

## Frequently Asked Questions

### What is Protandim Nrf2?

Protandim Nrf2 is a daily food supplement that supports cellular health and well-being. Protandim Nrf2 is the subject of 20 peer-reviewed clinical studies.

### What are the active ingredients found in Protandim Nrf2?

*Withania somnifera* (Ashwagandha) root extract (sourced from India), *Camellia sinensis* (Green Tea) leaf extract (sourced from China), *Silybum marianum* (Milk Thistle) seed extract (sourced from China), *Bacopa monnieri* (Bacopa) whole plant extract (sourced from India), and *Curcuma longa* (Turmeric) root extract (sourced from India).

### What are the other ingredients in Protandim Nrf2 and what purpose do they serve?

DiCalcium Phosphate and Calcium Carbonate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Silicon dioxide, and Hydroxypropyl methylcellulose. The "Other Ingredients" in Protandim Nrf2 serve as binding and anti-caking agents during the production of the tablet.

### Are the ingredients used in Protandim Nrf2 "organic"?

No, they are not certified organic; however, at LifeVantage, we perform pesticide, herbicide and heavy metal testing on every lot of raw material to assure we have only safe, high quality products.

### Are the raw ingredients tested?

Yes, the Quality Control measures implemented by LifeVantage go beyond industry standard. LifeVantage rigorously tests every lot of active raw material for identity, potency, microbial contamination, pesticides and heavy metals. Unlike most dietary supplement companies, we also physically audit all of our active raw material suppliers. We perform exhaustive testing to verify that all materials meet or exceed quality specifications.

### Can I take these ingredients individually and achieve the same effect?

No, the individual ingredients in Protandim Nrf2 aren't as effective in activating the Nrf2 pathway as LifeVantage's botanical blend. Previous studies of Protandim Nrf2 have shown a very clear and potent synergy whereby the 5-ingredient blend is significantly more effective than any of the individual ingredients alone.

### How is Protandim Nrf2 manufactured?

The raw ingredients are verified, carefully weighed out, blended and pressed into tablet form following strict Good Manufacturing Practices (GMP) guidelines. Every lot of finished Protandim Nrf2 is tested for compliance to approved specifications in addition to receiving a final quality inspection following dietary supplement regulations. Every lot must, again, meet or exceed established finished product specifications before it can be released by LifeVantage Quality Assurance.

### Does the manufacturer of Protandim Nrf2 process any allergens such as dairy, gluten, etc?

All Protandim Nrf2 manufacturers are required to maintain a strict allergen program to protect against any potential cross contamination of allergens. These facilities are frequently audited to ensure that the processes and protocols are being strictly adhered to in order to ensure the safety of the product.

### Are dyes or food colorings in Protandim Nrf2?

No, there are no dyes or food colorings in Protandim Nrf2. One of the active ingredients in Protandim Nrf2, *Curcuma longa* (Turmeric) is intensely yellow, adding to the yellow coloring of the tablet.

### Does Protandim Nrf2 contain any animal by-products; is it all natural?

Protandim Nrf2 is 100% Vegetarian, free from gluten, wheat, dairy, gelatin and yeast.

### I read that Protandim Nrf2 contains milk thistle – is there any dairy in Protandim Nrf2?

No, *Silybum marianum* (Milk Thistle) is a plant used in traditional Chinese medicine. While "milk" is in the name, this ingredient does not contain any dairy.

### Does LifeVantage meet current good manufacturing practices?

Yes, we meet or exceed cGMPs for Dietary Supplements. LifeVantage establishes the safety and purity of all its ingredients through independent laboratory testing, auditing and third party certifications. We have one of the most comprehensive quality systems in the industry, and many other companies now request the same quality standards that LifeVantage requires of our manufacturers and suppliers.



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### Is Protandim Nrf2 a “certified” product?

Yes, Protandim Nrf2 is certified by NSF International. Certification by NSF means that an independent organization has reviewed the manufacturing process of a product and determined that the final product complies with specific standards for safety, quality or performance. NSF certification is recognized by regulatory agencies at the local, state, federal and international level, and NSF periodically conducts audits and product testing to verify that the product continues to comply with the standard.

### I drink special juices and eat fruits and vegetables for my antioxidants. Why do I need Protandim Nrf2?

Effective antioxidant protection absolutely requires adequate production of the body’s own antioxidant enzymes. Protandim Nrf2 contains a unique, patented blend of ingredients that have been proven to help stimulate the production of antioxidant enzymes and protect against cellular stress.

### Is it best to take Protandim Nrf2 with or without food?

Some of the active ingredients in Protandim Nrf2 are fat soluble, so taking Protandim Nrf2 with a meal containing some fat allows the ingredients to be absorbed more efficiently (but it’s not absolutely necessary).

### What is the shelf life for Protandim Nrf2?

The shelf life for Protandim Nrf2 is three years from date of manufacture.

### Can a person develop desensitization to Protandim Nrf2?

No, there is no known mechanism whereby Protandim Nrf2 loses effectiveness over time. The formula has not been changed and bioactivity is monitored to maintain consistent potency.

### Are there situations where Protandim Nrf2 is not recommended? Will Protandim Nrf2 interfere with my other medications?

As with any supplement, particularly if you have a medical condition, are taking medication or other supplements, you should speak with your healthcare provider before taking Protandim Nrf2. If you experience nausea, vomiting, diarrhea or any other difficulties after taking Protandim Nrf2, discontinue use and consult your healthcare provider.

### Are there any side effects to taking Protandim Nrf2?

We do not expect there to be any side effects for the Typical Protandim Nrf2 consumer. However, we advise to follow the label warnings: Do not exceed the daily recommended intake. A food supplement should not be used as a substitute for a varied and balanced diet, and a healthy lifestyle. Do not use if taking anticoagulants. Do not use the product if the seal is broken/ damaged or missing. Not suitable for children under 12 years, pregnant and nursing women. Store in a cool and dry place. If you are experiencing any adverse reaction, discontinue use of the product and call 0-800-088-5488 (Toll Free).

### Why do people age and how can Protandim Nrf2 help slow the cellular aging process?

Researchers and scientists agree that aging is the result of cellular deterioration caused by free radicals. It is impossible to avoid free radicals because the food you eat and the air you breathe, as well as stress or even vigorous exercise, can stimulate cells to produce destructive free radicals in staggering numbers. The human body fights free radicals by producing its own antioxidant enzymes, but as we grow older our bodies produce more free radicals and fewer of these antioxidant enzymes to fight the battle of aging.

### What is a Nrf2 activator?

Nrf2 is a protein messenger contained in every cell of the body that sends information to the cell’s DNA.

When Nrf2 is activated, it enters the nucleus and turns on several hundred genes, known collectively as “survival genes.” These genes enable cells to survive in the face of several different kinds of stress, especially oxidative stress, which occurs when free radicals and other oxidants overwhelm the body’s natural antioxidant enzymes. Protandim Nrf2 helps keep the body safe from free radicals and oxidants by activating these survival genes.

