

Intra

The human body is comprised of eight individual systems which must be kept healthy and working together in order for the body to experience optimal health. Just an ounce a day of Intra helps nourish body cells and provide essential plant-based nutrients no longer available from our modern food supply.

Intra is a proprietary formulation of 23 time-tested and trusted botanical extracts, which provide antioxidants, vitamins, minerals, flavonoids, lignins, polysaccharides and other healthy nutrients specific to each herbal ingredient.

- A great-tasting blend of fruit juice and botanical extracts drink suitable for all ages
- Can be taken at any time when convenient, with or without food
- Also available in convenient capsule form (2 capsules = 1 oz liquid)
- Backed by a full, 30-day money-back guarantee



NPN 80028693



Distributed since 1992 in more than 20 countries around the world to millions of satisfied customers.

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Lifestyles is a leading global network marketing company providing health and wellness solutions to help people live better every day. Lifestyles develops and manufactures premium quality, natural source nutritional supplements, healthy eating and weight loss formulations, sold through an independent distributor network throughout North America, Asia, and Europe.

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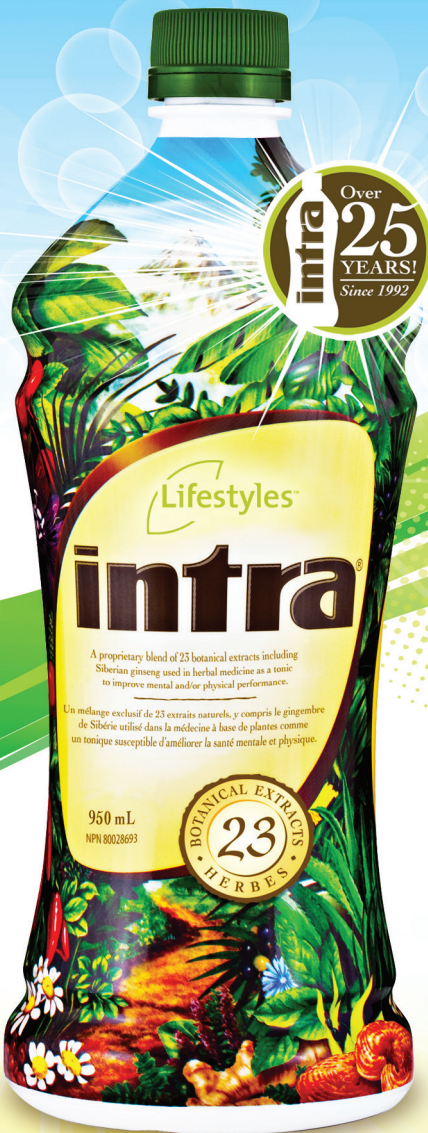


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23 Reasons for Better Health

Intra is a premium blend of fruit juice and 23 botanical extracts



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Wouldn't it be nice to go back to the beginning?

Long before recorded history, herbs, plants, roots, tree bark, leaves and blooming flowers – botanicals – were sources of food, providing our ancestors with nutrients not currently found in modern-day diets.

Documentation of specific botanical blends date back over 3000 years. Each represents the collective wisdom compiled over centuries – and each is a testimony to the diverse cultures and climates that make up our world.

Since you can't go back to the beginning – we brought a little of the beginning to you

In 1992, Lifestyles launched Intra. Intra is a tasty fruit juice based beverage with 23 botanicals.

Lifestyles Intra Formula

- All 23 herbs used to make Intra are naturally grown without chemical sprays or artificial fertilizers
- Intra botanicals are carefully hand picked to preserve the high levels of active ingredients
- After thorough inspection and analysis, active compounds from each botanical are carefully extracted
- Standardization and testing ensures each botanical extract has a consistently high level of nutritious compounds
- The herbs are then blended together in specific proportions to enhance each other's benefit based on Lifestyles' proprietary formula
- The final product is bottled in a HACCP-certified factory under stringent manufacturing processes and GMP standards to ensure consistent quality and potency
- The key to Intra's effectiveness is the synergistic effect, whereby the multiple herbs in a blended formulation work together to produce a greater benefit than any one of the individual components on their own

Intra Botanicals - All Natural From Around the World

Botanical	Country of Origin
Schisandra berry	China
Siberian ginseng root	China, Siberia, Korea
Astragalus root	China
German chamomile	Mexico, Egypt
Reishi mushroom	China
Turmeric	Asia, Central America
Dandelion root	Bulgaria, China
Aloe vera gel	South America, U.S.A
Lemon Balm	Mediterranean region, western Asia, Europe

Botanical	Country of Origin
Celery root	India
Capsicum fruit	India
Thyme	Spain, Morocco
Chicory root	India, France
Juniper berry	UK, Italy, Albania
Alfalfa	U.S.A
Curcumin	Asia, Central America
Propolis	Greek, Egypt

