



AIO Premium Cellular Health Frequently Asked Questions

1. What is DNA?

DNA is deoxyribonucleic acid. It is a double-stranded helix that carries our individual genetic codes.

2. How important is DNA to our health?

DNA is the most important molecule in the body, and damage to this amazing molecule is the ultimate basis for aging and disease. It is the accumulation of damage to our DNA that accelerates the aging and disease process.

3. What is Natural DNA Repair?

Natural DNA repair involves a series of enzymatic processes that remove lesions (damage) in our DNA caused by oxidative and non-oxidative stress, thus preserving genetic integrity and normal cell function. These processes begin at conception and end with death and occur several thousand times a day in the body. The more efficient our natural DNA repair processes are, the longer and healthier our lives can be.

4. How does DNA repair affect our immune system??

Our immune cells, some of which live long lives, circulate through the body defending it in numerous ways. If the DNA in our immune cells is damaged by oxidative or non-oxidative stress, the cells cannot divide or else may divide in a manner impairing their function. Immune response as a result may be suppressed and disease may be more likely to take hold. This phenomenon is at the core of many age-related diseases.

5. What is an Adult Stem Cell?

Adult stem cells are produced in the bone marrow and other tissues, they are the "renew and repair" system of our bodies and are not controversial. The quality and quantity of these adult stem cells can be improved by optimal lifestyle and supplements. The condition of our adult stem cell is a biomarker of aging and optimizing our adult stem cells can slow down or possibly reverse aging and disease processes.

6. Can AIO help symptoms associated with inflammation, such as arthritis or other autoimmune disorders?

Yes, the ingredients in AIO working synergistically, and have been shown to help the symptoms of inflammation. The trigger of inflammation is "Nuclear Factor Kappa Beta". This is found in the cytoplasm of our cells. The vitamin and fruit blends of AIO work together to turn off Nuclear Factor Kappa Beta and help decrease the symptoms of inflammation in diseases such as arthritis.

7. Are people on low fiber diets because of Chronic Irritable Bowel Syndrome or Crohn's Disease, able to consume AIO?

Yes, the natural fruit purees in AIO have powerful anti-inflammatory effects, but do not have the same fiber as whole pieces of fruit. AIO has less than 200mg of fiber per serving. Since the above conditions are inflammatory in nature, taking AIO could actually improve the symptoms.



8. Is AIO a replacement for those already taking antioxidants and vitamins?

Although AIO is a balanced anti-oxidant and vitamin formula you could continue to take your daily supplements. If swallowing multiple capsules and pills is difficult for you, AIO would be a good supplemental foundation.

9. Can those with diabetes (type I or type II) take AIO safely?

AIO can be taken safely if you have diabetes. The amount of carbohydrates present would not adversely affect diabetes and AIO will help to prevent the inflammatory complications of diabetes.

10. Can AIO "stimulate" my immune system?

The synergistic vitamin and fruit formula of AIO can improve immune system function and potentially decrease the risk of infectious disease.

11. Can those with autoimmune diseases such as Lupus take AIO safely?

AIO can be taken safely by those with autoimmune diseases. Although immune function is improved as stated in question number six, there are no clinical references suggesting that the suggested dose would over stimulate the immune system and make autoimmune disease such as Lupus, MS, or Type 1 Diabetes worse.

12. Can a person with AIDS take AIO?

Yes, a person with AIDS can take AIO.

13. Can AIO be taken by women that are breast feeding?

It is not recommended to take AIO while breast feeding. Please consult your doctor for additional recommendations.

14. Is AIO safe for children? Are there any age restrictions?

AIO is recommended for those over the age of 18 years old. If under the age of 18, it is recommended that you consult with your child's doctor.

15. AIO contains Niacin. Some people experience "Niacin Flush" when taking Niacin. What is it and will it happen if I take this product?

While consuming AIO it is possible to experience a "Niacin Flush". Niacin has proven cardiovascular benefits. A Niacin Flush is harmless warmth and reddening of the skin that can last up to one hour.

16. Will AIO help to protect against everyday viruses and bacterial infections such as colds and flus?

Yes, AIO can help prevent infectious diseases. Included in the AIO blend is Vitamin D3 which is the major stimulus to our body's production of Anti-Microbial Peptides, which are used to fight bacteria and viruses.



17. Will AIO help build up immune defenses against disease like Swine Flu?

Yes. When doctors study the regular Flu or Epidemic Influenza they find that it is not just an infectious disease that you get if someone coughs near your face. First, the symptoms appear to be seasonal, in the winter in temperate zones and the tropics in the rainy season. However, not everyone exposed gets the flu. As documented in the medical journal Virology, Vitamin D helps to protect against Flu more than any other known factor. AIO's proprietary blend can add to prevention of viral illnesses like Swine Flu.

