

Health Questions

You will find below conditions and questions listed in alphabetical order. To search for a specific word or phrase you can always use the Command F function on a Mac or Control F on a Windows computer for a pop up search box for the document.

On all questions asked of the company, that you see below, there is this disclaimer:

THIS ANSWER IS GIVEN FOR INFORMATIONAL PURPOSES ONLY. IT IS NOT MEANT TO PROVIDE ANY MEDICAL DIAGNOSIS AND/OR TREATMENT; NOR IS THE INFORMATION MEANT TO PROVIDE ANY MEDICAL CLAIM AS TO THE EFFECTIVENESS OF NUTRITIONAL SUPPLEMENTS FOR THE CURE OF ANY DISEASE, BUT IS MEANT TO ASSIST YOU IN THE UNDERSTANDING OF HOW DIET NUTRITION AND BIO-IDENTICAL HORMONES CAN PROMOTE HEALTH. IT IS STRONGLY RECOMMENDED THAT YOU CONSULT YOUR PHYSICIAN OR OTHER HEALTH CARE PROVIDER FOR ADVICE REGARDING ANY MEDICAL CONDITION EXPERIENCED AND BEFORE INSTITUTING ANY MINERAL, VITAMIN OR OTHER SUPPLEMENT REGIME OR MAKING ANY DIET CHANGE

Beyond OsteoFx

Q: Can you help me please....

I am to speak on a call about Osteo Fx and whilst I've got the two supplement version info sheets printed off I need to know where to look to expand the information. Why does the powder contain more vitamin D 3 than the liquid form? The powder has more copper and phosphorus, why? And why was both powder and liquid created?

How much PDM in either?

I am worried about doing a good job of this.

I will look on Youtube as well

Would appreciate your help,

Regards,

A: Thank you for the email and Question.

As for the number and variety of supplements we offer, this comes down to choices and personal preferences. For example, some people find they prefer the liquid supplements while others like the convenience of the powders.

As for the Various Nutrient Amounts, the Products were reviewed by our Scientific Advisory Board and the Optimal amounts of Nutrients were placed in each Supplement that would not decompose over time - An example is Vitamin D which is a Fat-Soluble Vitamin must be held in suspension in the Liquid product - therefore, more Vitamin D is found in the powder products.

I hope this information is helpful. I am working on getting you some additional information as well.

Kind Regards,
Kristen Weinacker, RN

Beyond Tangy Tangerine

Q: I have a new customer who is on medication and needs to know how the potassium citrate in our Tangy Tangerine is derived please?

I have told her it is not synthetic but she needs more information otherwise she won't continue with the products.

warm regards,

A: Hello

Thank you for the email and question.

The Potassium Citrate is synthesized from brown rice protein. We grow this brown rice and feed it with vitamins/minerals per the Product Formulator, Richard Renton.

I hope this information is helpful.

Blood Thinners

Although there has been noted minimal risks with supplementation and most medications, due to the fact medications have a variety of effects on an individual's metabolic pathways and variables such as dosage, term of use, prior medical history, and degree of metabolization, it is impossible for Youngevity to comment on interactions between supplementation and medication. Our suggestion is that you consult your Medical Professional, and even your Pharmacist, and to only follow the Medical Professional's advice when considering adding in Supplementation. Generally, if Supplementation is accepted, you could work with your Health Professional to create a plan with specific testing to see how they support a more holistic approach to your Health.

With Blood thinners a person typically has routine exams with their Health Care Professional to ensure the Blood thinner levels are "balanced" and meeting the targeted levels. Many factors can interact with Blood thinners including supplements, but also fruits and vegetables.

An example- Essential Fatty Acids Support Healthy Blood production including the clotting activity and levels of the Blood. (EFAs may have a Blood thinning effect). Any adjustments or changes should be coordinated with that person's Health Care Professional to ensure no negative interaction occurs.

It is best to work with your Health Professional to see how they can support a more Holistic Approach to your Health.

I hope this information is helpful.

Warm Regards,

Bursitis

A:

Thank you for the email and questions.

Please remember we do not recommend our products for the treatment or cure of disease (such as Bursitis).

We do recommend our products to support and promote Healthy Bones and Joints and to promote Optimal Health.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Glucosamine are shown to do this.

In Dr. Wallach's book, "Let's Play Doctor", he writes "Bursitis is an inflammation of bursal sacs that cushion tendons as they pass over joints. Overwork of an "out-of-shape" joint can bring on a flare up".

We recommend a Specialty Pak - The Healthy Body Bone and Joint Pak, which includes the "core" 90 Essential Nutrients and two additional products - Gluco Gel and CM Cream. The Gluco-Gel is formulated to provide collagen, a main building block of bone matrix, cartilage, ligaments, tendons, and connective tissue. Glucosamine has been shown to stimulate the cells responsible for building cartilage (chondrocytes). The CM cream can be applied topically to areas of pain to help temporarily relieve minor aches and pain. You can even add in Trauma Oil, from our Essential Oils line, for even more relief.

Consider adding in Imortalium which supports stem cell production and tissue growth - provides Antioxidant Nutrients.

Consider adding in Ultimate Selenium for Antioxidant Support.

Dosing of the Healthy Body Bone and Joint Pak is based on weight. It is recommended to use 1 Pak per 100lbs. 2 Paks would be recommended for an individual who weighs 200lbs (generally up to 240lbs). Then, 3 Paks and so forth. In disease states that are severe, Dr. Wallach often recommends additional Gluco-Gel (up to 5 at each meal). Always follow the advice of your Health Professional.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create aggravation in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below. It is recommended to try the products a full 90 days and to eliminate those "Bad Foods" for maximum absorption of Nutrients.

Find the Good Foods / Bad Foods Document on this page and the Video with Dr Glidden in the Video Library.

The Key is that you have to get the "Bad Stuff" out of the diet, then provide the body with Essential Nutrients found in our Healthy Start Paks, including additional Nutrients, such as Glucosamine.

I hope this information is helpful. Always follow the advice of your Health Professional.

