted.

Can unabsorbed vitamin C remain in the gut after 8 hours and cause problems?

The tablet is designed to completely release all the vitamin C within 8 hours.

The amount of acerola on the label is less than in the original formula. Why?

The new formula contains a newer, more concentrated acerola powder. The same amount of natural vitamin C is delivered as in the original formula (30 mg per tablet), but we use a smaller, more concentrated amount of acerola powder (120 mg). This helps keep the tablet small, streamlined, and easy to swallow.

Does this product contain gluten, lactose, fructose, artificial flavours, artificial colours, preservatives or artificial sweeteners?

No, it does not contain gluten, lactose, fructose, artificial flavours, artificial colours, preservatives, or any artificial sweeteners.

How can frequent travellers benefit from this product?

People who travel regularly are touching surfaces touched by hundreds if not thousands of others every day. They are also potentially exposing themselves to bacteria and germs in different countries and environments that their body's immune system may never have experienced. Not to mention that crossing time zones force individual body clocks to readjust and deal with increased fatigue, further taxing the immune system.

It's crucial to keep the body's defenses on guard when travelling. Vitamin C provides key support to your white blood cells. Citrus fruits and vegetables like broccoli, kale, bell pepper, and cauliflower are sources of vitamin C that you can get from your diet. But you need to eat enough every day to give your body what it needs. Supplementing with Bio C Plus All Day Formula gives your body the travel support it needs. It maximises total utilisation of the nutrient because it is released over an 8-hour period. So, it is more effective in supporting overall health because of improved utilisation of vitamin C in the body.

How can athletes benefit in general from this product?

Many scientific studies have been conducted regarding vitamin C consumption in athletes, and there is a consensus that vitamin C is an essential nutrient for them.

Endurance and ultra-endurance athletes may require even higher levels of vitamin C due to the longer duration and intensity of their exercise, so they may use larger doses. The problem is that if they choose to mega dose with instant release vitamin C tablets, most of the nutrient is flushed from the body. The extended release technology found in Bio C Plus All Day Formula maximises total utilisation of the nutrient because it is released over 8-hours. Therefore, it is more effective in supporting overall health because of the improved utilisation of vitamin C in the body.

Is NUTRILITE Bio C Plus All Day Formula suitable for vegetarians, vegans, diabetics, pregnant women, and children?

This product is suitable for vegetarians and vegans. Children under 12 years of age, pregnant or nursing women, or anyone with a medical condition should consult with a physician before using this product.

Does any of the ingredients in this product exceed the upper level for safety?

No, The Upper Limit for Supplements for vitamin C, according to the Council for Responsible Nutrition, is 2,000 mg/day (based on the intake of 1,000 mg per single time dose).

Is this product Kosher and Halal?

Yes, it is both Kosher and Halal certified.

Can this product be taken with other dietary supplements?

Yes, it can be used in combination with other NUTRILITE products. This allows the user the flexibility to tailor their supplement regimen to meet lifestyle and nutritional needs. Care, however, should be taken when combining supplements so that no safety limit is exceeded.

What environmental conditions may adversely affect this product/ How should it be stored?

Like many nutrients, Bio C Plus All Day Formula may be adversely affected by humid conditions and exposure to heat, light, and oxygen. For best quality, this product should be stored in a cool, dry location in the original, closed container.

Is it okay to chew the tablet or to cut the tablet in half?

Yes, but it is not recommended. Chewing the tablet or cutting the tablet will negate the benefits of the extended release feature because the vitamin C would be released more quickly than with a whole tablet. Also, addition, it was not formulated as a chewable tablet and the taste may be unpleasant.

How much of the vitamin C in the formula comes from plant sources?

In one tablet, 30 mg of natural vitamin C is contributed by 120 mg of acerola powder.

Why is this product considered plant-based?

