



Frequently Asked Questions About Spray For Life®

Spray For Life® and its Patented Technology

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33. Are all Spray For Life® products TSA compliant?
34. Do larger individuals need to take more than the standard dose?

Ingredients used in Spray For Life® and Why?

1. In the Nano B-12, why Cyanocobalamin rather than Methylcobalamin?
2. In the Nano COQ10, why Ubiquinone rather than Ubiquinol?
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11. Do We Really Need Vitamin Supplements?
12. Should We Take Vitamins Daily And How Nutritionally Deficient Are We?

Q1: What is Spray For Life®?

A: Spray For Life® is the most technologically advanced dietary supplements globally available on the market today.

Q2: Why do I need to take Spray For Life®?

A: Vitamins help release energy from our food and help build muscle, bone, blood and other vital tissue. With a regular supply of nutrients, we can maintain good health and normal growth. Since the body does not store all essential vitamins for long periods of time, some can be supplemented on a regular basis. Spray For Life® multi-vitamin can be taken to help support complete nutrition.

Q3: Which Spray For Life® products are available?

A: Following Nano products are available:

- [Nano B-12 Booster](#)
- [Nano Super B-Complex](#)
- [Nano COQ10](#)
- [Nano Sweet & Slim](#)
- [Nano Melatonin](#)
- [Nano Multi-Vitamin](#)
- [Nano Vitamin D-3](#)
- [Nano Nitric Oxide](#)
- [Vitamin C+Zinc](#)
- [Nano Vitamin D3+K2](#)

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Q4: What makes Spray For Life® so unique and is it patented?

A: Spray For Life® is so unique it was the first patented nutraceutical nanotechnology process patent ([6,861,066](#)) filed in the United States Patent and Trademark Office in Washington, D.C. Its NanoMist® delivery system presents nutraceuticals that are much more bioavailable and efficacious than any other dietary supplements.

Q5: What is Nanotechnology?

A: Nanotechnology is science, engineering, and technology conducted at the nanoscale, which is about 1 to 100 nanometers. Nanoscience and nanotechnology are the study and application of extremely small things and can be used across all the other science fields, such as chemistry, biology, physics, materials science, and engineering.

Q6: How is nanotech different from biotech?

A: Based on the definition of nanotech given above, biotech can be thought of as a subset of nanotech - "nature's nanotechnology." Biotech uses the molecular structures, devices, and systems found in plants and animals to create new molecular products. Nanotech is more general, not being limited to existing natural structures, devices, and systems, and instead designing and building new, non-biological ones. These can be quite different: harder, stronger, tougher, and able to survive a dry or hot environment, unlike biology. For example, nanotech products can be used to build an automobile or spacecraft.

Q7: How is Spray For Life® related to Nanotechnology?

A: Everything in nature is at the nanoscale or atomic levels, and Spray For Life® is no exception. Spray For Life® utilizes a patented NanoSyzed™ process that allows the ingredients to be processed and stabilized resulting in an end-product as nature intended. This allows these nutrients to be made available to be dispensed through an intraoral spray which increases absorption and bioavailability.

Q8: What is this patented NanoSyzed™ process?

A: This NanoSyzed™ patented (6,861,066) process is a cold process. It allows a formulation to pass through fixed-geometry micro channels within its unique interaction chamber. As a result, the product stream accelerates to high velocities (faster than the speed of sound *to 1500 ft/sec for 3-5 nanoseconds*); creating shear rates within the product stream that are orders of magnitude greater than any other conventional means. Our products experience identical processing conditions,

producing the desired results, including: uniform particle and Nanosyze™ reduction. This is achieved without excessive heat or breaking any chemical bonds (i.e. mimic shear from chewing).

Q9: Why is "Nano" safe?

A: Spray For Life® uses NanoSyzed™ product formulations consisting of a highly concentrated intraoral spray dispensing system called NanoMist®. This intraoral spray allows for absorption through the circulatory system, which reduces first pass liver metabolism.

Spray For Life® researchers have tested and screened over a thousand raw ingredients while observing very large differences in particle size and solubility. We then have developed a

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proprietary testing methodology to identify raw ingredients that have the smallest particle size combined with natural methods to balance the hydrophobicity (HLB/LogP) and ionic state (pKa, zeta potential) in a water based delivery vehicle.