Warm Regards,

Cancer

Breast Cancer

Q: I am 65 years of age and at 5ft 6" weigh 126lbs. I was diagnosed with triple negative breast cancer 18 months ago and had two tumours ,stage 2 and 3 removed surgically, however they did not clear the margins and offered me chemo and radiation which I refused.(only one lymph node was removed during surgery)

As it hadn't spread to my lymph nodes I elected to take vitamins and minerals, become gluten and sugar free and try to follow the keto diet. I am told I have poor circulation.

My only other problem is arthritis in my hands which are becoming malformed and knobbly, red blood count high and bad seasonal hayfever from pine pollen two months of the year.

I would appreciate your help.

Thankyou.

A: Hello ,

Thank you for the email and question. We will be happy to help you with product support.

Please remember we do not recommend our products to treat or cure disease (such as Cancer, etc).

We do recommend our products to support and promote the Immune System and Optimal Health.

The Antioxidant Nutrients, Antioxidant Vitamins, and additional beneficial Nutrients such as Selenium have been shown to do this.

We would recommend our Healthy Start Paks to provide the "core" 90 Essential Nutrients Daily. You could consider the Healthy Brain and Heart Pak to provide foundational Nutrition, and also includes Ultimate Selenium, as a powerful Antioxidant.

Consider adding in Cell Shield which includes Resveratrol, Turmeric, and Quercetin and has an excellent ORAC (oxygen radical absorbance capacity) Value to again provide key Antioxidants that can scavenge out free radicals (Free radicals cause cell damage/death). Focus on products that have high ORAC value including Triple Treat Chocolate and the Beyond Tangy Tangerine powders (and especially the Tablet 2.0 formulation).

Consider adding in Fucoid Z with contains 100% sea vegetables and Organic fucoidan which is designed to give the Immune System a boost and provide Antioxidant support.

Consider adding in Ocean's Gold - formulated to support the entire body and contains a blend of Marine Botanicals, including Sea Cucumber that support a healthy thyroid and hormone levels. Sea Cucumber is being researched for its possible Anti-Inflammatory and anti-cancer (prevention and treatment) benefits.

From a Nutritional Approach, Dr. Wallach recommends the elimination of "Bad Foods" from the diet, including Fried Foods, SUGAR, Oils (ALL OILS), Processed Meats, and Gluten (wheat, barley, rye, oats, etc). These foods create aggravation in the body and prevent Optimum Nutrient Absorption. The link below provides Dr. Wallach's list of "Good Foods/Bad Foods" and also additional foods/ supplements that promote Health and Wellness. Look for Foods/Supplements high in ORAC value that help scavenge out free radicals that create cell damage). Foods such as walnuts, blueberries, and green tea are excellent choices.

Dosing of the products is based on weight and current health state. It is recommended to use 1 Pak (Healthy Body Paks) per 100lbs. Two Paks would be recommended for an individual who weighs

200lbs (generally up to 240lbs). Then, 3 Paks and so forth. In disease states that are severe, Dr. Wallach often recommends additional support. An example, increased amount of Ultimate Selenium to support Immune System.

Consider adding in

Glucosamine and CM Cream. The Gluco-Gel is formulated to provide collagen, a main building block of bone matrix, cartilage, ligaments, tendons, and connective tissue. Glucosamine has been shown to stimulate the cells responsible for building cartilage (chondrocytes). The CM cream can be applied topically to areas of pain to help temporarily relieve minor aches and pain.

Always follow the advice of your Health Professional. Again, we do not recommend our products to treat or cure disease. We always suggest you work with your Health Professional to see how they can support a more Holistic Approach to your Health.

You are also able to reach out to Dr. Wallach on your question- as he is outside the channel of Youngevity and can offer more specific support and his expertise- we are highly regulated as a Nutrition Company by the FDA/FTC in what we can state.

I hope this information is helpful.

Crohn's Disease & Fibromyalgia

Q: Hi there

My friend has been diagnosed with Crohn's disease and fibromyalgia

What would you suggest to help her

Thankyou in advance

A: Thank you for the email and question.

Please remember we do not recommend our products for the treatment of cure of disorders/disease (such as Crohn's Disease, Fibromyalgia, etc).

We do recommend our products to support a Healthy Immune System and to promote Optimal Health.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Selenium are shown to do this. We recommend one of our Healthy Body Packs as a simple way to get the 'core' 90 Essential Nutrients and the additional beneficial nutrients Daily.

We would recommend a Specialty Pak- the Healthy Body Digestion Pak that includes the "core" 90 Essential Nutrients and Ultimate Enzymes and Flora Fx. The Enzymes are designed to promote Healthy Digestion which is essential for Nutrient Absorption. This includes the enzymes necessary to help breakdown proteins, carbohydrates, and fats. The Flora Fx provides beneficial pre-and probiotics for good gut bacteria balance.

In Dr. Wallach's book, "Let's Play Doctor", he writes a "more realistic cause is a food allergy (i.e., wheat, milk)", and to do a "Pulse Test" to determine food allergies and eliminate these problematic foods. Or a Health Professional can check for food allergies. Treatment includes "a high fiber diet", along with the 90 Essential Nutrients.

Consider adding in Ultimate Selenium for Antioxidant Support.

Consider adding in Ultimate Gluco-Gel which is formulated to provide collagen, a main building block of bone matrix, cartilage, ligaments, tendons, and connective tissue. Deficiencies of nutrients such as selenium, Vitamin E, and Sulfur Amino Acids (and a diet high in fried foods/vegetables oils) can lead to Fibromyalgia, according to Dr. Wallach.

Consider adding in CM cream which can be applied topically to areas of pain to help temporarily relieve minor aches and pain. You could even add in Trauma Oil, from our Essential Oils line, for even more relief to painful areas. Always follow the advice of your Health Professional.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create disruption in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below. It is recommended to try the products a full 90 days and to eliminate those "Bad Foods" for maximum absorption of Nutrients.

I hope this information is helpful. Always follow the advice of your Health Professional. Removing the "Bad Foods" especially Gluten and eliminating food allergies are both very important.

Kind Regards,

CM Creme & Trauma Oil

Q: Can you tell me how best to use the CM cream with the Trauma Essential oils. One person says don't mix it together until ready to apply, another says you can. At the moment I am mixing it together, and early days, but it's working very well.

