

FAQ's – Which Supplements Should I Take For...?

Are True Essentials products safe to take if I am taking medication or have a medical condition?

If you have a medical condition or are taking any medication, ask your doctor about any possible interactions with the True Essentials products you desire to use. True Essentials supplements are products designed to help you maintain health and wellness by enhancing your nutritional intake, but they are not medicinal in any way and should not be used as a replacement for prescription medication.

Suggestions for discussing supplements with your doctor:

1. Print out the product information pages for products available you are interested in and provide them to your doctor for him or her to review. These pages list the product's ingredients, the potential benefits of those ingredients, and the product's recommended usage.
2. Bring the True Essentials Catalog with you to your appointment so that your doctor can select and recommend the products that will benefit you most.
3. Ask your doctor to recommend which nutrients will help you reach your health and wellness goals, such as peak athletic performance, increased energy and vitality, weight management, prenatal nutrition, alleviation from joint or arthritic discomfort, muscle mass retention, bone mass gain or retention, diabetes management, etc.
4. Ask your doctor if there are foods or nutritional supplements that you need to avoid because they will interact negatively with a medication you are taking or with a medical condition that you have.

Can I take True Essentials products if I am lactose intolerant?

Lactose intolerance is a medical condition that results when the body is unable to digest dairy sugar (lactose). A lactose intolerant person is unable to produce the enzyme lactase that is required to digest and use lactose. When they eat dairy foods such as yogurt, milk, cottage cheese or ice cream, they will experience bloating, gas or diarrhea. There are over-the-counter enzyme additives to help manage this condition.

True Essentials products should not exacerbate this condition.

Which True Essential Products can support my efforts to lose weight?

True Essentials has a number of products that can assist you with your weight management goals. Please read the product information pages for each of the following products:

1. **Appetite Control** boosts your mood & metabolism and helps you eat less.
2. **Energizer Tea** boosts metabolism and energy and provides many other benefits. It can replace other drinks that are not as good for us like soda & processed juices and can be enjoyed hot or cold.
3. **Fat and Carb Control** will prevent the absorption and digestion of up to 150 calories worth of fats and carbs if taken with or just prior to a meal.
4. **Fiber Powder** will give you a sense of fullness and promote intestinal health.

5. **Hoodia** will help you ignore sugar cravings if this is your weakness. It can also help with reducing hunger in general.

6. **Protein Shake** (vanilla, chocolate and strawberry flavors) is a great snack or meal replacement.

Additionally, the Platinum, Gold and Silver Weight Loss packages provide combinations of these products for your convenience.

Keep in mind that, when trying to lose weight, reduced calorie intake is generally required. As a result, obtaining adequate nutrients becomes even more challenging. Consider including nutritional supplements in your weight loss program to provide your body with adequate levels of essential nutrition. This will help you keep your energy level up and prevent you from damaging your body while attempting to lose weight.

There are so many different antioxidants. Which is the best one to take?

Antioxidants are part of our defense system because they neutralize free radicals in order to prevent them from causing oxidative damage to our cells. Different antioxidants protect different parts of our body and react in their own particular way with oxidants to neutralize them. Water soluble antioxidants, such as vitamin C, work mostly in the watery, inner part of the cells and in blood plasma. Fat soluble antioxidants, such as vitamin E, perform their duty in the fat-containing cell membranes that encase each cell. Some antioxidants are able to cross certain barriers in our body to protect areas that are inaccessible to other antioxidants. Just as one food cannot provide all our necessary nutrition, so it is with antioxidants. The various roles and abilities of antioxidants overlap and complement each other to strengthen our overall defense system. We recommend that you take a broad spectrum of antioxidant supplements regularly. Top antioxidant product choices include **CoQ10**, the **Men's and Women's Essential Packs**, **Power Antiox**, and **Fruit and Vegetable Essentials**.

Which products are advisable for an active, athletic person?

Exercise and activity are extremely important and beneficial for mental and physical wellness. These activities, however, place additional nutritional demands on the body and produce additional free radicals as a by-product. An active lifestyle requires additional antioxidants to neutralize these by-products of energy production and use. Top antioxidant product choices include **CoQ10**, the **Men's and Women's Essential Packs**, **Power Antiox**, and **Fruit and Vegetable Essentials**. Each of these supplements provides energizing benefits as well.