Botanical	Country of Origin
Passion flower	South America, U.S.A
Fenugreek seed	Mediterranean, Australia
Ginger root	Africa, China, India
Sarsaparilla	Mexico, Central & South America
Chinese rose hips	Europe, North America, North Africa, Asia
Licorice root	Spain, Greece, Turkey, Russia, Asia

1. **Schisandra berry** (*Schisandra chinensis*) Used in different combinations for thousands of years. Contemporary research has focused on Schisandra’s very strong antioxidant characteristics.
2. **Siberian ginseng** (*Eleutherococcus senticosus*) One of the most thoroughly documented traditional botanicals. Recently “rediscovered” based on studies by Russian scientists.
3. **Astragalus root** (*Astragalus membranaceus*) Considered one of the superior botanicals. Many experts consider it superior even to ginseng in various aspects.
4. **German chamomile** (*Chamomilla recutita*) Native to Europe; legendary, since ancient times, for its mild properties.
5. **Reishi mushroom** (*Ganoderma lucidum*) Referred to in imperial China as “the elixir of life”; its use was reserved for the Emperor.
6. **Dandelion root** (*Taraxacum officinale*) Known for its strong roots – and perceived as a symbol of strength and longevity. Native to Europe; grown and used around the world.
7. **Turmeric** (*Curcuma longa* L.) Turmeric is a spice, commonly used in Asian food, derived from the root of the turmeric (*Curcuma longa* L.) plant. The plant is a perennial herb and a member of the Zingiberaceae (ginger) family. It is produced most extensively in India, but it is also cultivated in other countries in Asia and Central America.
8. **Licorice root** (*Glycyrrhiza glabra*) Native to the Middle East and China. Called the elder statesman because it was thought to harmonize and unify other botanicals within a formulation.
9. **Juniper berry** (*Juniperus communis*) Native to Eastern Europe, some specimens of Juniper are over 1000 years old. The resinous aromatic berry-cones were highly valued by early Europeans who believed the evergreen Juniper to represent lifepower. Used in the preparation of the classic flavoring ingredient.
10. **Chinese rose hips** (*Rosa* species) Among the various species of roses used for their fruits, the fruits of the R. Laevigata are the most highly valued traditionally by the Chinese. Classical writings report its effects as “resistant to cold and light in body”. High in bioflavonoids, plant acids and other nutrients. Native to China and Japan.
11. **Alfalfa** (*Medicago sativa*) Native to the Near East, now found worldwide; rich in vitamins, minerals, flavonoids, amino acids, and protein; used traditionally as a nutrient to maintain vitality.
12. **Curcumin** (*Curcuma longa*) Curcumin is a naturally occurring constituent that is found in the spice turmeric. Curcumin has been researched with regard to possible anti-inflammatory and antioxidant properties since the 1970s.

13. **Chicory root** (*Cichorium intybus*) Native to Europe and Asia. Traditionally used as a unique food ingredient.
14. **Passion flower** (*Passiflora incarnata*) Native to southern U.S where it was highly valued by Cherokee Indians, who believed it to be of great importance and used it in a wide range of traditional preparations.
15. **Propolis** Propolis is a natural flavonoid-rich resin created by bees used in the construction of hives. Historically, propolis was used by the ancient Greeks to treat abscesses and by the Assyrians to heal wounds and tumors. Today, propolis is commonly found in chewing gum, cosmetics, creams, lozenges, and ointments.
16. **Aloe vera gel** (*Aloe barbadensis*) Commonly mentioned in Western folklore. Now widely used in the health food and cosmetic industries.
17. **Thyme** (*Thymus vulgaris*) Native to the Mediterranean region; now extensively cultivated worldwide. It has unique properties; and is commonly used in cosmetics and food.
18. **Lemon Balm** Lemon balm is native to the eastern Mediterranean region and western Asia, widely cultivated throughout much of Europe. Lemon balm is used for digestive problems, including upset stomach, bloating and colic.
19. **Fenugreek seed** (*Trigonella foenum-graecum*) Mainly found in the Middle East and Mediterranean region. One of the truly ancient traditional plants with records of use dating back millennia to ancient Egypt. Said to impart “fire and vigor”.
20. **Ginger root** (*Zingiber officinale*) Native to Southern Asia; cultivated in tropics worldwide. Traditionally thought to cleanse. Modern studies have shown it to have antioxidant properties.
21. **Celery seed** (*Apium graveolens*) Native to Southern Europe believed to diffuse through the system a calming influence.
22. **Capsicum fruit** (*Capsicum* species) Rich in vitamins, traditionally used to stimulate metabolism; commonly used to help improve action of other botanicals in formulations.
23. **Sarsaparilla** (*Smilax officinalis*) Native to tropical America and the West Indies. Long famed as a folk remedy and currently used in many food products.