A; Thank you for the email and question.

I did reach out to the Product Expert on support of an answer to your question. The efficacy of the product is not changed by mixing early - he shares that with his own use he mixes 2-3 weeks in advance.

I hope this information is helpful.

Diabetes

Diabetes & Short Term Memory Loss

Q: Hi Team,

My husband is 66 year old and weighs about 150lbs.

He has been a diabetic type 2 for over 25 years.

For the past 2 years his diet has been low carb and his blood levels are usually slightly elevated (as he'll eat too much protein at night).

When he exercises at the gym it helps reduce the BSLs to normal. We go 2/3 x a week.

He uses 5mls of injectable insulin once or twice a day.

Most worrying is his short term memory loss.

He was for many years on been on several medications (insulin, blood thinner, cholesterol lowering, anti gout) and was always getting diarrhoea (we think the Metformin) He had a very high stress career which he has now retired from.

Over 12 months ago he couldn't handle the meds and checked that he didn't need them apart from the injectable insulin in small amounts.

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Semi's program over the past 12 months
HSP serving twice daily with Sweet-eze - try to do 2 caps before meals....average twice a day.
2 x caps of Cell Shield in the past 6 months
2 x Selenium
2 x Enzymes
2 Ultimate Dailys
2 x Synaptiv ..past 2 months only
3 x EFAs twice daily now (have done up to 15 for a few months)

He is certainly looking and feeling better but he still has several days of him feeling confused. Often that is relieved with him resting and drinking water with some PDM. A1C is up ...9. We have cut out all carbs now and increasing the good fats after getting some advice from my upline who has a medical background. This is improving blood sugar levels but I don't see his memory improving. Maybe too soon yet.

I wonder if we should include the Smart FX ?
We are also due to get another blood test.

Appreciate any advice you could give.

A: Thank you for the email and question.

Remember, we do not recommend our products to treat/cure disease.

Semi is on an excellent Supplement Program.

Consider adding in Ultimate S.M.A.R.T FX which stands for Sustained Memory and Retrieval Time, which contains Omega 3- to support optimal neural pathway function.

Consider adding in D-Stress which is formulated to provide key nutrients known to be involved in a healthy stress response cycle. This product is designed to support brain metabolism.

Yes, absolutely we would continue to recommend the exercise which can help support healthy blood sugar levels. I know you mentioned an upcoming blood tests- seeing the A1C go down would be important. Exercise is also extremely important for brain health - if your husband is open to it, and with Health Professional clearance, see if he can increase the days of activity/exercise.
<http://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>

Additionally, in Dr. Wallach's book, "Let's Play Doctor", for diabetes, it is recommended to consume a diet of "high fiber, no processed carbohydrates and avoid meat in the beginning stages....-the reason is that every time you eat processed carbohydrate (i.e sugar, honey, alcohol, mashed potatoes, etc.) you will lose 300% more chromium in your urine than when you consume complex carbohydrates." Consider checking for food allergies to wheat, cow's milk, soy, etc and eliminate these foods which can create lesions in the intestines and there again, block absorption of Nutrients.

These things take time, unlike medicine which can give you a more definite "window" or result, nutrition works on a schedule that factors on things such as age, degree of health issue, what other healthy things you are/aren't doing, years of health issue, etc. I think you get my point. It's a lifelong process.

I hope this information is helpful.

Essential Oils

Q&A: Re: Essential Oils

We use processes of steam distillation or expression. No solvents are used.

Q: FOOD GRADE OILS?

Kristin can you help us with this one please

Can you clarify which, if any, of the essential oils are food grade and can be taken orally with or without food or water?

I've heard essential oil ygy call recordings that say none are food grade and should not be taken internally while others think that all are food grade and some specific ones can be taken internally

Thanks for your help

A: Thank you for the email and excellent question. I had received this question in the past and reached out to our Oils Expert, Kent King, on this exact question.

Our Oils are of the highest quality. However, we must comply with regulations set forth by the FDA and our labels depict this compliance. We suggest you work with your Health Professional if considering taking any Oils internally as we are not able to teach or offer this method due to regulations set forth. I have also been informed by our Oils Expert that the benefits of using essential oils internally is a very inefficient way to use the oils for the vast majority of issues. Other application methods have been proven in clinical trials to be the better way of using the oils." So yes, the Oils are of very high quality and our labels comply with the FDA requests. We are not able to teach or advise to take any of the Oils internally.

Kind Regards,

Fit Shake

Q: Where are the chicken carcasses sourced. That is, are they organic

A: Thank you for the email -

I did reach out for additional support on your question. The chicken is not ALL organic - we source a combination - we cannot say it's 100% organic.

Gastric Bypass

Q: Please can you advise

If people have had gastric bypass surgery where do we go from there with products / supplements and food choices / diet?

A: Thank you for the email and question.

Please remember we do not recommend our products to treat or cure conditions/disease.

In regards to Nutrient Deficiencies post Gastric Bypass I've attached an article from the Journal of the American Osteopathic Association you may find helpful.

<http://jaoa.org/article.aspx?articleid=2093757>

We would recommend a Specialty Pak- the Healthy Body Digestion Pak that includes the “core” 90 Essential Nutrients and Ultimate Enzymes and Flora Fx. The Enzymes are designed to promote Healthy Digestion which is essential for Nutrient Absorption. This includes the enzymes necessary to help breakdown proteins, carbohydrates, and fats. The Flora Fx provides beneficial pre-and probiotics for good gut bacteria balance.

From the National Institute of Health: After gastric bypass surgery, your body will not absorb some important vitamins and minerals. You will need to take these vitamins and minerals for the rest of your life: MultiVitamin with Iron, Vitamin B12, Calcium (1,200 mg per day) and vitamin D. Your body can absorb only about 500 mg of calcium at a time. Divide your calcium into 2 or 3 doses during the day. Calcium must be taken in the "citrate" form.

Consider adding in Ultimate Selenium for Antioxidant Support and additional Minerals, including Copper.

Consider D-Stress which is formulated to provide key nutrients known to be involved in a healthy stress response cycle. This product is designed to support brain metabolism.