The foundation for the new Bio C Plus All Day Formula starts with natural vitamin C from acerola cherries in combination with natural antioxidants from citrus bioflavonoids of lemons, oranges, and grapefruits. The plant ingredients used are dried from whole foods. 120 mg of acerola powder contributes 30 mg natural vitamin C per tablet equating to 50% RDI (USA) - a significant contribution to daily intake. Ascorbic acid, a highly processed ingredient, is also used in the formula.

Chewable Natural C**Why isn't Nutrilite Chewable Natural C an extended release product?**

NUTRILITE Chewable Natural C tablets contain relatively small doses of vitamin C — 30 mg vitamin C per tab. Small doses of vitamin C are utilised very efficiently by the body. Since there is little waste, an extended release feature is not necessary. Also, these chewable tablets are often used by children under 12 years of age. A chewable tablet form negates the value an extended release feature would offer.

Excess vitamin C and ascorbic acid will cause erosion in children's teeth, is this true?

- The dental erosion in children, this problem might be due to acidity of the chewable vitamin C. This is quite similar that when we drink the fruit juice which high in vitamin C and their pH level is below 5.0-5.7 which will trigger the dental erosion if you take it excessively.
- As a guideline, we should follow the recommended dosage for the chewable vitamin C (from Nutrilite's recommendation: 2 tablets daily for children 1 to 4 years and 3 tablets daily for older children).
- For the Bio C Plus All Day Formula, it should not pose any risk to the dental erosion since we will swallow it and it will be digested within 8 hours inside your stomach.

Probiotics

What are probiotics?

Probiotic means 'for life'. Hence, probiotics are Living microorganisms that, when ingested in sufficient amounts, benefit the health of the consumer. Once in our intestines, these natural and friendly bacteria help balance our gut and support our immune system.

What are the potential benefits of using this product as recommended?

Mixed Probiotic with Chicory Root Extract has been developed to specifically help improve the digestive function and natural immune defenses for children (ages 4+) and adults.

The potential benefits of this product can be broadly summarized as follows:

- Helps to improve and maintain a balance of good bacteria in the gut.
- Improve gastrointestinal health and healthy digestion.
- Helps to improve the body's natural defense.
- 5 naturally strong strains that resist digestive conditions encountered during transit, through the gastrointestinal tract, to reach the gut alive and ready to work for you. Strains that have been backed by clinically approved research and data. Adheres to the intestinal mucosa, sticks to the gut, and colonizes the gut to help enrich the gut Microbial ecosystem.

How does this product work?

The specific strains contained in the product are backed by an overwhelming body of scientific evidence that demonstrates a variety of favorable outcomes in a variety of model systems - both animal models and humans.

Several important mechanisms underlying the potential benefits of the probiotic strains contained in the product include the following:

- Modification of the gut microbiota,
- Competitive adherence to the gut mucosa and intestinal epithelium,
- Strengthening of the gut epithelial barrier, and
- Modulation of the immune system to convey a physiological advantage to the host.

What is a Prebiotic fiber?

Prebiotic fibers are non-digestible plant fibers that, through metabolism by microorganisms in the gut, nourish good bacteria in the gut which allow these bacteria to flourish and confer health benefits to the host.

Why does the formula contain potato maltodextrin and silicon dioxide?

- Potato maltodextrin is a bulking agent that aids in the manufacturing process.
- Silicon dioxide is an anti-caking agent that improves the flowability of the formula during the manufacturing process.
- Potato maltodextrin and silicon dioxide is inert, non-functional ingredients that do not contribute to digestive and immune benefit supported by the formula

Does this product contain any sugar, dairy, or soy ingredients?

No, this product does not contain sugar, dairy, or soy ingredients.

Can I use this product when being treated with antibiotics?

- This product may be safely used while also taking the antibiotics. Under such circumstances, the product should be taken either 2 hours before or 2 hours after the intake of antibiotics.
- This product should be taken during and for 1-2 weeks post antibiotic therapy to fully restore the gut microbiota and minimize the opportunity for antibiotic-related side effects.
- Daily use of this product is recommended for the best results.

