Lifestyles™
Live Better. Every Day.

Intra®

Frequently Asked Questions

Q. What is Intra?

A. Intra is a unique and proprietary blend of 23 botanical extracts designed to support, balance and strengthen the 8 biological systems of the body. It has been specially formulated to include powerful yet very safe levels of each botanical extract and has been enjoyed around the world for over 15 years. Intra is a natural food supplement that helps maintain vitality and optimal health.

Q. What type of benefits can I expect to see using Intra?

A. Intra works with the natural systems of the body and, because each one of us is different, we experience different results when using the product. In general, Intra helps support and strengthen the areas of the body where we are weakest – often the results are very dramatic. Everyone who uses Intra daily will experience different benefits. There are over 85000 research studies published in peer-reviewed journals supporting the benefits of each of the botanicals found in Intra.

Q. How much Intra should I take every day?

A. The recommended dose of Intra is 28 ml to 56 ml (1 – 2 fluid ounces) a day, but up to 168 ml (6 fluid ounces) can be safely consumed daily if you feel like your body needs additional support. Intra is suitable for the whole family.

Q. Is it OK to take Intra every day for a long period of time?

A. Yes. Intra was developed for this exact purpose using purified botanical extracts in a balanced and safe formulation. Many herbal experts recommend that high dosages of single botanicals be taken for only short periods of time. However, this does not apply with Intra since it was specifically formulated with safety in mind using a moderate level of each botanical extract.

Q. Is Intra approved by the FDA?

A. As a dietary supplement, Intra is considered a food, and does not require FDA approval. The FDA does not offer opinions on or approval of dietary supplements. Extensive and stringent independent laboratory testing confirms the safety and purity of all components of Intra.

Q. Are there any side effects with Intra?

A. In general, Intra has no side effects. Occasionally, a small minority of people go through a mild adjustment or cleansing period shortly after taking the product. This process should last no more than 3 – 5 days, and can be avoided by taking a small amount of product (5 – 10 ml / 1 – 2 tsp) and working up slowly to the 28 ml – 56 ml (1 – 2 fluid ounces) level. If you are on medication, it is always wise to start slowly and work up to the 28 ml – 56 ml (1 – 2 fluid ounces) daily level. Further, Intra is a food product, and as such, a small minority of people may be allergic to one of the ingredients that make up the formula. As with any food product, if an allergy exists, the person should not continue to take Intra.

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