Providing foundational Nutrition in a excellent Multi Vitamin/Mineral Complex is extremely important for someone who has had the Gastric ByPass-

You are able to contact Dr. Wallach directly through his Daily Radio Show- as he is outside the channel of Youngevity can more so offer specific health support/information/advice.

Dr. Wallach Daily Radio Shows

Please be mindful of the time zone (CST).

Dead Doctor's Don't Lie

Call in # 1-888-379-2552 (2-3pm CST, Monday - Friday)
KSCO Radio

Let's Play Doctor

Call in # 1-877-912-7529 (3-4pm CST, Monday -Friday)

Due to high call-in volume, you should plan to call 15-20 minutes before the show to get in-line to ask your questions.

Always follow the advice of your Health Professional. Even more so we would recommend the 90 Essential Nutrients daily for Optimal Health as oftentimes there are Nutritional Deficiencies after Gastric Bypass. Always follow the advice of your Health Professional.

We would continue to recommend removal of the “Bad Foods” from the diet and focusing on Nutrient Dense foods. Our Healthy Weight Loss Guides offer excellent food suggestions I hope this information is helpful.

Kind Regards,

Heavy Metals

Q: Can you let me know about heavy metal testing of our products, please?

A: In Regards to Testing and Quality of Supplements, an answer by Steve Wallach to a similar question.

The Humic Shale extracts we use are from a Certified Organic Source.

We test our products for heavy metals, we strive to have the lowest levels of anything considered a heavy metal possible.

As you may know, ingredients such as Herbs, Teas, Dairy, Shellfish and Kelp based ingredients can also contain measurable levels of heavy metals.

Our Fish Oil products are IFOS certified and every batch is tested for impurities by IFOS and rejected if the batch fails to meet this stringent guideline.

As for heavy metal "removal", we ensure our raw materials contain no more than ultra low levels of any of these metals.

As for the testing, we use independent labs for metals testing and have implemented a testing standard by our manufacturers.

As far as addressing this on our website, we explain IFOS and NSF certification and post the Organic Certificate of the Humic Shale material in the resource center of our website.

As to the quality, we use cGMP certified manufacturing facilities and we have additional certifications as outlined above for many of the products we carry.

I hope this information is helpful.

Warm Regards,

Insect Bites

A: Thank you for the email and question.

Please consider our Trinity Lotion

Trinity Lotion is a proprietary blend of compounds with (3) active ingredients: Beta 1, 3-D Glucan, MSM and Aloe Vera. The Trinity Lotion is designed to keep skin healthy, reduce fine lines and wrinkles, as well as a great first aid for burns, insect bites, bee stings and minor cuts.

I hope this information is helpful. Always follow the advice of your Healthcare Professional -

Irritable Bowel Syndrome

Q: For someone on a Fodmap diet for Irritable Bowel

looking at the ingredients of Tangy Tangerine there are a lot of things in the Tangy Tangerine powder that are not allowed on a FodMap diet.

Do the Tangy Tangerine tablets contain the same ingredients?

What products do you suggest for a person with Irritable Bowel

With thanks for your wonderful service

A: Thank you for the email and question.

Please remember we do not recommend our products for the treatment of cure of disorders/disease (such as IBS)

We do recommend our products to support a Healthy Immune System and to promote Optimal Health.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Selenium are shown to do this.

We recommend one of our Healthy Body Packs as a simple way to get the 'core' 90 Essential Nutrients and the additional beneficial nutrients Daily.

We would recommend a Specialty Pak- the Healthy Body Digestion Pak that includes the "core" 90 Essential Nutrients and Ultimate Enzymes and Flora Fx. The Enzymes are designed to promote Healthy Digestion which is essential for Nutrient Absorption. This includes the enzymes necessary to help breakdown proteins, carbohydrates, and fats. The Flora Fx provides beneficial pre-and probiotics for good gut bacteria balance.

Yes, Dr. Wallach recommends checking for food allergy (i.e., wheat, milk) by using Dr. Wallach's "Pulse Test". Eliminate all problematic foods from the diet. A Health Professional can also check for food allergies.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create disruption in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below. It is recommended to try the products a full 90 days and to eliminate those "Bad Foods" for maximum absorption of Nutrients.

Yes, the BTT 2.0 Tablets and BTT 2.0 Powder have similar Nutrients
Dosing is based on body weight. 1 Healthy Body Pak per 100lbs is recommended. 2 Paks per 200lbs, etc.

The Key too is to get to the root issue of the IBS- whether food sensitivity/allergy, stress, and other illnesses like bacterial infection.

I hope this information is helpful. Always follow the advice of your Health Professional. You can also reach out to Dr. Wallach directly through his Daily Radio Show -

[Dr. Wallach Daily Radio Shows](#)

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Eczema

Q: I have a young friend with a 6 yr old girl with bad eczema. Mum can't afford many products. She is very aware of diet, the child needs supplemental support.

I'm thinking of Plant Derived Minerals to take and spray on the skin.

EFA's, Enzymes, Nightly Essence, Killer Biotic.

I know this would be more than the mother could afford.

Please can you advise me as to what you think I would be best to recommend to her.

A: Thank you for the email and question.

Please remember we do not recommend our products to treat conditions or disease (such as Eczema).

We do recommend our products to support the Immune System and Promote Optimum Health.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Selenium are shown to do this.

We would recommend one of our Healthy Start Pak which includes Beyond Tangy Tangerine as a Multi Vitamin/Mineral Complex, Osteo-fx for bone and joint support, and Essential Fatty Acids. This Pak will serve as the foundation for overall Health and Wellness. Consider adding in Ultimate Selenium for Antioxidant Support.

In Dr. Wallach's book, "Let's Play Doctor", with dermatitis, "Ninety-seven percent of these patients have food allergies to wheat gluten, almost equal numbers are sensitive to cow's milk." Consider checking for food allergies and removing completely from the diet any problematic foods. We would recommend complete removal of Gluten from the diet. Dr. Wallach often recommends that the entire house should be Gluten free, even any household pets should be on Gluten free diet-

Yes, to receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create disruption in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below. It is recommended to try the products a full 90 days and to eliminate those "Bad Foods" for maximum absorption of Nutrients.

