



FAQ'S: YOU'VE GOT QUESTIONS, WE'VE GOT ANSWERS

Q. What is the amount of each ingredient in Body Balance®?

A. We do not quantify the specific nutrients in Body Balance. As the Aloe vera and SeaNine™ sea vegetable blend are whole foods, with nothing added or removed, there may be some slight variations in each batch. For a listing of the nutrients found in Body Balance, please refer to the product data sheet found in the Products section of our website at www.lifeforce.net. We guarantee that those trace nutrients are in Body Balance; in their naturally occurring state.

Q. Does TruBoost contain MSG (Monosodium Glutamate)?

A. Our natural flavorings consist of natural extracts of plant-derived material and these flavorings do not contain glutathione or MSG.

Q. Have there been any research studies done on Body Balance?

A. We have not performed clinical trials on Body Balance, per se, therefore there are no research studies done on the product itself. However, Aloe vera has been used to benefit mankind since Biblical times. Body Balance has a 24-year-long history; with millions of satisfied customers. We have a list of outside references on our website that might be of interest regarding both the Aloe vera and sea vegetables.

Q. Why can't I take Activated Charcoal with my medications?

A. We recommend that you take your Activated Charcoal three hours from the time you would take any medications because Activated Charcoal works as an adsorbing agent. Made by superheating and granulating coconut shells, our Activated Charcoal is a vegetarian botanical form of carbon that travels through the GI tract adsorbing toxins and carrying them out of the body. Adsorption refers to how toxins bind to the carbon particles, and ours is capable of adsorbing many times its own weight in toxins. In much the same way, the Activated Charcoal would bind with your medication in the GI tract and carry it out of the body. Do not use with time-released medications.

Q. How much elemental calcium is in OsteoProCare?

A. One two tablespoon serving contains 1,200 mg of elemental calcium, which is 120 percent of the Recommended Daily Allowance. The two sources of calcium are calcium carbonate and calcium orotate.

Q. Is Body Balance safe for infants?

A. Body Balance contains honey which is not safe for babies under one year of age.

Q. Does Body Balance have preservatives in it?

A. Yes, Body Balance does contain preservatives. As the product is cold-processed, the preservatives are necessary to ensure the integrity of the Aloe juice. There are some people who experience sensitivity to some preservatives, and we are working on a preservative-free product, but it is in its developmental stages and may take some time before we introduce it. We have published an important position paper on the use of preservatives. It can be found on our website at www.lifeforce.net.

Q. How much sugar, in general, is put into each quart of Body Balance in the form of honey/cherry to help with the taste?

A. The amount of all combined sweeteners in Body Balance is less than four percent per serving or approximately 2.0 g of honey, stevia, and cherry flavors are added to the product. No sugar is added.

Q. Are your products safe to take during pregnancy?

A. We recommend that you download the product data sheets which can be found in the product section of our website at www.lifeforce.net and bring them to your healthcare provider to determine whether this or any product should be taken during pregnancy.

Q. Do the plastic bottles you use in Body Balance and your other products contain the toxic chemical Bisphenol-A?

A. We confirmed with our bottle manufacturer that there is no Bisphenol-A in our bottles.

Q. One of the marketing features of Body Balance, OsteoProCare, etc. is that they are in liquid form with a much higher absorption rate than tablets. However, the herbal fiber product is in tablet form. Why is that?

A. It is true that we prefer to use liquid nutrition whenever possible for its many benefits including a superior absorption rate. The Herbal Tabs have many herbal ingredients that would adversely affect the flavor of a liquid product. Rather than reduce the levels of ingredients to make a liquid supplement more palatable, we elected to make a tablet to include all the ingredients in high enough potency to make Herbal Tabs the great product that it is. The product is carefully manufactured to ensure the ingredients are released in the gut at the proper time.

Q. When would be the optimum time to use your Activated Charcoal product? Would it be best taken before or after meals and how many times in a day should this be taken?

A. Activated Charcoal should be taken as follows. Take one level teaspoon added to eight ounces of water both in the morning and the evening. You may want to drink it through a straw to assist in consuming it. Do not take within three hours of any medication. Do not use with time-released medication.