If your activity results in stiffness, inflammation or tender joints, **Joint Solutions with HA** is advisable as well. We have only one body to use for our entire lifetime, so we also recommend this product to proactively help protect joints from potential damage and discomfort.

The True Essentials **Protein Shake** can be combined with fruit, nuts and/or yogurt to provide your body with carbohydrates, protein and other essential nutrition before or after your workout. Try some of our delicious **Protein Shake** recipes which can be selected and modified to meet your goals for weight loss or gain, increased muscle mass, and healthful nutrition.

As mentioned above, the **Men's and Women's Essential Packs** are recommended for athletes and active persons. These packs contain a variety of free radical scavengers and antioxidants. These packs also contain **Calcium Plus**, an extraordinary product for building (if you are under 30) and maintaining bone mass and for overall bone health. Bones are living tissues. Men and women require a generous daily supply of calcium and associated nutrients to continually rebuild and replace bone tissue. The **EFA Essentials**, also included in the packs, promote cardiovascular health, protect bone health, and can help reduce joint pain and stiffness that may result from physical activity.

It's great to feel better, but do you also have products to help me look better?

True Essentials does have product formulas that provide benefits that can improve physical appearance as well as health. When we obtain good nutrition and provide our body with quality "fuel" we will certainly tend to look and feel better.

Hair, Skin and Nails is a unique formula designed to provide the building blocks and nutrients necessary for optimal hair, skin and nail growth. You can optimize your appearance with nutrition that works from the inside out. It's hard for our skin, nails and hair to look their best, when they are not healthy to begin with. This product helps you grow and maintain smooth, elastic skin and may help protect it against damage from sun exposure, pollution, and other environmental factors.

The **Men's and Women's Essential Packs** contain a foundation of essential nutrients for overall health that will be reflected in how you look. The Essential Fatty Acid (EFA) softgels included in these packs benefit skin's health and appearance.

Joint Solutions with HA provides nutrition for healthy joints and skin. Use of this product on a regular basis can improve skin's appearance, helping it to look more vibrant and feel moister and more elastic.

Are any of the True Essentials products helpful for someone with gout?

Gout is a form of arthritis caused by high blood levels of uric acid in the body (hyperuricemia). The uric acid, trapped in the body, forms sharp, painful crystals in the joints, causing extreme pain and inflammation. Gout is one of the forms of arthritis most affected by diet. One might say that is the "good" news because a person can better their chances of suffering a painful attack by monitoring their diet. For example, people prone to gout should drink a plentiful amount of water each day to help their body flush out uric acid. Also, they should avoid alcohol obtain protein from chicken and vegetarian sources rather than from other meats. Being overweight is advisable to avoid, since this inhibits uric acid elimination and adds stress to the joints.

Discuss with your doctor how to carefully modify your diet and consult them about the following supplements:

1. **Fruit and Vegetable Essentials** and **Power Antiox** – Gout prevention diets normally include adding whole grains and lots of fruits and vegetables, especially cherries and berries.
2. **Essential Fatty Acids (EFA's)** – These nutrients, included in the **Men's and Women's Essential Packs**, provide anti-inflammatory benefits.
3. **Joint Solutions with HA** – This powerful product is anti-inflammatory and anti-arthritic.

Can nutritional supplements help me manage stress?

Several products in the True Essentials product line are designed to assist with improving mood, improving restful sleep, boosting our energy, and reducing the negative impact of stress on our bodies. We encourage you to make wise lifestyle choices and changes, and urge you to commit to a foundation of good nutrition by combining nutrient-dense foods with high quality supplements. True Essentials has the following products to help you maintain a good mood, reduce stress, and meet the challenges of your day:

1. **Men's and Women's Essential Packs** – All components of these foundational packs will help arm your body with essential nutrients to manage emotional and physical stress, particularly the Essential Fatty Acids, (EFA's), Healthy Aging ingredients, calcium, vitamin C, vitamin D, the B vitamins, chromium, magnesium, and zinc.
2. **Protein Shake** – The shakes contain essential vitamins and minerals associated with stress management: vitamin C, vitamin D, the B vitamins, chromium, magnesium, and zinc.
3. **Appetite Control** – This unique formula contains Serotain and which promotes restful sleep and improves mood. Cocoa extract contributes phenylethylamine, a natural mood enhancer.