The KEY is to stop ongoing damage to the digestive tract by eliminating the "Bad Foods", especially Gluten and Cow's Milk in this case and other foods that create additional disruption. Have patience, as skin conditions, such as eczema are a reflection of inside digestive health. It can take 90 days or more of eliminating the "Bad Foods", Cow's Milk, and other problematic foods to see improvement in outside skin health.

We also generally suggest our Supplements are for those 12yrs of age and older, but we also suggest to go by weight. 1 dose per 100lbs of body weight- this is more in line with our Healthy Start Pak products -

A couple of other excellent choices for Children -

1. KidSprinklz (consider 1/2 packet for Children 2yrs of age and younger)
2. Kid's Toddy (dosing information for 2yrs and older provided)
3. Tangy Tangerine 2.0 (children 1/4th scoop daily per 20lbs of body weight. Not to exceed one scoop)

Dr. Wallach generally suggests a Healthy Body Start Pak to provide foundational Nutrients Daily - Capsules are able to be opened and soft gels can be poked and contents squeezed out to facilitate taking Supplements. We would highly suggest that you work with your Health Professional to see how they can support a more Holistic Approach to the Health of the Child and to only follow their advice.

I hope this information is helpful. It would be important to determine the budget amount and prioritize products from there- Even the Mighty 90 may be a great place to start, along with adding in the Enzymes. Yes, the diet component is crucial.

Keto Bars

Q&A: Re: Palm Oil in the Keto Bars

The palm oil is from *Elaeis guineensis*, (AKA red palm oil tree). The kernels are harvested from trees grown and managed by independent cooperatives in Malaysia. The cooperatives are the most ecologically friendly and sustainable system, because the independent owners of the land have a vested interest in preserving the health of their land for their children and future generations. I hope this information helps."

So, to sum, I would say yes, they are "sustainable".

Methylated Folic Acid & Vitamin B12

Q: I have been asked if our supplements are suitable for someone who has been told that they are a low methylizer.

A: Thank you for the email and question.

With the MTHFR genetic mutation as an example, absorption of folic acid and B12 may be problematic unless provided in a methylated form.

Generally the focus of Customer questions is on Supplements that provide the Methylated form of Folate and B12 - There are many possible forms of mutations with MTHFR, but again as an example with Folic Acid- if you have this genetic form it doesn't mean you can't consume Folic Acid, but rather you may not utilize it as well as others.

This is becoming a more common question, so you aren't the first to ask it. The L-5 MTHF form of Folate is what people are looking for generally in this situation (The Methylated form of Folate) this is the form in our Ultimate Daily Classic tablets.

This products also contains Vit-B12 as Methylcobalamin - something Customers are also generally looking for in regards to MTHFR.

If your Customer is simply interested in Methylcobalamin, consider taking a look at our BTT 2.0 TABLETS or our Beyond Tangy Tangerine Original or 2.0. You would want to find out from your Customer if they need the Methylated form of Folate as well.

I hope this information is helpful. We have products that offer the methylated forms of both B12 and Folic Acid.

Multiple Sclerosis

A: Thank you for the email and question.

Please remember we do not recommend our products for the treatment or cure of disease (Multiple Sclerosis, etc).

We do recommend our products to support and promote a Healthy Brain, Cardiovascular, and Immune System function.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Selenium are shown to do this.

We recommend the Healthy Body Brain and Heart Pak - this Pak includes the "core" 90 Essential Nutrients and Additional Beneficial Nutrients that support and promote Immune Health and Optimal Wellness. This Pak includes Ultimate Selenium as an Antioxidant to support the Immune System. Dr. Wallach often suggests additional supplementation of Selenium -

Consider adding in the Ultimate Enzymes product which is formulated to support healthy digestion, which is Essential for Optimal Nutrient Absorption.

Consider adding in Fucoid Z with contains 100% sea vegetables and Organic fucoidan which is designed to give the Immune System a boost and provide Antioxidant support.

With Multiple Sclerosis, the myelin sheath covering nerves starts to demyelinate and disappear. This sheath is made almost exclusively of cholesterol. Consuming good sources of cholesterol is important - the EGG. Eggs should be soft cooked in butter so the cholesterol piece is not overcooked and degraded. Dr. Wallach often recommends 6-10 eggs daily.

Focus much of your attention on the food you eat and your overall digestion. Dr. Wallach has a list of "Good Foods/Bad Foods" that can be found at the link below. These "Bad Foods" create additional disruption in the body. These foods also block Optimum Nutrient Absorption, especially Gluten. Avoid ALL forms of OILS, Fried Foods, processed meats, and Gluten (no wheat, barley, rye, and oats).

Dr. Wallach recommend the removal of mercury fillings in his book, "Let's Play Doctor".

Consider adding in Cell Shield which includes Resveratrol, Turmeric, and Quercetin and has an excellent ORAC (oxygen radical absorbance capacity) Value to again provide key Antioxidants that can scavenge out free radicals (Free radicals cause cell damage/death). Focus on products that have high ORAC value including Triple Treat Chocolate and the Beyond Tangy Tangerine powders (**and especially the Tablet 2.0 formulation**).

The Key is to get the “Bad Foods” completely eliminated from the diet. Then, add in the Juicy Nutrients found in our Healthy Start Paks along with a diet filled with Nutrient Dense Foods (blueberries/walnuts), and good sources of cholesterol (egg).

I hope this information is helpful. Always follow the advice of your Health Professional. Again, we do not recommend our products to reverse or cure MS.

You may also contact Dr. Wallach through his Daily Radio Show-

Daily Radio Show information

Please be mindful of the time zone (CST).

Dead Doctor’s Don’t Lie

Call in # 1-888-379-2552 (2-3pm CST, Monday - Friday)

KSCO Radio

Due to high call-in volume, you should plan to call 15-20 minutes before the show to get in-line to ask your questions.

Parkinsons

Q: Parkinsons Disease - Please can you offer some advice on what products are most useful?

A: Thank you for the email and question.

Please remember we do not recommend our products for the treatment of disease/conditions (such as Parkinson’s Disease).

We do recommend our products to support and promote a Healthy Immune System and to promote Optimal Health.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Selenium are shown to do this.