We have identified numerous food approved, Generally Recognized as Safe (GRAS), and natural ingredients to restore the solubility and bioavailability of most dietary supplements. Our NanoSynergy® technology delivers completely natural, NOT synthetic, molecules to your system in a form that most closely mimics the hydrated structure found in nature. This NanoSyzed™ process then keeps these ingredients in a stable form while remaining in solution, and without reaggregation or precipitation.

Q10: What makes Spray For Life® better than other dietary supplements in pill, tablet gel-capsule or liquid form?

A: Spray For Life® can be taken at any time at any place without the need for water or food. Spray For Life® addresses the difficulty 4 out of every 10 consumers ([40% of the Adult U.S. population](#)) experience while swallowing pills, tablets and gelcaps as well as inefficient assimilation and absorption. And with Spray For Life® you will not experience any stomach upset.

Q11: We have taken liquid vitamins and sprays before, but how do you make Spray For Life® taste so incredibly good?

A: What you are experiencing with the flavor of Spray For Life® is over 20 years of flavoring expertise combined with a team of other specialists that have over 50 years. All the flavors used in Spray For Life® are natural and contain no fruit juice.

Q12: When are the best times to take Spray For Life®?

A: The simple answer is "any time." Our products are so convenient there is no need for water, and small enough to be carried with you or one at the office for super convenience. Since the products are in a nano-liquid state, digestion has little or no affect in there absorption capabilities. There is no need to eat food before consuming any of your Spray For Life® products, like you would with other dietary supplements.

Here are a few ideas:

Morning: Let Spray For Life® fuel your body first thing allowing the nutrients needed for a demanding day. Several sprays will keep you going strong and keep you alert.

After Lunch: Research shows that over 70 percent of us hit the wall after lunch. Let Spray For Life® help you get over that wall and have an alert, productive afternoon.

Workouts: Looking for motivation to workout? Make Spray For Life® part of your healthy lifestyle.

Sports: Be the leader on the field, court, track or course and stay there stronger and longer with Spray For Life®.

Travel: Anyone who travels frequently knows how tiring it can be especially when it comes to jet lag. Have the B-12 Booster fuel your body and have the Melatonin assist your body to rest as it may help to adjust for time differential.

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Weekends/Vacations: Action-packed weekends and vacations require a lot of energy. Whether you're doing the lawn or garden work, going on a hike or playing on the beach, Spray For Life® can give you the extra edge you need no matter what the demand.

Q13: What is in Spray For Life®?

A: Spray For Life® contains natural ingredients that assist your body to perform at its optimum level.

Q14: Are all Spray For Life® products made in the USA?

A: YES! Spray For Life® products have been patented, manufactured and tested in the US since 1997. We offer products that are unsurpassed in quality and efficacy and are backed by clinical science. Our customers include a broad scope of international consumers and distributors, medical and healthcare practitioners, professionals, pharmacies, and the internet. What distinguishes Spray For Life® from the other supplement companies is the fact that our branded supplements are produced and manufactured in the USA using in most cases, only USA manufactured ingredients. All manufacturing is performed under highly regulated procedures according to good manufacturing practices (GMP). Rest assured, Spray For Life® delivers only pure, quality-controlled nutritional supplements.

Q15: Does Spray For Life® contain any sugar?

A: Absolutely not! Only alternative natural sweeteners (diabetic friendly) are used in Spray For Life®.

Q16: Are Spray For Life® products safe for diabetics?

A: All our spray products contain small amounts of sweeteners and these sweeteners are used by diabetics as an alternative to sugar. They are either low glycemic or have 0 glycemic index. However, diabetes is a disease which affects sufferers in different ways, so a diabetic user should monitor blood sugar levels just to make sure that there are no adverse reactions. Many of our customers are diabetics and have experienced no problems when using Spray For Life®.

Q17: What alternative natural sweeteners are used in Spray For Life®?

A: The best natural sweeteners go into our products.

1) **Stevia** is a noncaloric 0 glycemic index sweetener. This sugar substitute derived from the leaves of the stevia plant that is significantly sweeter than sugar is ideal for low-carb diets and those watching their sugar intake. Most often considered an herb or dietary supplement, its approval for use as an additive by the FDA was in 2008.

