



**Q. What is Nutria?**

**A. Nutria is a highly concentrated antioxidant supplement. Each serving of Nutria provides the antioxidants and phytonutrients from 20 fruits and vegetables including lycopene (from tomatoes) and sulforaphane (from broccoli) – two powerful health-promoting natural substances. Moreover, it includes organically bound selenium called SelenoExcell (the brand of selenium studied in the Nutritional Prevention of Cancer Study by the University of Arizona). Nutria does not contain added sugar.**

**Q. What are “antioxidants?”**

**A. Antioxidants help protect every cell and membrane in our body from the damaging effects of daily life, and help prevent health conditions that result from accumulated damage from oxidation. For example, science has been looking at the ability of antioxidants to prevent cancer and heart disease, boost the immune system, and slow the aging process. Many leading scientists and healthcare practitioners are convinced that increasing your intake of antioxidants can result in a major improvement in health and increased longevity.**

**Q. Can you get too many “antioxidants?”**

**A. Yes and no... it depends. For antioxidants to properly protect your body from the onslaught of oxidative damage from free-radicals, they must be taken in combination – in this case, there doesn't seem to be any indication that too much is bad. On the flipside, if one isolated antioxidant is taken at a too high of a level, this antioxidant can become a “pro-oxidant,” which behaves similarly to free-radicals (recently, this was seen with vitamin E, which showed high doses of alpha-tocopherol increased the risk of certain cardiovascular diseases).**

**Q. What is the best time to take Nutria?**

**A. Nutria capsules should always be taken with a meal as lycopene and sulforaphane are better absorbed by the body when a small amount of fat is present.**

**Q. Do I still need to eat fresh fruits and vegetables?**

**A. Absolutely! Nutria is not intended to replace fresh fruits and vegetables but to help supplement the important nutrients provided in them. It is well recognized that the majority of people do not consume the suggested servings of these foods on a daily basis. In addition, due to modern farming methods, the nutritional benefits of fruits and vegetables have been compromised due to depleted soil, pesticides and unripe picking. However, fresh fruits and vegetables also provide dietary fibre and water, two important elements for good health.**

**Q. Can I take Intra and Nutria together?**

**A. Of course! In fact this is encouraged – especially since Nutria was developed to complement Intra. By taking both, you capitalize on numerous synergistic interactions, including an increased ORAC value (a measure of antioxidant capacity), increased effectiveness, and increased health benefits.**