4. **Mineral pH** – Magnolia Bark is a natural mood balancer, anti-stress and anti-anxiety agent linked to controlling the body's primary stress hormone, cortisol.
5. **Men's Pro-Care** – This product, formulated for prostate health, contains stress-related nutrients zinc, vitamin D and selenium.
6. **Life Cycle for Women** – Black cohosh is an herb traditionally used to kill pain and to treat symptoms of menopause and PMS by helping regulate stress-related emotions.

Which True Essentials products may be helpful for conditions of fibromyalgia?

Fibromyalgia is challenging to deal with. It is a chronic condition that causes pain, stiffness and tenderness of the muscles, tendons and joints. It is also characterized by fatigue, restless sleep, anxiety, depression, irritability, mood swings and disturbances in bowel function. Stretching, moderate exercise, stress releasing activities, healthful food choices, and avoiding sugar and alcohol are advised for managing this condition. The following products may assist with fibromyalgia management. We advise you to consult with your health care provider regarding these supplements to ensure that they will not interfere with any medications you are taking and to obtain guidance regarding exercise and diet.

1. **Joint Solutions with HA** – It can help reduce stiffness, inflammation and pain.
2. The **Men's and Women's Essential Packs** – These packs contain essential vitamins and minerals (particularly calcium and a B-vitamin complex, and – very importantly – Essential Fatty Acids (EFA's, also called Fish Oil). The EFA's may help support the central nervous system health.
3. **CoQ10** – This nutrient provides three important benefits; it supplies cellular energy, promotes cellular membrane health and serves as a powerful antioxidant.
4. **Mineral pH** – This versatile formula can provide relief by reducing pain, by contributing to overall wellness, and by helping with stress management.
5. **Power Antiox** and **Fruit and Vegetable Essentials** – These fruit- and vegetable-based products provide powerful antioxidants and are considered energizing as well.

Which supplements can help lower high blood pressure?

The **Men's and Women's Essential Packs** are a top choice because they will assist with this condition and will provide an important variety of associated nutrients in the **EFA Essentials**, **Calcium Plus**, **Multivitamin** the **Healthy Aging** tablet which make up the packs. The **Multivitamin** and **Calcium Plus** contain Vitamin D, a very important ingredient for managing blood pressure that many adults are deficient in. **CoQ10**, **Mineral pH** and **Energizer Tea** contain helpful ingredients as well. **Mineral pH** contains Magnolia Bark Extract which has been associated with anti-stress and anti-anxiety. Good lifestyle choices, especially exercise and weight management, are important to include and consider for management of high blood pressure.

Can supplements help improve cholesterol levels?

Good nutrition can influence cholesterol levels to a limited degree. To improve cholesterol levels, we recommend **Fruit & Vegetable Essentials**, **Power Antiox**, **Fiber Powder** and, especially, the **Men's & Women's Essential Packs** which include Fish Oil/Essential Fatty Acids (EFA's) as well as calcium, and a Multivitamin - all of which will help our body with cholesterol, wellness and provide other important nutrient benefits. Be sure to click on the "more info" links for each product so that you can read about the product overall as well as the benefits of each active ingredient.

Which supplements support brain health and function?

Nutritional supplements for brain health include ingredients targeted to support brain health (healthy cells and fluid, flexible cell membranes), concentration, focus, cognitive function (information processing, quicker thinking), memory,

and central nervous system function. These goals are all part of combating the aging process and degeneration of the brain and related systems. Antioxidants are often included in supplements to prevent free radical damage. Some nutrients may even help prevent the formation of free radicals which is very proactive nutritionally. Another mechanism for promoting brain health and function involves improving circulation by supporting the systems that provide blood and oxygen to the brain.

The **Men's and Women's Essential Packs** contain vitamins, minerals, Essential Fatty Acids (EFA's), and a Healthy Aging formula. All of these have nutrition that may contribute to brain health and function. Please read the product information pages - especially for **EFA Essentials** and the **Healthy Aging** tablet. These products are designed for what you are seeking and have additional benefits as well.

The **Men's Multivitamin**, included in the Men's Pack, supplies vitamin B6, vitamin B12, Folic Acid, vitamin C, vitamin E, pantothenic acid, calcium, choline, inositol, alpha lipoic acid, Rhodiola and Panax ginseng.