18. Is it possible to overdose on AIO?

It is not possible to overdose on AIO by taking the recommended daily dose. However, an overdose can occur by taking an extreme dose of anything, even water.

19. Is AIO safe for pets?

AIO was developed for human consumption. Please consult with your veterinarian before allowing your pet to consume.

20. Can those on Chemotherapy or Radiation Treatment take AIO?

"Conventional wisdom" in medicine is that anti-oxidants should not be used during Chemo because the protection conferred by anti-oxidants could make Chemotherapy less effective. This concept is not supported by current medical literature. Therefore a person on Chemotherapy or Radiation can take AIO. It is further recommended that persons on Chemotherapy or Radiation should consult with their individual doctor.

21. Is there any contraindication for those on blood thinners or medications for problems such as high blood pressure?

There is no contraindication for those on blood thinners or blood pressure medicines. AIO may actually help to control high blood pressure through its vitamin and nutraceutical blend. A possible goal would be to eventually eliminate the need for such medicine through lifestyle and AIO. Do not discontinue your blood pressure medicines without the guidance of your physician.

Those on Warfarin (Coumadin) should have regular blood tests to check the level of anti-coagulation whether or not they start a new medicine or supplement. If there is any interaction that was not previously known it would show up and an adjustment of dose could be made.

22. Are there any known side effects?

A possible flushing from Niacin is a common side effect along with loosening of bowel movements.

23. Can you still drink coffee in the morning while taking AIO?

There is no interaction between AIO and coffee. The green tea extract in AIO contains a very small amount of caffeine.



24. Does AIO have an expiration date?

Yes, each unit of AIO is stamped with an expiration date. Furthermore, each unit of AIO should be consumed within 35 days after the safety seal is broken. AIO should be refrigerated immediately after the safety seal has been broken.

25. Can I mix AIO with water or in a blender with ice without losing any of the nutritional content?

Yes, AIO can be diluted with water or blended without losing its nutritional content. Some believe that AIO tastes even better when diluted or blended!

26. For those having 2 to 4 oz per day, should they drink half in the morning and half in the evening or should they have all ounces in one dose?

Both methods are safe, but it is recommended that you spread out the water soluble vitamins and nutrients. This way your cells are constantly bathed in anti-oxidants.

27. Can AIO improve brain function?

Yes, there are medical studies showing how the components of AIO can improve memory and brain function. Blueberries are one of the most studied Nutraceuticals in this field.

28. Can AIO improve the cardiovascular system?

Yes, the components of AIO have been shown to improve the cardiovascular system and decrease the risks of heart disease.

29. What is AC-11®?

AC-11® is a patented, all natural, water soluble extract of a tropical plant known as *Uncaria tomentosa*. C-Med-100® is the registered trademark name under which AC-11®, also a registered trademark, formerly was known. The method by which AC-11® is formulated is wholly proprietary to Optigenex, a Biotech partner of Ceres Living. From the raw material of the plant's inner bark, our product is created through an aqueous hot water extraction process. It is then micro-filtered to remove all alkaloids (leaving less than 0.05%) and other high molecular weight compounds from the primary extract, and also to concentrate and standardize the Carboxy Alkyl Esters (CAEs) – the biologically active principal components in AC-11®. Pure, bioactive AC-11® is the only known plant extract in the world shown by research studies to enhance our natural DNA repair processes. AC-11® is sold for ingestible use and topical application. In topical applications, it is known under the brand name AC-11® and also under the "INCI" (International Nomenclature of Cosmetics Ingredients) names Maltodextrin and C1-8 Alkyl Tetrahydroxycyclohexanoate.

30. What are Carboxy Alkyl Esters (CAEs)?

Carboxy Alkyl Esters (CAEs) are complex molecular chains that have been identified as the primary active components in AC-11®. They are responsible for approximately 90% of the biological activity in AC-11® relating to DNA repair and immune enhancement.



31. Doesn't our genetic inheritance pre-determine our life spans and the gene-related diseases we may encounter in life?

Not necessarily. Our genetic inheritance does not guarantee that we will age exactly the same way as our family members, nor does it ensure that we must succumb to the same gene-related diseases. We can avoid certain environmental and dietary pitfalls that are known to accelerate aging and that may promote or trigger the onset of certain genetically or environmentally-based diseases. For example, we can avoid too much sun, cigarettes, excessive alcohol consumption, and unnecessary exposure to environmental pollutants, as well as try to regulate daily stress in our lives. We can also choose an antioxidant rich diet, supplementing at the same time our nutritional intakes in smart ways to minimize cellular damage and improve the repair mechanisms built in to our cells. While antioxidants and foods rich in antioxidants can reduce the cellular and DNA damage that occurs daily, they cannot repair damage that occurs. AC-11® is the first known natural product shown to improve DNA repair.