- 300 times sweeter than sugar
- Helps to keep the body's blood sugar in balance
- Low caloric, aids weight management
- Beneficial for hypoglycemics
- Increases energy levels and mental activity
- Assists in Lowering hypertension
- Appears to increase levels of HDL, or 'good' cholesterol

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Not all stevia products are equal. For more information on which Stevia Spray For Life® utilizes, please refer to the following link [Steviasuavé™](#)

2) Xylitol is a 100% natural product, a sweetener that occurs naturally. It can be found in berries, fruit, vegetables, mushrooms and hardwood trees. It also occurs naturally in our bodies – in fact, an average size adult manufactures up to 15 grams of xylitol daily during normal metabolism.

Xylitol is a naturally occurring carbohydrate, that looks and tastes just like regular table sugar. It is a natural sweetener that can be extracted from any woody fibrous plant material.

- **Safe For Diabetics** -Unlike sugar, xylitol is not easily converted to fat.
- **Helps Prevent Cavities**-Since it is a non-fermentable sugar, it cannot be converted to acid by oral bacteria. Thus, the alkaline-acid balance in the mouth is maintained, which [helps in preventing cavities](#).
- **Helps Prevent Ear Infections**-Xylitol can also be used as medicine in prohibiting certain bacterial growth to help [prevent ear infections](#) in young children. It will also help clear out earwax and prevent the growth of harmful bacteria in the pharyngotympanic tubes, connecting the nose and ear.
- **Slows the Growth of Candida**-Xylitol helps prevent bad breath, ulcers, and stomach cancer by [slowing down the growth](#) of Candida Albicans (a serious [yeast infection](#)), and other harmful bacteria like H. pylori.
- **May Improve Bone Density**-According to [research](#) from the University of Oulu in Finland, xylitol was shown to help improve bone density in rats. This indicates it has potential as a treatment for osteoporosis in humans.

For more information on which Xylitol Spray For Life® utilizes, please refer to the following link [Global Sweet](#) and not all Xylitol products are equal [xylitol-brand-comparison](#).

Another link for information: [xylitol.org](#)

3) Vegetable Glycerin is 100% pure, safe and low glycemic index sweetener. It contains no carbohydrates or cholesterol. Derived from coconut or **palm oil**, this product is excellent for use in raw foods as well as in baked and cooked foods.

Glycerin is not chemically related to sugar and seems to have no effect on insulin and blood sugar levels making it a safe alternative for diabetics and people with candida yeast overgrowth. It also does not feed the bacteria that form plaques and cause dental cavities.

A little goes a long way - only one tablespoon of vegetable glycerin is equivalent to about 1/4 cup of sugar. Vegetable Glycerin is pure Kosher grade and is suitable for vegans and vegetarian.

4) Oh! So Sweet Reb-A/Citrus Extract Blend 150 is a natural sweetener and flavor enhancer approximately 150 times sweeter than sugar which is Kosher Certified. It contributes zero calories & zero carbohydrates to finished products. It is derived from Stevia (Reb-A) and Citrus Aurantium (bitter orange peel), liquid in form. The citrus extract has been blended with Reb-A (97%) to increase the sweetness intensity and improve the flavor of our *Spray For Life®* product. OH! So Sweet meets all regulatory requirements in the U.S.A, European Union and Canada.

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Q18: How much does each Spray For Life® container hold?

A: Each container holds .88 fl oz. (26 ml), which is a 30 day (1 month) supply when used as directed, which is 3 sprays twice per day or 180 metered sprays. The only exceptions occur when taking Melatonin, 6 sprays prior to sleep and Sweet & Slim™ (weight management), 2 sprays three times daily.

Q19: Why do I take Spray For Life® more than once a day?

A: Just as you eat several times a day, we recommend that you take your Spray For Life® products at least twice a day so that your body is well fueled and able to tackle the stressful situations that most of us experience throughout the day.

Q20: What is not in Spray For Life®?

A: All Spray For Life® products **do not** contain GMO's (Generally Modified Organisms), *sugar, fruit juice, salt, yeast, wheat, gluten, corn, milk, egg, soy protein, MSG, shellfish, preservatives or artificial flavors and colors*. It also **does not** contain *fillers, binders, wax, shellac, talcum, animal gelatin or any other excipients*.

Q21: Will Spray For Life® interact with my prescription medication?

A: We stress that any person taking medication under the care of a physician should discuss the use of all other products with the physician. The physician needs to have full disclosure to all products you are taking in order to fully evaluate your treatment.

One should also remember that the nutrients used in our products are identical to those found naturally in food.

Q22: Are the flavors used in Spray For Life® all natural?

A: Yes! All flavors are natural and are sourced from the best flavoring houses in the world (USA). Please find the following links to two of our flavor houses for more information.