We recommend one of our Healthy Body Packs as a simple way to get the Essential Nutrients and the additional beneficial Nutrients Daily.

To Support and Promote Healthy Brain Function, consider the Specialty Pak - Brain and Heart Pak. This Pak includes the “core” 90 Essential Nutrients that provide foundational Nutrition and the Ultimate Selenium (as AntiOxidant), and additional Essential Fatty Acids (EFA’s) to support healthy blood flow and circulation to the brain and entire body. One Healthy Body Pak is suggested per 100 pounds of body weight per month.

Consider the addition of Synaptiv, which is designed to promote optimal signal strength of neurotransmitters in the brain and supports enhanced cognitive activity. It is formulated to support healthy cognitive and memory function by providing a full spectrum of Antioxidants, and additional beneficial Nutrients.

Consider adding in the Ultimate Daily Classic which supports and promotes healthy circulation, by dilating blood vessels and promoting removal of toxins from the blood. Contains the Hawthorn Berry.

Consider D-Stress which is formulated to provide key nutrients known to be involved in a healthy stress response cycle. This product is designed to support brain metabolism.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create disruption in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below. It is recommended to try the products a full 90 days and to eliminate those "Bad Foods" for maximum absorption of Nutrients. Reducing aggravation in the body also reduces the stress and pressure on your Immune System. It's a win-win.

Consider adding in foods/supplements high in ORAC value (Oxygen Radical Absorbance Capacity). Foods such as blueberries/walnuts and supplements like Cell Shield RTQ and Triple Treat Chocolate have a high ORAC value which helps scavenge out free radicals which cause cell damage/death.

Myelin makes up 75% of brain weight, a fatty insulation type material. Myelin is made of cholesterol. Nutritionally speaking, Dr. Wallach recommends increasing intake of eggs- 6-10/day (soft cooked, soft poached so the cholesterol is not degraded), cooked in butter, and NO OILS .

Dosing is based on weight and disease state - 1 Pak per 100lbs. Consider focusing on products high in ORAC Value that scavenge out free radicals- BTT 2.0 TABLETS, Cell Shield RTQ, and Imortalium.

I hope this information is helpful.

Please remember we do not recommend our Products to treat or cure disease. It is important to work with your Healthcare Professional when wanting to take a more Holistic Approach to your Health.

Kind Regards,

Kristen Weinacker, RN

Note from Darag LCHF Ketogenic lifestyles have been found to be helpful.

Q: I've been asked if you would put Parkinson's, Huntington's and ALS in the same category with the same recommendations.

Can you help me answer that please?

A: Thank you for the email and question.

Yes, I believe in general Dr. Wallach has the same product recommendations for the conditions you listed- so yes, same category with the same recommendations.

Phytonutrients

Q: Which Youngevity products contain phytonutrients (bioflavonoids, carotenoids) ?

A: Thank you for the email and question.

I reached out to our Product Expert today, formulator of the BTT, and as there are many products that contain Bioflavonoids and Carotenoids, we developed a top 5 list for consideration.

1. BTT 2.0 TABLETS
2. BTT 2.0 Powder
3. BTT Original
4. Triple Treat Chocolate
5. Cell Shield - which contains Resveratrol, Turmeric and Quercetin

These products are all high in ORAC Value-

In addition for the Carotenoids, consider the Ocutiv which was just released as part of our Pro line- formulated and designed to support and promote ocular health - includes Lutein, Lycopene, Zeaxanthin, Astaxanthin, and other Nutrients to support optimal eye health.

I hope this information is helpful.

Ocutiv

Q: Please tell me if Astaxanthin is in any of the Youngevity products and which ones.

A: Thank you for the email and question.

Consider taking a look at Ocutiv, a part of our Pro Line, formulated and designed to support and promote ocular health - includes Lutein, Lycopene, Zeaxanthin, Astaxanthin, and other Nutrients to support optimal eye health.

I hope this information is helpful.

Polymyalgia

Q: What can you tell me about helping someone with polymyalgia?

A: Thank you for the email and question.

Please remember we do not recommend our products for the treatment or cure of disease (such as Polymyalgia).

We do recommend our products to support and promote Healthy Bones and Joints and to promote Optimal Health.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Glucosamine are shown to do this.

We recommend a Specialty Pak - The Healthy Body Bone and Joint Pak, which includes the "core" 90 Essential Nutrients and two additional products - Gluco Gel and CM Cream. The Gluco-Gel is formulated to provide collagen, a main building block of bone matrix, cartilage, ligaments, tendons, and connective tissue. Glucosamine has been shown to stimulate the cells responsible for building cartilage (chondrocytes). The CM cream can be applied topically to areas of pain to help temporarily relieve minor aches and pain. You can even add in Trauma Oil, from our Essential Oils line, for even more relief.

Consider adding in Imortalium which supports stem cell production and tissue growth - provides Antioxidant Nutrients.

Consider adding in Ultimate Selenium for Antioxidant Support.

Dosing of the Healthy Body Bone and Joint Pak is based on weight. It is recommended to use 1 Pak per 100lbs. 2 Paks would be recommended for an individual who weighs 200lbs (generally up to 240lbs). Then, 3 Paks and so forth. In disease states that are severe, Dr. Wallach often recommends additional Gluco-Gel (up to 5 at each meal). Always follow the advice of your Health Professional.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create disruption in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below. It is recommended to try the products a full 90 days and to eliminate those "Bad Foods" for maximum absorption of Nutrients.

Controlling what you eat is crucial to reduce inflammation in the body.

Consider adding in FucoiD Z which contains 100% sea vegetables and Organic fucoidan which is designed to give the Immune System a boost and provide Antioxidant support.

The Key is that you have to get the "Bad Stuff" out of the diet, then provide the body with Essential Nutrients found in our Healthy Start Paks, including additional Nutrients, such as Glucosamine.

I hope this information is helpful. We always suggest you follow the advice of your Health Professional.

Pregnancy

Breastfeeding

Q: I have a customer who wants to refer YGY products to his brother and sister in law. She is breastfeeding a newborn baby.

He wants to know if there is anything in writing that can prove there are no side effects when breastfeeding.