As we know, garlic has anti-bacterial properties, can I take Probiotics together with Garlic?

- Nutrilite Probiotics contain an exclusive blend of five probiotic strains, tough enough to reach your gut alive and “stick” once they get there (Arrive-alive and stick-to-the gut technology).
- You may consume the probiotics early in the morning on an empty stomach and the garlic to be taken at any other time.

Why is it important that the product provides both Bifidobacteria and Lactobacilli strains?

These are two of the most predominant genera found in the human gut. These genera of bacteria work throughout the body to improve digestive and immune benefits.

How often should I consume this product?

Probiotics are only 'visitors' in your intestines and will disappear, together with their health benefits, when not consumed daily. Daily use of this product is recommended for maintaining a healthy intestinal environment and immune system.

How should this product be taken? Should it be taken with food or on an empty stomach? Can this product be mixed with foods and/or beverages?

For best results, use one stick pack daily. This product may be consumed on an empty stomach or with cold foods and beverages. Contents may be sprinkled directly onto the tongue or mixed with cold foods, such as cereal or yogurt. If preferred, contents may be mixed with cold non-carbonated beverages, such as water or juice. Due to the nature of the product, consumption with hot foods or beverages should be avoided.

Do any of the ingredients in this product exceed the upper levels?

Upper levels are the maximal level of intake that is considered safe. None of the ingredients in this product exceed safe upper levels.

Is this product recommended for pregnant women or nursing mothers? If so, what is the recommended usage?

There is no evidence that this product would be of concern to mothers or children during these important life stages. Clinical trials of individual strains found in the product suggest potential benefits to both mother and child. Nonetheless, Nutrilite recommends pregnant and nursing women seek the advice of their physician before use.

Why do some probiotics come in a capsule? How is Nutrilite Probiotic better or different than those probiotics in capsules?

Capsules provide an additional layer of protection to the probiotics but is also an additional barrier that must be removed before the good bacteria can go to work in your gut. Capsules are often hard to swallow for children and older adults, whereas Nutrilite Probiotic is easier to use and convenient to use on the go.

Is this product recommended for children? If so, what is the recommended usage?

Children under the 12 years of age should consult with a physician before using this product.

Are there any known interactions between this product and certain medications?

There are no known drug-nutrient interactions reported for this product. Please consult your physician if you are on any medication prior to the intake of the product.

A person who has Diabetes, would it be suitable to consume Nutrilite Mixed Probiotic with Chicory Root Extract?

The sweetness of Nutrilite Probiotic is naturally derived from the Chicory Root Extract and there is no sugar added to the product which is great for those watching their sugar intake.

However, for diabetics, it is advisable to monitor the usage and have them consult a physician before consuming it.

Can I use this product while being treated with antibiotics?

This product may be safely used while also taking the antibiotics prescribed by your doctor. Under such circumstances, the product should be taken either two hours before or two hours after the intake of antibiotics. This product should be taken during and for 1-2 weeks post antibiotic therapy to fully restore the gut microflora and minimize the opportunity for antibiotic-related side effects. Daily use of this product is recommended for the best results.

How should this product be stored? Are there any environmental conditions that may adversely affect this product?

This product should be stored in a cool (25°C and below), dry place. No refrigeration is needed. Avoid heat and excessive humidity. Individual stick packs should be opened before use. Mix with cold foods or beverages immediately before consumption.

I have noticed the phrase "contains live and active cultures" on many yogurts, kombucha and other fermented foods. Do these products contain probiotics?

Live and active cultures are good bacteria required in the fermentation process. While these are beneficial bacteria, they do not target specific benefits in the gut. When looking for a targeted probiotic supplement to work naturally with your existing gut microflora to support digestive and immune health, Nutrilite Mixed Probiotic with Chicory Root Extract is a great supplement to choose.