EFA Essentials, included in the **Men's and Women's Essential Packs**, contains vitamin E (d-alpha tocopheryl succinate), EPA & DHA, fish oil, borage oil, and flax seed oil.

Healthy Aging supplies acetyl -L- carnitine, lipoic acid, Lycium barbarum (Gogi berry), Glisodin™ (Superoxide dismutase/gliadin) (Glutathione Extract), Pycogenol™, (Pinus pinaster) (Pine Bark Extract), Orzybran™ Rice Bran, and Resveratrol™ (Polygonum cuspidatum) (Japanese Knotwood Extract).

In addition to the above nutrients included in the **Men's and Women's Essential Packs**, brain support nutrients are also available in:

Power Antiox (wild blueberries, acai berry, pomegranate),

Energizer Tea (Green tea, Rhodiola, Yerba Mate, White tea, Black tea)

Appetite Control (Green tea, Yerba Mate)

CoQ10 (antioxidants, cellular membrane health, DNA protection).

Which True Essentials products might help relieve arthritis discomfort?

Much of what we experience in joint pain is the result of arthritis. In fact, arthritis is defined as inflammation of a joint or joints. So, nutrition that supports healthy joints and reduces inflammation in our joints is what can help relieve arthritis stiffness and pain. There are several different types of arthritis and different nutrition works for different types. We suggest that you discuss your arthritis with your health care provider to make sure that none of the supplements interfere with any medications you are taking - and to have them recommend a program of diet, exercise and supplements that will target your particular arthritis

True Essentials has 3 products that I highly recommend for you to discuss with your doctor. The first choice is the **Joint Solutions with Hyaluronic Acid (HA)**. It is a unique and powerful formula that is often extremely effective for people who have not had good results with other similar products. Please try it for a few months to allow it time to benefit your body. Hopefully, you will feel results much sooner, possibly within a few weeks.

Power Antiox contains wild blueberry extract, pomegranate extract, and acai berry. Wild blueberries have been shown to have much more nutritional content than cultivated, non-wild blueberries. All three of these fruits have numerous benefits and a primary one is that they are anti-inflammatory, which means that they can assist with arthritis. This supplement is a very cost effective way to receive the goodness of this nutrition on a year-round basis compared with trying to find and buy these fruits fresh, which is difficult and costly to do.

The third recommendation is the **Women's and Men's Essential Packs** because they contain a foundation of nutrition for you, to promote your overall health and wellness which is fundamental to everything else. Also, these daily packs contain a softgel that contains high quality EFA's (Essential Fatty Acids). Research has shown that EFA's contained in these softgels (fish oil, borage oil, and flax seed oil) may help reduce inflammation which is just what you are looking for.

I'm experiencing digestive troubles. Is Fruit and Vegetable Essentials the product I should try?

There are a few True Essentials products that can help with digestion, but their helpfulness will depend on what your discomfort is being caused by. Please review the product flyers with your doctor to see which nutritional supplements will help you best. Generally, eating whole grain foods and plenty of fruits and vegetables helps everyone. Please do see and consult your health care provider to make sure that you are not suffering discomfort as an indication of something requiring medical care.

Fiber Powder will help your intestines be "healthy" because it contains natural fiber and promotes the growth of good bacteria in your gut. Healthy intestines absorb more nutrients which also helps your overall health and wellness. The **Fiber Powder** also helps with getting solid waste out of your body more easily. Our powder is tasteless and should dissolve easily in anything - juice, water, applesauce, etc. so it's very easy to use. At first you may experience some gas, so ease into using it and try using more or less depending on how your body responds.

Fruits and Vegetable Essentials contains natural fiber, digestive enzymes, and good bacteria (for healthy intestines) which will all work toward better digestion. Again, some gas can result when you begin using this supplement, especially because it is helping to detoxify your body and helping the good bacteria in your gut to grow and thrive. We also recommend that you try the **Energizer Tea**. Not only is it a fantastic substitute for drinks that contain sugar or artificial sweeteners, but it also has Yerba Mate, Rhodiola rosea, and Stevia. These ingredients can help you manage stress (which contributes to digestive problems), can help soothe an upset stomach, and also act as a digestive aid.

Mineral pH helps your body lessen the impact of stress and helps with inflammation. If you have inflammation in your intestinal tract, the **Mineral pH** product can help your overall immunity, reduce discomfort, and help you absorb more nutrients from your food.