[E.A. Weber and Company – Architects of Flavor since 1902](#)
[Prinova™ -“Your Secret Ingredient” since 1978](#)

Q23: My spray bottle has accumulated residue around the spray mechanism, what should I do?

A: The fine mist on the sprayer is intended to disperse the formulation throughout the mouth for better absorption capabilities and may have a tendency to leave somewhat of a residue over time. We recommend that you periodically rinse your sprayer under lukewarm water to remove any residual buildup.

Q24: Are the ingredients in Spray For Life® products approved by the FDA?

A: The FDA acknowledges the safety of nutritional supplements that fall under the [Dietary Supplement Health & Education Act](#) (DSHEA). Spray For Life® ingredients are all covered under DSHEA*.

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Q25: Can I take Spray For Life® on a plane?

A: All Spray For Life® products are TSA compliant in the 25ml Go Anywhere Spray Travel Bottle as a carry-on when traveling via air.

Q26: Check with your doctor before taking Spray For Life® if...

A:

- You are currently taking any prescription medicines.
- You have been advised by your physician to avoid certain vitamins and minerals.
- You have a medical condition that makes you concerned about taking it.
- You are concerned about taking it for any reason.

Other concerns?

A:

- Diabetics: Spray For Life® is **sugar free**. However, check with your doctor before taking Spray For Life® if you have concerns about how it may affect you.
- There are no animal products added to Spray For Life®.

Q27: Is it safe to combine several Spray For Life® products together?

A: YES. Our in-house formulators take into consideration the very active modern lifestyle when developing Spray For Life® products and have designed them to work in conjunction with each other. Spraying different products at the same time will not decrease their effectiveness or harm you.

Q28: How long will one bottle of Spray For Life® last?

A: On average most sprays last for one month as directed. Some formulas such as Sweet & Slim is recommended by taking 2 sprays 3 times a day, and if you are experiencing hunger or would like a snack, so it may last less than one month.

Q29: What is the Spray For Life® bottle made of and is it safe?

A: Polyethylene Terephthalate (PET) is globally recognized as the greenest and a safest, recyclable packaging material on the planet. Most single-serve plastic bottles, including those for water, soft drinks and juices, are made with PET, which can be recycled and does not contain bisphenol-A (BPA). BPA is an industrial chemical that has been used to make certain plastics and resins since the 1960s. Please find the following link for more information regarding the safe uses of PET plastics for food products [The Facts on PET](#).

Q30: Is Spray For Life® affected by extreme temperatures?

A: Spray For Life® should not be exposed to temperatures greater than 49°C (approximately 120°F) for any extended periods of time. Like any food products, high temperature will spoil the ingredients over time. We do not recommend leaving your Spray For Life® products in your automobile during the summer months. Also, we do not recommend refrigerating or freezing your Spray For Life® products, preferably store at room temperature.

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Q31: Is it harmful to take outdated/expired Spray For Life®?

A: All our products are assigned an expiration date, which is based upon extensive stability studies. We guarantee the potency of the product until the last day of the month noted on the package. There is no evidence to indicate that the ingredients in the product would be harmful if consumed beyond the expiration date. You may not, however, be receiving the amount of each vitamin or mineral listed on the label. The potency of the ingredients slowly diminishes over an extended period of time, and the expiration date is determined by the least stable ingredient in the product. We recommend that the product not be used after the expiration date.

Q32: Is Spray For Life® gluten-free and safe for individuals with sensitivities?

A: Yes. All Spray For Life® products are gluten-free.

Q33: Are all Spray For Life® products TSA compliant?

A: Yes, the Transportation Security Administration ([TSA](#)) allows 3.4 ounce (100ml) bottle or less (by [volume](#)). All Spray For Life® products meet compliance with 26ml. per vial.

Q34: Do larger individuals need to take more than the standard dose?

A: No. Spray For Life® is not dispensed according to weight or size of individuals.

Some ingredients used in Spray For Life® and Why?

Q1: In the Nano B-12, why Cyanocobalamin rather than Methylcobalamin?