32. How does AC-11® work?

Among other effects, AC-11® promotes certain DNA repair functions in the cell. Although the exact mechanisms of action are not all completely understood, our scientists believe when the body is subjected to stress that may affect the integrity of the DNA (overexposure to the sun for example), AC-11® helps activate enzymes that are instrumental in the repair processes. In a series of peer reviewed scientific and clinical studies conducted by third party laboratories and university medical centers; we have shown that AC-11® helps the body's natural ability to repair DNA.

33. Does AC-11® help the body in any other ways?

Yes. AC-11® helps stimulate natural production of collagen III, a form of collagen associated with soft, supple, youthful-looking skin. As we age, our cells gradually produce less collagen III than they did when we were young. However, laboratory research shows significant, measurable increases in collagen III production in adult skin cells treated with AC-11®. AC-11® also helps to normalize the expression of NF-KB in the cells, thereby regulating cellular response to inflammation. NF-KB is a nuclear transcription factor that influences numerous gene-encoding proteins important in apoptosis (programmed cell death), inflammation and cellular growth. A normal expression of NF-KB minimizes the hazards of excessive oxidative stress. An over-expression of NF-KB triggers increased inflammation. Finally, in a human study, AC-11® demonstrated a positive effect on lymphocytes, increasing their life span and, by implication, enhancing the body's immune system.

34. What makes AC-11® different from other Uncaria tomentosa products?

AC-11® differs from all other Uncaria tomentosa products, some of which are sold under the common name "cat's claw," in that its molecular composition is unique by virtue of the Optigenex patented process. AC-11® is standardized, pure, completely water-soluble and micro-filtered to contain only low weight molecules (< 10,000 Daltons). AC-11® is relatively alkaloid free (<0.05%) and is the only product available anywhere containing a patented class of CAE actives shown by extensive research to have healthy aging and natural DNA repair enhancement properties. No other Uncaria tomentosa product can make these claims. AC-11® moreover has been studied for efficacy and safety for over ten years.



35. Is there any toxicity shown with AC-11®?

No. The LD-50 of AC-11® is greater than 8,000mg/kilogram. The recommended daily dosage of AC-11® is between 350 and 700mg daily for a person weighing 150-200 lbs. (70-90 kilograms). AC-11®'s purity is due to the clean, contaminant and chemical toxin-free rainforest environment in which the plant is harvested and processed, as well as the patented Optigenex molecular sieving (filtration) process. By contrast, mild toxicity with long term use often is observable in other "Uncaria" products, especially the water-insoluble, alkaloid based extracts.

36. What patents have been issued related to AC-11®?

Currently there are six (6) individual patents issued by the United States Patent Office for AC-11®: U.S. Patent Nos. 6,039,949, 6,238,675 B1, 6,974,784 B2, 6,361,805 B2, 7,579,023 B2 and 7,595,064 B2. Our portfolio of patents covers manufacturing, composition and claims, including specifically the patented AC-11® claim for DNA repair. Additional domestic and foreign patent applications are pending.

37. Are there any artificial ingredients in AC-11®?

No. We advertise AC-11® as all natural precisely because we start with a botanical harvested in a pristine rainforest environment, and the process by which we extract and purify our product uses only pure water drawn from spring sources deep beneath the earth's surface. No additives or artificial ingredients of any kind are involved in making AC-11®.

38. Is AC-11® Bio-Sustainable?

Yes. AC-11® is derived naturally from *Uncaria tomentosa*, a vine that grows wild in the Amazon rainforest. We harvest the vine in an ethical manner under the authority of the [Brazilian Institute of Environment and Renewable Natural Resources \(IBAMA\)](#). This ensures future maintenance of a natural balance in the rainforest. Authorization is granted through an ongoing sustainable management project directed by the government and based upon existing local herb availability, whereby the amount of inner bark approved for harvesting is set. The harvest is taken (cut) at a point on the plant approximately three feet above the ground; the plant is then capped to ensure integrity of the root structure and rapid regeneration of the vine. Additionally, new saplings of the *Uncaria tomentosa* vine are planted in a precise manner to ensure the continued viability in the harvesting area. We work in cooperation with the Floravida Institutes (Brazil) guidelines for biodiversity conservation, environmental education and local community social inclusion.