If not then are there any testimonials?

Also is the HHealthy Start PAK the best to use?

A: Thank you for the email and question.

The Youngevity philosophy is very simple. We believe that much of a health condition is caused by nutritional (and therefore nutrient) deficiency. If the body is provided concentrated, high quality/bioavailable, comprehensive nutrition on a consistent basis, the body has the ability to strengthen/build and recover properly. We believe this to hold true prior to conceiving, conception, during breastfeeding, and throughout a lifetime. Newborn babies can receive benefit from Youngevity products if the Mother consumes products and then nurses the baby. Vitamins and other Nutrients are then passed to the baby.

We would recommend one of our Healthy Start Paks as a simple way to get the "core" 90 Essential Nutrients needed Daily for Optimal Health. This Pak contains Beyond Tangy Tangerine providing Multi Vitamin/Mineral and additional Nutrient Support, Osteo-Fx to support healthy bones and joints, and Essential Fatty Acids that have a wide range of benefits.

We would also recommend to consider adding Ultimate Selenium for Antioxidant Support.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create inflammation in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below.

We would encourage them to follow up with your Health Professional regarding use of Supplements while Nursing and see how their Health Professional can support a more Holistic approach to the Health of both her and her Baby. Always follow the advice of your Health Professional.

Due to FDA/FTC restrictions on providing health data and specific disease/illness testimonials of our customers we are unable to directly provide you with this type of information. However, we encourage you to go our meetings or social media outlets such as, Facebook group: Youngevity Corporate Page, and engage with our always helpful and vibrant Youngevity community. I'm sure you will find someone from this ever growing community that has dealt with a similar issue and is willing to provide commentary on the Youngevity products.

We thank you very much for your question, we truly understand that it's not easy to find a resolution with so many options, however, we hope that you will at least try the Youngevity products not only for your specific health condition but to know that you are providing the absolute best nutrition to your body on a daily basis...which can provide you the confidence that you are doing everything you can for your health.

I hope this information is helpful. Although there is minimal risk, (i.e. allergy to Nutrient/Medication interaction we do not have knowledge customer is taking) it is best to follow-up with your Health Professional. And yes, we believe the Healthy Body Paks would have you covered as far as Supplementation. (Selenium is a powerful Antioxidant and recommended as well). However, with this being said, we do not know your specific health status, medical history, etc.

EFA's

Q: Hi would like to know is there any problem taking any of our EFA range when pregnant? A customer's doctor mentioned borage may have adverse effects with pregnancy.

A: Thank you for the email and question.

The Youngevity philosophy is very simple. We believe that much of a health condition is caused by nutritional (and therefore nutrient) deficiency. If the body is provided concentrated, high quality/bioavailable, comprehensive nutrition on a consistent basis, the body has the ability to strengthen/build and recover properly. We believe this to hold true prior to conceiving, conception, during breastfeeding, and throughout a lifetime. Newborn babies can later receive benefit from Youngevity products if the Mother consumes products and then nurses the baby. Vitamins and other Nutrients are then passed to the baby.

We would recommend one of our Healthy Start Paks as a simple way to get the "core" 90 Essential Nutrients needed Daily for Optimal Health. This Pak contains Beyond Tangy Tangerine proving Multi Vitamin/Mineral and additional Nutrient Support, Osteo-Fx to support healthy bones and joints, and Essential Fatty Acids that have a wide range of benefits.

Our EFA Plus is made from Premium Oils, packaged in a Nitrogen environment to ensure freshness, and the oils are even Independently IFOS Certified. Youngevity and Dr. Wallach are credited with portioning the FDA on behalf of the General Public for all that market EFAs to be able to include in labeling the now FDA Authorized EFA Health Claims.

We would also recommend to consider adding Ultimate Selenium for Antioxidant Support.

Dosing is based on weight/current health state. Consider 1 Healthy Body Pak per 100lbs of body weight per month.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create disruption in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and Gluten (wheat, rye, barley, oats). I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods".

We would encourage Customers to follow up with their Health Professional regarding use of Supplements while pregnant and see how their Health Professional can support a more Holistic approach to the Health of both her and her Baby. Always follow the advice of your Health Professional.

Here is some great information from Dr. Edmond DeVroey M.D. Dr. DeVroey's specialty was OB and Pediatrics.

<http://www.longevinst.org/nlt/childbirth.htm>

<http://www.longevinst.org/nlt/newsletter5ext1.htm>

In addition, Dr. Wallach's books, "Let's Play Doctor" and "Dead Doctor's Don't Lie" are excellent Resource books which provide additional information on more specific concerns. You can also reach out directly to Dr. Wallach for additional support. Would you like his contact information? We have never had to report any type of adverse event.

Psoriasis

Q: I have a man in his 30's who had bad Psoriasis and now has bad arthritis. The latest thing is his fingernail's are going funny. He is on mainstream drugs. He is interested in supporting himself with nutritional supplements. He knows that we cannot make claims to cure. What should I be suggesting he look at using from our product range.

A: Thank you for the email and question. We will be glad to help you with product support.

Please remember we do not recommend our products for the treatment or cure of disease (such as Psoriasis, Arthritis, (Psoriatic Arthritis) etc).

We do recommend our products to support and promote a Healthy Immune System and Optimal Health.

The Antioxidant Vitamins, Antioxidant Nutrients, and Nutrients such as Selenium are shown to do this.

We recommend a Specialty Pak - The Healthy Body Bone and Joint Pak, which includes the "core" 90 Essential Nutrients and two additional products - Gluco Gel and CM Cream. The Gluco-Gel is formulated to provide collagen, a main building block of bone matrix, cartilage, ligaments, tendons, and connective tissue. Glucosamine has been shown to stimulate the cells responsible for building cartilage (chondrocytes). The CM cream can be applied topically to areas of pain to help temporarily relieve minor aches and pain. You can even add in Trauma Oil, from our Essential Oils line, for even more relief.

Dosing of the Healthy Body Bone and Joint Pak is based on weight. It is recommended to use 1 Pak per 100lbs. 2 Paks would be recommended for an individual who weighs 200lbs (generally up to 240lbs). Then, 3 Paks and so forth. In disease states that are severe, Dr. Wallach often recommends additional Gluco-Gel (up to 5 at each meal). Always follow the advice of your Health Professional.