A: A short list of benefits of Cyanocobalamin vs Methylcobalamin

1. Stability of the Cyanocobalamin allows for a longer shelf life and ease of use.
2. Cyanocobalamin has a lower production cost than Methylcobalamin and is easier to work with on a manufacturing level.
3. Cyanocobalamin is naturally converted to Methylcobalamin as the body needs it and it is stored up to 6 months in the liver.
4. Cyanocobalamin is naturally available in foods mainly dairy, fish, liver, beets and meat.
5. Methylcobalamin is immediately available as an active form of B-12, but dissipates quickly. It is most appropriate for athletes seeking immediate availability and patients with severe nerve damage or liver disorders (incapable of converting Cyanocobalamin to Methylcobalamin)
6. Methylcobalamin causes what is called a “Methyl crash” due to the speed of utilization. Methylcobalamin is rapidly utilized (not requiring Liver uptake and conversion). However, it is used up quicker creating a “Methyl Crash” when used up, usually in a few minutes.
7. Cyanocobalamin is smoother as it is introduced into the body functions in a gradual continual basis.
8. Cyanocobalamin has the CN ion added to increase the stability of the molecule in the bloodstream and in its product forms. It loses the CN ion when it is converted in the body to an active form. The amount of cyanide liberated in this process is so small that its toxicity is negligible.

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For the reasons explained above Cyanocobalamin is most appropriate for the majority of consumers who have the ability to store up Cyanocobalamin in the liver and release it as Methylcobalamin or other B-12 vitamers when needed by the body.

For additional information, please find links to experts who recommend Cyanocobalamin rather than Methylcobalamin.



WEIL™ Your Trusted Health Advisor™
Andrew Weil, M.D.

1. [Dr. Andrew Weil uses Spray For Life® B-12 and recommends it as the “Best way to get B-12?”](#)
2. [In depth study in why cyanocobalamin is a great source of B-12 by Super Nutrition USA](#)
3. [Cyanocobalamin is a safe and effective solution for any concern related to B12 deficiency by Mark A. Kaye, DC, Director of Technical Services for Metagenics, Inc.](#)
4. [Which type of vitamin B12 is best—cyanocobalamin, methylcobalamin, or hydroxycobalamin?](#)

Q2: In the Nano COQ10, why Ubiquinone rather than Ubiquinol?

A: *Coenzyme Q10* (CoQ10) is critical to your health—especially as you age. This compound is the spark that fuels energy production in every cell in your body, including your heart, which is your body’s biggest energy user.

Ubiquinone is the oxidized form of CoQ10. Once ingested, enzymes “reduce” ubiquinone to ubiquinol, the “active” antioxidant form that makes up practically all of the circulating CoQ10 in the body. Ubiquinol was developed as a commercial supplement a couple of years ago, and one small study suggested that it had excellent absorption properties when compared with the powdered form of CoQ10.

Note: Our Spray For Life Nano COQ10 is in a liquid form and encapsulated in Vitamin E for superior absorption and bioavailability. The product is superior in all aspects to the present forms of COQ10 and the spray makes it more convenient and much more utilized. The simple truth is that both forms are needed by the body, and CoQ10’s location in the body determines the form it takes. Inside the cells, where energy is produced, ubiquinone is in great

demand. However, outside the cells, in the blood and cell membranes, ubiquinol works as an antioxidant.

Importantly, ubiquinone and ubiquinol form a redox pair. This means each one can be easily converted to the other by the body.

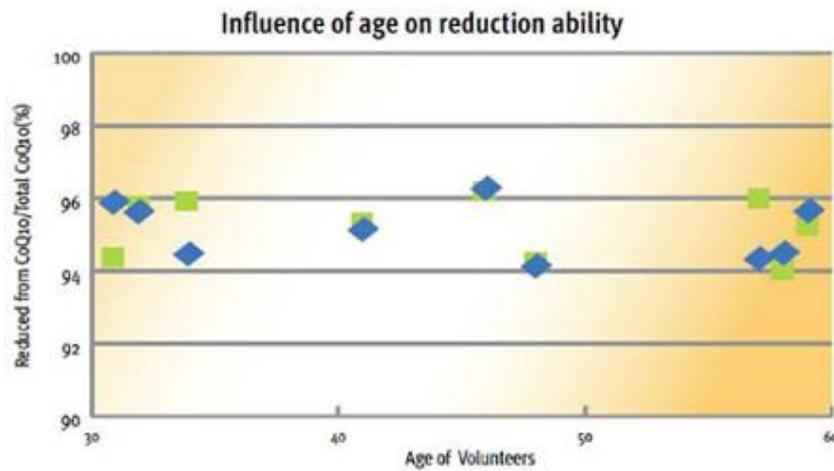
Given the fact that the body can switch the two substances back and forth to meet its own requirements, the argument that ubiquinol is the “biologically active” form of CoQ10 is not valid. Additionally, while claims have been made that adults over 40 have difficulty reducing ubiquinone to ubiquinol, a recent human study indicates otherwise.