Q. Have you found that Body Balance interferes with any medications?

A. We have not received any reports of Body Balance interfering with other drugs. However, we always recommend talking to your healthcare provider before trying any dietary supplement.

Q. What are the directions for the Colon Cleanse Program?

A. The Colon Cleanse Program is designed to do just that, cleanse impurities from the colon. By doing so, the body is better able to absorb nutrients in foods and with your other Life Force products. There are three products in the Colon Cleanse Program. Herbal Tabs are designed to nourish and support intestinal health as well as help to remove impacted impurities in the system. Activated Charcoal promotes the adsorption of harmful organic compounds found in the GI tract. Intestinal Tone helps to detoxify the body by aiding healthy elimination; essentially working as a broom to sweep impurities from the system. The directions for use can be found on each product.

Q. Certified Kosher by KSA is on the Body Balance bottle. Who or what is KSA?

A. The KSA is the Kosher Supervision of America organization. It is considered the largest, recognized and accepted Orthodox kosher certification agency based in the Western United States.

Q. Are any of the Life Force Products tested on animals?

A. None of our products are ever tested on animals.

Q. Does the harvesting of the sea vegetables harm the ocean?

A. The sea vegetables found in SeaNine™ are harvested exclusively for Life Force in a way which does not harm the environment or our oceans in any way.

Q. How is Body Balance made?

A. Body Balance is a proprietary formula developed by Wayne Hillman in the early 1980's. He is truly a pioneer in the industry. The Aloe vera used in Body Balance is grown especially for Life Force International, and is of the highest quality. It is grown and processed to USDA National Organic Program standards and certified by Quality Assurance International (QAI). It is certified by the International Aloe Science Council for purity and is Kosher certified by KSA. The aloe juice is taken from the inner leaf of the fillet only, and done so within hours of harvest to retain freshness and the integrity of the nutrients. The SeaNine™ is our exclusive proprietary blend of nine varieties of sea vegetables, including the full spectrum of red, brown, and green sea vegetables. Body Balance is packaged here in our facility, where it is cold-filled to further protect the product's integrity, as heating could destroy valuable nutrients.

Q. What part of the Aloe vera is used in Body Balance?

A. The Aloe vera used in Body Balance is of the highest quality and is from the inner leaf of the fillet only.

Q. Do you have a patent on Body Balance?

A. We do not have a patent on Body Balance. The product is protected by a proprietary trade secret formula developed by Wayne Hillman and sold exclusively by Life Force International.

Q. What are the number and types of probiotics in TrueGreens?

A. TrueGreens contains the probiotics *Lactobacillus Acidophilus* and *Bifidobacterium Bifidum*. Viable bacteria present are approximately 140 million organisms per serving at the time of manufacturing. TrueGreens also contains many digestive enzymes from plant sources to aid in healthy digestion and to support GI health, including bromelain, lipase, amylase, papaya and pineapple.

Q. Which ingredients would be considered the antioxidants in TrueGreens?

A. TrueGreens is a whole-food supplement and contains antioxidants naturally found in blueberries, grape seed extract and bilberries.

Q. Is the Aloe in Body Balance organic and where do you harvest it from?

A. Our Aloe is fresh and of the highest quality. Our supplier is the largest Aloe supplier in the world. They grow, harvest and process their own Aloe. The time from field to processing is one day. Each leaf is harvested by hand and must be nicked and pulled carefully from the mother plant so as not to break the rind. Properly taken, the leaves will naturally seal themselves within a short period and the inside gel will not be exposed to oxidation or contamination. The processing plants are close to the fields. This is important because with a short ride to the processing plants the leaves will be fresher and will suffer far less bruises and other damage that can occur in transporting. Some companies spend several days getting their leaves to the processing plant while our leaves are processed within a day. When the Aloe is harvested, it is carefully preserved, saving the natural characteristics of the Aloe. Special equipment is used to ensure that the Aloe retains as much of its natural polysaccharide profile as possible. It is then shipped to our manufacturing plant, where we keep no more than two to four weeks inventory of finished Body Balance. Life Force is committed to supplying the highest quality products to our members and customers and our products are supported by a money-back guarantee.