Phytopowder**Can children take phytopowder?**

Yes. Children 1-12 years old may consume one serving of this product per day.

How should this product be taken? Should it be taken on an empty stomach or with food?

NUTRILITE PhytoPOWDER can be consumed whenever you need to support your nutrient intake via a simple and fun drink experience. It can be consumed with food or on an empty stomach. This product is not expected to cause any discomfort when taken on an empty stomach. If stomach upset does occur, we suggest considering taking with food. The suggested serving limit is 1-3 servings per day.

Can I mix the Nutrilite™ PhytoPowder™ with other beverages like XS® Energy Drinks?

The Nutrilite™ PhytoPowder™ is designed to be consumed with 250 ml of water. Sensory and quality tests have not been conducted when mixed with other beverages such as XS® Energy Drinks.

Garlic with Licorice

Why combine garlic with Licorice?

Licorice is a wonderful complement to garlic since it counteracts the stomach irritation or heartburn that may be caused by consuming garlic. This formulation eliminates any unpleasant after-odour, so it will not offend you or those around you.

What are the benefits of taking Garlic?

Garlic & Licorice have antibacterial properties which are good for immunity and gastrointestinal tract health including respiratory and digestive systems.

Is Garlic with Licorice suitable for vegetarians?

Garlic with Licorice does not contain animal ingredients; however, it is not suitable for Jain vegetarians who do not take vegetables with roots – Eg. Potato, onions, etc.

Will I have a garlic odor? Is this a deodorized product?

- Allicin and the components (by-products or derivatives) that form when garlic is broken down create the characteristic odour of garlic on the breath and skin. These by-products are created at varying levels of different individuals. These are the same components thought to provide health benefits.
- To preserve the benefit of allicin and yet avoid its smell, the garlic in NUTRILITE Garlic with Licorice undergoes a proprietary cool-drying process. The first step in this process is the close inspection and screening of whole cloves of garlic. The garlic is then peeled, crushed, and gently air-dried for 30 minutes.
- This process helps control the release of the enzyme alliinase and thus limits the rate of conversion of alliin to allicin, holding the conversion of allicin-based compounds until the product is consumed.

Garlic with Licorice, apart from being an immune boosting supplement, what other benefits does it have?

Garlic & Licorice have antibacterial properties that are good for gastrointestinal tract health including respiratory and digestive systems. We use cultured, deactivated yeast to produce vitamin B complex. This fermented yeast is not an animal source, therefore, suitable for vegetarians. The combination of vitamin B1, B2, B3, B5, B6, folic acid, and B12 assists in the release of energy from fats, carbohydrates, and proteins. It is also essential for the development of red blood cells as well as the normal functioning of the nervous system.

What supplements are good for easing nose block/running in the morning? Can garlic help?

The Clear Guard is a good supplement that helps in nasal health eg. sinus problem and nasal congestion. Otherwise, they can try good antioxidants eg. Bio C Plus All Day Formula and Garlic & Licorice. Garlic & Licorice has the antibacterial property which is good for the gastrointestinal tract health included respiratory and digestive systems. Bio C Plus All Day Formula is a time releasing form of vitamin C that can last for 8 hours for building up a good immunity level. Lastly, All Plant Protein Powder is used to build up our antibody since it helps in the tissue and cell repairing and development.

Triple Guard Echinacea

What potential beneficial effects does Echinacea have in the body?

Echinacea has been shown to support the body's natural resistance. Various species of Echinacea have been shown to increase phagocytosis (the action of engulfing and destroying potentially harmful invading organisms) thereby improving several parameters of immune status. Echinacea also has anti-inflammatory and wound healing properties.

When should this product be taken? With meals? On an empty stomach? Can this product be taken with other dietary supplements? How many tablets are recommended to be taken at one time?

Take three tablets immediately when support of the body's natural resistance is needed. Repeat twice during the same day, if necessary. Continue to take three daily as needed. Daily use beyond two consecutive weeks is not recommended.