



Q. What is Intra?

- A. Intra is a unique and proprietary blend of 23 botanical extracts. 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 20 years.**

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 to 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 in the United States, 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 the 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.**