Q. What is the Montmorillonite found in the OsteOmegaCare?

A. Montmorillonite is a very soft phyllosilicate mineral that forms clay. It is known for its detoxifying and bone strengthening properties.

Q. Is there any need to take extra vitamins or minerals when taking Body Balance?

A. Body Balance is not designed to replace a full-spectrum vitamin or mineral supplement. Body Balance is a whole-food product and we do not add any synthetic vitamins or minerals. The nutrients in Body Balance are in their natural state and are often in trace amounts.

Q. What are the Latin names and the common names for the sea vegetables in SeaNine™?

A. The Latin and common names in the SeaNine™ proprietary blend are as follows:

- Palmaria palmate* – Dulse
- Fucus vesiculosus* – Bladder wrack
- Chondrus crispus* – Irish moss
- Ascophyllum nodosum* – Norwegian kelp
- Laminaria digitata* – Kombu
- Porpyra yezoensis* – Nori
- Ulva lactuca* – Sea lettuce
- Alaria esculenta* – Winged kelp
- Gigartina chamissoi* – Gigartina

Q. What are electrolytes and does Body Balance contain them?

A. Electrolytes are minerals that dissociate in water to form ions (charged particles like sodium, Na+) Yes, Body Balance contains a complete profile of electrolytes at the following concentrations (amounts may vary slightly per batch). Sodium (Na): 4.5 mg/30 ml serving; potassium (K): 82.5 mg/30 ml serving; chloride (Cl): 1.0 mg/30 ml serving; magnesium (Mg): 6.4 mg/30 ml serving; calcium (Ca): 6.2 mg/30 ml serving.

Q. Why is citric acid in Body Balance, and is it made from fruits or some other way?

A. Citric acid is used in Body Balance primarily as an acidifier (produces an acid environment for the performance of the preservatives). The citric acid is derived by fermentation. We use a powder form that completely dissolves in water. It is the highest food grade we can purchase and meets the strict specifications of the United States Pharmacopoeia (USP), Food Chemical Codex (FCC) and is certified Kosher.

Q. What is the carbohydrate count in Body Balance?

A. The total carbohydrate per serving (1 fl oz) is 2 g, or 4 g per 2 oz serving. Total carbohydrate on the label refers to both COMPLEX and SIMPLE. The 1 g SIMPLE sugar comes from the honey and black cherry. The other 1 g of COMPLEX comes from the Aloe vera and sea vegetation. Together they form the total amount.

Q. Can you give me a ballpark figure of the percent of daily allowance of the vitamins in Body Balance?

A. Body Balance is a whole food and the vitamins are naturally occurring in a "perfect balance." We do not formulate Body Balance with synthetic vitamins to meet Recommended Dietary Allowance (RDA) levels. As a whole food, the vitamin levels vary from lot to lot. Therefore, we do not list these values on the label.

Q. Should I use Body Balance as a daily multivitamin and mineral supplement?

A. No, please do not view Body Balance as a daily multivitamin and mineral supplement. The levels of these nutrients are relatively low and vary from lot to lot. Body Balance is not a synthetically formulated vitamin and mineral supplement, rather, a product rich with phytonutrients and major, trace and ultratrace minerals.

Q. Why should you not refrigerate OsteoProCare?

A. The reason that OsteoProCare should NOT be refrigerated is because the refrigeration precipitates the minerals in the OsteoProCare. In short, it causes the minerals in OsteoProCare to settle even more at the bottom of the bottle and makes it more difficult to shake the content to loosen up for pouring.

Q. Can you tell me the source of the calcium in OsteoProCare?

A. The source of calcium in OsteoProCare is from calcium carbonate, which is sourced from limestone. It is then processed with orotic acid to yield calcium orotate. In the finished product, the calcium is in both forms; calcium carbonate and calcium orotate.

