

# FAQ's for FYI® ULTRA - May 2006



## Q: What is FYI® ULTRA?

A: FYI® ULTRA is the ultimate joint and cartilage formula containing a broad spectrum of nutrients to support joint and connective tissue health.† This multi-faceted formula provides clinically studied amounts of glucosamine from a natural shellfish-free source, along with a range of carefully selected natural antioxidants that assist the body's response to everyday wear and tear.†

## Q: How is FYI® ULTRA different from existing FYI®?

A: Both FYI products are designed to support joint health but they contain different ingredients that support joint health in different ways. † FYI® ULTRA is a joint and cartilage formula to assist the body's response to every day wear and tear.† FYI® is a dietary supplement also called joint and tissue food that contains naturally occurring compounds that support joint function and mobility such as chicken collagen, systemic enzymes and botanicals.† FYI® ULTRA contains shellfish-free glucosamine with two new unique blends of botanical ingredients not found in FYI®. Additionally FYI® ULTRA is packaged in the BioProtect™ Packaging system for superior product protection and comes in UltraZorbe™ capsules, an advanced delivery system.

## Q: What are the key ingredients in the new blends in FYI® ULTRA?

A: FYI® ULTRA provides clinically studied amounts of glucosamine from a natural shellfish-free source, along with a range of carefully selected natural antioxidants that assist the body's response to everyday wear and tear.† FYI® ULTRA was specifically formulated in line with research studies so that 4 capsules daily will provide 1500mg of shell-fish free glucosamine from a vegetarian source. The Protective Tissue Response Blend contains curcumin, Boswellia serrata and ginger. The Antioxidant Cartilage Health Complex blend contains whole Pomegranate, Poten-Zyme™ Selenium, BioAstin (natural astaxanthin), and Olive Leaf Extract.

## Q: What is shellfish-free glucosamine and why is it beneficial?

A: Cartilage rebuilding is a continuous bodily response to ongoing wear and tear in the joint and cartilage tissues. Glucosamine supplies one of the major building blocks used in this process, thus supporting the body's ability to rebuild cartilage tissues and maintain healthy joint status.† The glucosamine in FYI® ULTRA is derived from a plant source which means that people with shell fish allergies and vegetarians are able to take this product.

## Q: Why is Pomegranate important?

A: Pomegranate is a fruit that has an outstanding antioxidant profile which supports the body's capacity to withstand free radical damage in a variety of tissues, including cartilage tissue.† FYI® ULTRA contains an equivalent of about 150ml of pomegranate juice, approximately three times the amount that delivered measurable health benefits in clinical studies.

## Q: Why are selenium, astaxanthin and Boswellia in this formula and why are they beneficial?

A: Selenium is produced using Garden of Life's proprietary Poten-Zyme™ fermentation process, this results in a highly absorbable form of selenium. We also include natural astaxanthin from red microalgae and Boswellia. Together they scavenge free radicals in the joint tissue.

## Q: Why is curcumin important?

A: Curcumin supports normal joint and surrounding tissue volume and promotes healthy joint mobility by optimizing the level of enzymes that normally participate in protective tissue response.† The amount of curcumin in FYI® ULTRA has been clinically validated for joint health support.†

## Q: Who will benefit from using FYI® ULTRA?

A: FYI® ULTRA is the ultimate joint and cartilage formula designed for adults seeking to protect their joints from wear and tear and to assist the body to rebuild cartilage tissue and maintain a healthy joint status.†

## Q: What is the suggested use for FYI® ULTRA?

A: Label suggested use of FYI® ULTRA is adults take 4 capsules daily, you may take 2 capsules twice daily.

## Q: Are there any contraindications or warnings for FYI® ULTRA?

A: As with any dietary supplement consult your healthcare practitioner before using this product, especially if you are pregnant, nursing or under medical supervision. This product is not intended for children.

## Q: Is FYI® ULTRA suitable for vegetarians and does it contain dairy?

A: FYI 0® ULTRA is 100% vegetarian because it contains glucosamine derived from a botanical source. UltraZorbe™ capsules are 100% vegetarian capsules. This product does not contain dairy and is free of artificial colors and preservatives.

## Q: What is the price of FYI® ULTRA?

A: Suggested retail price for FYI® ULTRA is \$ 49.95 for 120 UltraZorbe™ capsules.

## Q: What is the shelf Life of FYI® ULTRA?

A: FYI® ULTRA has a 3 year shelf life.

## Q: What is the BioProtect™ system?

A: Garden of Life developed the BioProtect™ system to protect the delicate bioactive ingredients in our products from the damaging effects of elements in the environment. This system utilizes an impermeable amber glass bottle that safeguards against the penetration of oxygen, moisture and light. The bottles are nitrogen flushed to displace any reactive components contained in the air (oxygen, moisture and carbon-dioxide), preventing harmful oxidation of the ingredients. The BioProtect™ system preserves the integrity and effectiveness of our ULTRA formulations.

## Q: Can you take FYI® ULTRA with existing FYI®?

A: It is not necessary to take both products as there are some common ingredients. However, as these products have mostly different ingredients and are designed for different aspects of joint health, please check with your health care practitioner to select which product is best for you.

Please see table for a comparison chart of the FYI® products so you can decide which is the most appropriate for you. As with any dietary supplement please check with your healthcare practitioner before using these products, especially if you are pregnant, nursing or under medical supervision. These products are not intended for children.

## 16. Q: What are UltraZorbe™ Capsules?

A: UltraZorbe™ Capsules are an advanced delivery system providing rapid nutrient release through faster and more complete dissolution than other vegetarian capsules. Made from 100% vegetarian materials, UltraZorbe™ capsules are free from all chemical solvents, animal by-products and colorants found in other delivery forms. Scientific research suggests UltraZorbe™ capsules dissolve in the stomach, releasing the content of the capsule to support optimal nutrient content.

## 17. Q: What is the Green-e logo on FYI® ULTRA?

A: The Green-e logo is the only nationally recognized symbol that stands for certified renewable energy. It means that our company purchases certified renewable energy credits for all of the electricity needs for our company headquarters and distribution center. The Green-e logo lets our customers know of our commitment to green power and that we are environmentally conscious.

Green-e Certified



100% Renewable Energy

Our company purchases Green-e certified renewable energy for all of the electricity needs for our company headquarters and distribution center.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.