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Following the Science

It's ironic that ubiquinone is often viewed as inferior to ubiquinol, considering that the ubiquinol found in animal protein is converted to ubiquinone through the process of cooking before it is eaten. Similarly, ubiquinol taken as a supplement is quite unstable in the stomach and is converted back to ubiquinone before absorption. This means that no matter which form of CoQ10 the consumer chooses to ingest, it's ubiquinone that is absorbed into the body.

Perhaps more importantly, in the four years since ubiquinol was presented as an alternative to ubiquinone, only one human clinical trial on the substance has been published in the peer-reviewed scientific literature. In marked contrast, there have been hundreds of clinical studies showing ubiquinone is an effective supplement for a wide variety of illnesses and conditions.

For additional information, please find links to experts who recommend Ubiquinone rather than ubiquinol.

- [CLINICAL RESEARCH BULLETIN](#)
- [Bioavailability of Ubiquinone versus Ubiquinol - BRIAN DIXON* PHD, TONI MCKINNON* RN, CCRP, ERIK SCHNEIDER*, MARK BROWN* PHD, TIM WOOD* PHD, JOHN CUOMO* PHD.](#) This clinical bulletin was undertaken to help clarify current discrepancies in the marketplace regarding which form of CoQ10 is the most bioavailable.
- [Dr. Stephen Sinatra](#) is a highly respected and sought-after cardiologist and nutritionist with more than 30 years of clinical practice, research, and study.
- [What's the Best Form of CoQ10, Ubiquinone?](#) - by Dr. Stephen Sinatra

Q3: What Unique Vitamin C is in Spray For Life®?

A: The Spray For Life® **PureWay-C®** is a scientifically advanced form of vitamin C that binds ascorbic acid to lipid metabolites such as fatty acids, esters, and fatty alcohols to enhance absorption, cellular uptake and retention as well as utilization of essential vitamin C in the body.

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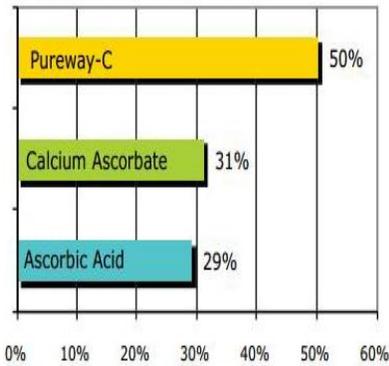
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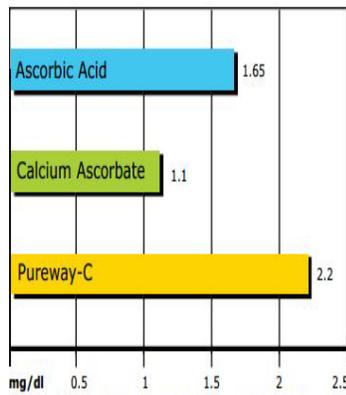
In a clinical human study, our **PureWay-C®** demonstrates that it is more rapidly absorbed by the body and retained for longer periods of time than any other Vitamin C formulation. As a result of enhanced uptake and retention, **PureWay-C®** has a greater beneficial effect on cardiovascular health, as judged by reduction of plasma oxidized LDL and C-reactive protein levels. **PureWay-C®** increases plasma Vitamin-C, decreases oxidative stress and biomarkers of inflammation, which indicates that the protective effect of **PureWay-C®** may extend beyond their antioxidant capabilities.

Figure 1. Vitamin C Uptake in Human T-Lymphocytes 2 Hours After Treatment¹

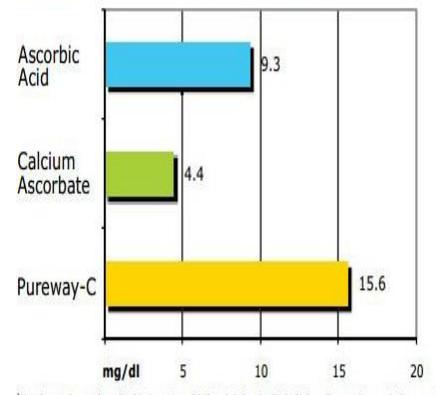


¹Study performed at Adelphi University; Weeks and Perez, 2007

Figure 2. Vitamin C Serum Levels 24 Hours Post Intake² Figure 3. Decrease in C-Reactive Protein³



²Study performed at the University of Miami School of Medicine; Pancorbo et al. (in press)



³Study performed at the University of Miami School of Medicine; Pancorbo et al. (in press)

Q4: What is Citric Acid?