Q. How many carbohydrates are there in each 15 ml serving of OsteoProCare?

A. There are 6 g carbohydrates/30ml; therefore, there would be 3 g carbohydrates in a 15 ml serving of OsteoProCare.

Q. AminoCharge has Isolated Soy Protein listed on the label. What is this form of soy protein?

A. Soy is available in many different forms. Soybeans are both higher in protein and fat than other beans. Soy flour and soy powder are made from whole soybeans that have been roasted and ground and are mostly used in baking. Soy concentrates are made from defatted soybeans by removing most of the water-soluble, non-protein ingredients and approximately 65 percent of the protein. Isolated soy protein is the purest form of soy where all ingredients are removed except for the protein, which is approximately 90 percent.

Q. Is the source of whey in AminoCharge from cow's milk?

A. The whey in AminoCharge is derived from cow (bovine) sources. Specifically, we use isolated whey protein, which is the highest quality protein available. The protein component is approximately 90 percent with the remainder being water, mineral ash and fat. This protein is highly bioavailable and adds to the great taste of the product. The isolated whey protein is also non-GMO.

Q. Can you please explain the quality of the psyllium used in Intestinal Tone?

A. The psyllium used in Intestinal Tone is the highest grade available. Specifically, it is Pharmaceutical Grade, meeting the strict standards of the United States Pharmacopoeia (USP). To achieve USP, every lot of psyllium (80 percent seeds plus 20 percent husks) must achieve USP quality standards for elements such as purity (no foreign seeds, materials or substances) and safety. Since seeds can be easily contaminated, the USP grade guarantees the product to be free of microbiological hazards (e.g., pathogen bacteria such as E. coli, salmonella, listeria, etc.). Our product is 100-percent-pure psyllium.

Q. I have _____ disease/condition. What Life Force product would be best for me to use?

A. Life Force products provide nutritional support. They are not treatments or cures for any disease. In a great number of instances, we have found that when people who have an illness improve their nutrition, their bodies have gotten the right armament to also improve themselves. Life Force International products are not intended to treat, cure, or prevent any diseases. We are in the business of providing nutritional support products, and therefore do not provide answers to questions that relate to any medical condition. The information that we provide is for educational purposes. If someone is experiencing any health complications, it is their responsibility to seek the advice of a licensed healthcare professional. We provide complete whole-food-based products and balanced nutritional supplements. We have supportive documentation as well as references, which have been gathered from various studies conducted on many of the individual ingredients in our products.

Q. I am using the drug _____, can I use the Life Force product _____ with this drug?

A. Product data sheets are available on the Life Force website, at www.lifeforce.net. Print these out and discuss the information with your physician or healthcare provider. Life Force products are not intended to diagnose, treat, cure or prevent any disease.

Q. Which Life Force products are vegan and which are not?

A. The Life Force products that are vegan (no animal, dairy or egg products) are Body Balance, Intestinal Tone, Activated Charcoal, Herbal Tabs, Taheebo, Herbal Body Wrap, SunBright, SunSet, TrueGreens and Colloidal Silver. The Life Force products that are not vegan are FlexeoPlus, OsteoProCare, AminoCharge and DreamAway.

Q. Which Life Force products contain lactose?

A. Lactose is a sugar found in dairy products. None of the Life Force products contain lactose.

Q. What is the quality of ingredients in your products?

A. A good quality product is made of quality ingredients. Searching for the best quality ingredients involves many vendors and an evaluation of each individual ingredient prior to use in our products. This is also a long-term process of extensive sourcing and testing. Our vendors and their detailed processing steps of ingredients we use are Life Force International's confidential information. This confidential information is only available to a few individuals in our company as well as to government agencies for inspection purposes. We are also bound with confidentiality agreements with our suppliers. Be assured that the ingredients we use are the best we can possibly source.

Q. Are all ingredients used in your products "organic?"

A. No, they are not all "organic." One of the reasons is that most often there is no supplier of organic ingredients that have the capacity to consistently provide us with the quality and quantity of ingredients we need.

Q. Do you perform third-party testing on each batch of Life Force products for verification?

A. Yes, we do conduct necessary third-party testing appropriate to each Life Force product.