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Lifestyles™

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Nutria Q&A

What is Nutria?

Nutria is a **highly concentrated antioxidant supplement** containing a unique combination of twelve synergistic natural ingredients. **Each serving of Nutria provides the antioxidants and phytonutrients from plant extracts, vitamins and minerals.** Moreover, it includes organically bound selenium called SelenoExcell.

What are "antioxidants?"

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.

How was Nutria developed and formulated?

Nutria was developed and formulated by using the **combination of natural ingredients** that would help humans protect cells from the damage caused by environmental pollution and sun exposure. The result is... Nutria!

Why should you take Nutria?

- You don't get your 5 – 7 daily servings of fruits and vegetables
- You don't eat a balanced diet
- You skip meals
- You often eat-out at fast food restaurants
- You have stress in your life
- You live in a polluted environment

What is the best time to take Nutria?

Nutria capsules **should always be taken with a meal** as vitamins and minerals, as well as certain phytonutrients are better absorbed by the body when a small amount of fat is present.

Do I still need to eat fresh fruits and vegetables?

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.

Can I take Intra and Nutria together?

Of course! In fact this is encouraged, especially since Nutria was tested and developed to complement Intra. By taking both Intra and Nutria together, you can experience numerous effects and increased health benefits!

If you are looking to:

- **Protect the cells of your body**
- **Slow down the effects of aging and**
- **Increase your health, then...**

**start taking
Nutria today!**



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