A: *Citric acid* is a very useful and effective preservative, obtained from naturally occurring organic acids. It exists in many different fruits and vegetables, but is especially concentrated in lemons and limes. Citric acid is used extensively in the food, beverage, cosmetic, and pharmaceutical industries. It has been recognized as safe by all major national and international food regulatory agencies, and is also approved by the US Food and Drug Administration and in Europe for use in food. Citric acid is used for many different reasons, including (but not limited to):

- Antioxidant and preservative properties
- prevents rancidity and bacteria growth
- Astringency and Acidity
- Adjusts pH
- Stabilizes the ingredients, color, taste, and flavor of a product
- Rapidly biodegradable

Furthermore, since citric acid is present in almost every life form, it is consequently easily metabolized and eliminated from the body.

Q5: What is Potassium Sorbate?

A: *Potassium sorbate* is a salt of sorbic acid which is naturally found in some fruits (like the berries of mountain ash). It is a white crystalline powder that has antimicrobial properties. It is one of the safest and most commonly used preservatives today. In foods, potassium sorbate increases shelf life and reduces the risk of food-borne illnesses, without adversely affecting taste, color or flavor.

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Safety

Potassium sorbate has been generally recognized as safe for use in foods and personal care products. It has been cleared as a food preservative by the U.S. Food and Drug Administration based on extensive testing. Potassium sorbate is well-tolerated in most people, being easily metabolized. Allergic reactions are rare.

- For additional validation of its safety - [Final Report on the Safety Assessment of Sorbic Acid and Potassium Sorbate](#)

Q6: What is Vegetable Glycerin?

A: Vegetable Glycerin is 100% pure, safe and low glycemic index sweetener. It contains no carbohydrates or cholesterol. Derived from coconut or **palm oil**, this product is excellent for use in raw foods as well as in baked and cooked foods.

Glycerin is not chemically related to sugar and seems to have no effect on insulin and blood sugar levels making it a safe alternative for diabetics and people with candida yeast overgrowth. It also does not feed the bacteria that form plaques and cause dental cavities.

A little goes a long way - only one tablespoon of vegetable glycerin is equivalent to about 1/4 cup of sugar. Vegetable Glycerin is pure Kosher grade and is suitable for vegans and vegetarian.

Q7: What is Jujube Extract?

A: What it is: *Jujube* is a fruit with benefits that are well known since ancient times.

Why we use it: *Jujube* fruit is used as herbal medicine for thousands of years in China and other Asian countries.

HEALTH BENEFITS OF JUJUBE

Jujube fruit benefits are mainly offered by the nutrients present in it.

1. Because of mucilaginous property of the fruit, it acts as herbal medicine to treat sore throat.
2. As this fruit is high in vitamin A, C and potassium, it strengthens the immune system of the body. Thus it helps in prevention of common colds and cough.
3. It helps in the formation and maintenance of the blood stream, body hormones, bones, muscles, skin, hair, body enzymes and neurotransmitters.
4. It is also loaded with 18 out of the 24 important amino acids. It helps in the formation of more than 50,000 proteins of the body. All this, actually triggers the wound healing process.
5. It has soothing effect on the nervous system and acts as a natural sedative.
6. It relieves stress and anxiety.
7. Jujube fruit helps lower blood pressure.

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8. Jujube fruit boosts your immune system.
9. Jujube helps cure some of the liver diseases. It is found that the jujube offers protection against liver injury by acting as an antioxidant.
10. Jujube fruit is used to treat anemia and [purpura](#).
11. It has anti-oxidant properties. So it helps in delaying the process of skin aging.
12. One of the most important jujube fruit benefits is that it inhibits the growth and movement of free radicals. Vitamin C is a good antioxidant and helps to control the growth of the tumor causing cells and cells that can lead to cancers.
13. The berries are blood purifier and an aid to digestion.
14. When jujube extract is combined with certain herbs like ginger, licorice, and mint, it soothes achy throat muscles.
15. The jujube extract is useful in control of cold and flu (fever).
16. It has anti-carcinogenic properties.
17. According to the recent study, water extract of the jujube fruit was found effective for inhibiting the tumor causing cells and cells that can lead to leukemia.
18. The dried ripe fruit is a mild laxative and expectorant.
19. The fruit seed is astringent; tonic to the heart and brain; allays thirst.
20. The alkaloids and other chemicals present in the jujube seed can help you get rid of anxiety and provide antioxidant protection to cells.
21. The plant is considered to have anti tubercular properties.
22. They are also prescribed to stop nausea and vomiting and for relief from abdominal pain in pregnancy.
23. Jujube fruits are also found useful in the treatment of itching, which is caused by several skin disorders, hysteria.
24. It acts as energy booster in cases of fatigue, loss of energy and lack of appetite.

