

# FAQ's for RM-10<sup>®</sup> ULTRA - May 2006



## Q: What is RM-10<sup>®</sup> ULTRA?

RM-10<sup>®</sup> ULTRA is the ultimate immune health formula, containing organically grown tonic mushrooms and other specially selected ingredients that provide broad spectrum immune support via multiple pathways: immune cell function support, immune cell metabolism support, methylation support and antioxidant support. †

## Q: How is RM-10<sup>®</sup> ULTRA different from existing RM-10<sup>®</sup>?

A: Both products contain tonic mushrooms that have been specially selected for their superior genetic heritage and then carefully cultivated to ensure that they maintain their integrity and potency. RM-10<sup>®</sup> ULTRA additionally contains clinically studied Maitake Gold 404<sup>®</sup> Maitake Extract along with a DNA Methylation Complex and an Immune Support Blend with important fermented ingredients. RM-10<sup>®</sup> ULTRA is packaged in the BioProtect<sup>™</sup> Packaging system and comes in UltraZorbe<sup>™</sup> capsules.

## Q: What are the key ingredients in the new blends in RM-10<sup>®</sup> ULTRA?

A: The Immune Support Blend contains Poten-Zyme<sup>™</sup> (fermented) ingredients including Selenium. Other ingredients include Suntheanine<sup>®</sup> (L-Theanine), IP6, Broccoli Sprouts and Lycopene. The DNA methylation complex contains Betaine, Poten-Zyme<sup>™</sup> vitamin B12, Poten-Zyme<sup>™</sup> Folic acid and naturally occurring Methionine (from fermented ingredients). These ingredients were carefully selected for their immune support benefits.

## Q: What is Suntheanine (L-Theanine) and why is it beneficial?

A: RM-10<sup>®</sup> ULTRA contains L-Theanine a natural amino acid naturally fermented from green tea. L-Theanine provides support for healthy gamma delta T cell presence in the body, important for proper immune function and host defense. †

## Q: Why is Selenium important?

A: Some scientific evidence suggests that consumption of Selenium may reduce the risk of certain forms of cancer; however, FDA has determined that this evidence is limited and not conclusive. Selenium also helps to maintain optimal glutathione production, an important factor in immune health. †

## Q: What is IP6 and why is it beneficial?

A: Inositol hexaphosphate (IP6) is a natural antioxidant component of fiber-rich foods such as whole grains and legumes and is found in almost every cell of the body.

## Q: What is DNA methylation and why is it important?

A: DNA methylation is a normal biochemical process that occurs in the body, it is important in regulating cell identity and growth. RM-10<sup>®</sup> ULTRA contains a full range of nutrients that support healthy DNA methylation, a requirement for optimal health. † These nutrients with: betaine, Poten-Zyme vitamin B<sub>12</sub> and folic acid, all play a critical role in normal methylation by supporting the body's conversion of homocysteine into methionine, a key donor to cellular methylation. †

## Q: Who will benefit from using RM-10<sup>®</sup> ULTRA?

A: Any individual who seeks the ultimate immune health formula.

## Q: What is the suggested use for RM-10<sup>®</sup> ULTRA?

A: Label suggested use of RM-10<sup>®</sup> ULTRA is adults take one capsule 3 times a day, best taken on an empty stomach.

## Q: Are there any contraindications or warnings for RM-10<sup>®</sup> ULTRA?

A: As with any dietary supplement consult your healthcare practitioner before using this product, especially if you are pregnant, nursing or under medical supervision. This product is not intended for children.

## Q: Is RM-10<sup>®</sup> ULTRA suitable for vegetarians and does it contain dairy?

A: RM-10<sup>®</sup> ULTRA is 100% vegetarian, does not contain dairy and is free of artificial colors and preservatives.

## Q: What is the price of RM-10<sup>®</sup> ULTRA?

A: Suggested retail price For RM-10<sup>®</sup> ULTRA is \$ 59.95 for 90 UltraZorbe<sup>™</sup> capsules.

## Q: What is the shelf Life of RM-10<sup>®</sup> ULTRA?

A: RM-10<sup>®</sup> ULTRA has a 3 year shelf life.

## Q: What is the BioProtect<sup>™</sup> system?

A: Garden of Life developed the BioProtect<sup>™</sup> system to protect the delicate bioactive ingredients in our products from the damaging effects of elements in the environment. This system utilizes an impermeable amber glass bottle that safeguards against the penetration of oxygen, moisture and light. The bottles are nitrogen flushed to displace any reactive components contained in the air (oxygen, moisture and carbon-dioxide), preventing harmful oxidation of the ingredients. The BioProtect<sup>™</sup> system preserves the integrity and effectiveness of our ULTRA formulations.

## Q: As RM-10<sup>®</sup> ULTRA is available now will you continue to make existing RM-10<sup>®</sup>?

A: Yes, we will continue to manufacture existing RM-10<sup>®</sup> for people who wish to continue with this product or for new users who wish to include this mushroom dietary supplement into their daily regimen for general health and well being.

## Q: What are UltraZorbe<sup>™</sup> Capsules?

A: UltraZorbe<sup>™</sup> Capsules are an advanced delivery system providing rapid nutrient release through faster and more complete dissolution than other vegetarian capsules. Made from 100% vegetarian materials, UltraZorbe<sup>™</sup> capsules are free from all chemical solvents, animal by-products and colorants found in other delivery forms. Scientific research suggests UltraZorbe<sup>™</sup> capsules dissolve in the stomach, releasing the content of the capsule to support optimal nutrient content.

## Q: What is the Green-e logo on RM-10<sup>®</sup> ULTRA?

A: The Green-e logo is the only nationally recognized symbol that stands for certified renewable energy. It means that our company purchases certified renewable energy credits for all of the electricity needs for our company headquarters and distribution center. The Green-e logo lets our customers know of our commitment to green power and that we are environmentally conscious.

Green-e Certified



100% Renewable Energy

Our company purchases Green-e certified renewable energy for all of the electricity needs for our company headquarters and distribution center.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.