Consider adding in Ultimate Selenium for Antioxidant Support.

Consider adding in Bio-Lumin Nightly Essence which contains targeted enzymes and probiotics to support a healthy digestive tract, skin, cardiovascular health, and additional support to the body. A Healthy Digestive Tract is essential for Nutrient Absorption.

To receive maximum benefits from the Nutrients you take in, Dr. Wallach recommends the elimination of the "Bad Foods" from the diet, as these foods create disruption in the body and block optimum absorption of the Nutrients you take in. These foods include ALL OILS, Fried Foods, Processed Meats, and **Gluten (wheat, rye, barley, oats)**. I've attached the link to Dr. Wallach's list of "Good Foods/Bad Foods" below. It is recommended to try the products a full 90 days and to eliminate those "Bad Foods" for maximum absorption of Nutrients.

In Dr. Wallach's book, "Let's Play Doctor", with psoriasis, to "do a "Pulse Test" to determine specific food allergens." These problematic foods should totally be eliminated as they create digestive tract irritation and damage that can lead to malabsorption of Nutrients.

You are also able to contact Dr. Wallach through his Daily Radio Show for additional support and information-

Dr. Wallach Daily Radio Shows

Please be mindful of the time zone (CST).

Dead Doctor's Don't Lie

Call in # 1-888-379-2552 (2-3pm CST, Monday - Friday)

KSCO Radio

Let's Play Doctor

Call in # 1-877-912-7529 (3-4pm CST, Monday -Friday)

Due to high call-in volume, you should plan to call 15-20 minutes before the show to get in-line to ask your questions.

I hope this information is helpful.

Synthetic vs Natural Ingredients

Here is an answer to a similar question regarding “Synthetic” Ingredients in Supplements.

The question and assumptions put forth are reasonable and simple. Of course, the concept of natural vs synthetic is not. In fact, there are some who define as synthetic any substance created via the influence of humans. With that definition, any concentrated or purified substances would fall within the synthetic definition. Such foods as wine, yogurt, pickles, relish, cheese and any baked goods would all be considered synthetic because they all undergo chemical and physical changes under the control of humans. Unfortunately such a definition leaves no ability to distinguish between foods or nutrients that are made via natural processes and those which are made purely from synthetic chemical reactions in beakers and test tubes. Nutrients that are made from natural processes such as fermentation or natural enzymatic activity yield nutrient molecules that are structurally identical to those found in foods. Why? Because they are made from the very same materials, using the very same natural activities. Nutrients made in beakers and test tubes rarely have the same physical structures as those found in nature because mother nature doesn't endow living plants and creatures with test tubes, beakers and purified chemical reagents. She uses only natural ingredients and subjects them to natural biological processes.

When it comes to the production of retinyl palmitate, the key factor ensuring the natural structure of the finished nutrient is the use of a natural starting material. Retinyl palmitate may be made from several different starting materials. Synthetic methods call for formaldehyde derivatives and require a large number of chemical synthesis reactions. Natural retinyl palmitate production starts with natural lemongrass oil extraction and includes simple processes that are the same as those that occur in living organisms. In fact several steps actually take place using the enzymes from living organisms. This includes the production of acetic acid from fermentation and the natural extraction of palmitic acid from palm oil. In the end, our natural retinyl palmitate retains the structure of naturally occurring retinol, which makes it easier for the microscopic organelles of our cells to handle, yielding greater biological activity than can be achieved by the synthetic forms.

When it comes to Vitamin C, in our BTT products and ProLine Supplements, we start with Natural Ingredients from Palm Plants that are then fermented and the Vitamin C is concentrated and extracted. This falls in the category of these same Natural Processes.

It is true that some view the human-guided process as “synthetic.” But we feel that natural starting materials and a natural structural form of the finished nutrient, justifies its natural designation.

Vegan/Vegetarian Products

Q: Please can you provide info re vegetarian and vegan products

Healthy start packs are NOT Vegetarian!

What is suitable for

1/ vegetarian

2/ vegan

What other options are there for vegetarian or vegan people.

Most appreciate your great service
With thanks
Sheryl Stivens

A: When it comes to Vegetarian/Vegan this may be helpful:

The soft gel capsules (such as used in the EFA (essential fatty acids) products) are from Kosher Beef Sources.

The Beyond Tangy Tangerine Products contain D3 sourced from the Lanolin of Sheep. How does your Customer feel about this? (Lanolin is from the wool not from the meat)

The Ultimate Selenium capsules are from Vegetable Sources however, the Gelatin used in this product is Kosher Bovine Gelatin.(You can empty the capsules easily)

You could look at something like Plant Derived Minerals- which is just Minerals, and some of our many other Brands/Products.

You could look at our Ultimate Daily Classic as a Vegetarian Friendly Multi-Vitamin.

We currently offer hundreds of products, most are plant based or vegetarian friendly - please visit our Website at youngevity.com where all Supplement Fact panels are available for all of our products. It would be more difficult to get the "core" 90 Nutrients as we do not currently offer Vegetarian friendly Healthy Start Packs-

We will be glad to offer additional support for specific products you need help with - the Customer can tour our Website and let us know which products they are interested in and we can provide additional information.

Vitamin C

Q: We have someone with Australian aborigine heritage who has a low tolerance to vitamin c but needing to take a multivitamin and mineral daily
What is recommended please?

A: Thank you for the email and question.

The Ultimate Daily Classic is part of our Pro Line and is an excellent Multi Vitamin/Mineral complex:

Per Serving (3 Tablets) Vitamin C amount is 400mg

Our Beyond Tangy Tangerine, per serving, is 1,250mg - the Ultimate Daily Classic may be a better recommendation for your Customer.

Vitamin K2

Q: Do you know if there is any Vitamin K2 in our products?

A: Thank you for the email - great to hear from you as always!

From the Product formulator of the BTT - there are 9 forms of K2 and that one of the forms of K2 (MK-4) is found in the BTT. All the Vitamin K in BTT is K2.

In addition the Integris line has a K2 Supplement