So, incorporate this low calorie fruit in your diet and reap several of jujube fruit benefits.

Q8: What is Adenosine?

A: *Adenosine* is another neuro-transmitter, like Melatonin, which seems to have a significant effect on our sleep. Adenosine is perhaps better known as part of the compound Adenosine Triphosphate, ATP, which is the energy source of the body's cells.

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Without the phosphate part, Adenosine is produced during the day and, at night, attaches to receptors in the brain which, in layman's terms, switches off cells in 'arousal centers' and makes you feel drowsy. Overnight, the supply of Adenosine is used up, allowing you to wake up and feel more alert in the morning.

The fact that Adenosine has a link to the cellular energy source, ATP, may indicate that the need to sleep is connected to energy levels in the body.

Q9: What is an Amino Acid Complex?

Amino acids are the basic building blocks of the body. They are also sources of energy, like fats and carbohydrates. However, amino acids are structurally characterised by the fact that they contain nitrogen (N), whereas fats and carbohydrates do not.

Therefore, only amino acids are capable of forming tissues, organs, muscles, skin and hair.

There are three classes of macronutrients in the diet—carbohydrates, lipids and proteins. Amino acids are the building blocks of protein. Humans depend on dietary and supplementary intake of amino acids for our protein needs. A combination of 20 amino acids form the thousands of proteins the human body relies upon every day.

Some amino acids can be manufactured in the body from other amino acids and are thus called non-essential. They are alanine, aspartic acid, arginine, citrulline, glutamic acid, glycine, hydroxyglutamic acid, hydroxyproline, norleucine, proline, and serine.

The amino acids that the body cannot produce and need to be taken in through the diet are called essential. They are histidine, isoleucine, leucine, lysine, methionine, cysteine, phenylalanine, tyrosine, threonine, tryptophan, and valine. Branched chain amino acids have a branch in their structure. They are leucine, isoleucine and valine.

There are three classes of macronutrients in the diet—carbohydrates, lipids and proteins. Amino acids are the building blocks of protein. Humans depend on dietary and supplementary intake of amino acids for our protein needs. A combination of 20 amino acids form the thousands of proteins the human body relies upon every day.

The importance of amino acids as the precursors of enzymes and neurotransmitters is often underestimated. As such, amino acids regulate almost all of the metabolic processes in the human body, and they are essential for a healthy body.

The benefit to using amino acid supplements over protein is that the amino acids are easier for the body to absorb. There are a large variety of amino acid supplements and amino acid processing techniques. In general, look for amino acid supplements prefaced by the letter L (such as L-arginine), which is what is used in Spray For Life®. Spray For Life® uses an Amino Acid Complex Premix supplied by Glanbia Nutritionals, a company that offers one of the best premixes in the world.

- ✓ For more information, please refer to aminoacidstudies.org

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Q10: What is Garcinia Cambogia and why is it in the Sweet & Slim®?

A: *Garcinia Cambogia* is a small, pumpkin-shaped fruit, sometimes called tamarind. Though native to Indonesia, it is also grown in India, Southeast Asia, and West and Central Africa. It has long been used in traditional South Asian dishes, including curries and chutneys.

Adding this ingredient to meals is considered to be effective in making meals more “filling.” In some villages in Malaysia, garcinia is used to make a soup that is eaten before meals for weight loss because of garcinia’s appetite-blocking abilities.

This plant offers one of the least expensive herbal supplements on the market. The ingredient from the rind of the fruit could hasten your weight-loss efforts. The natural extract is called hydroxycitric acid (HCA), and researchers claim that HCA can double or triple one’s weight loss.

With proper weight-loss efforts (dieting and exercising), the average person taking HCA lost an [average of four pounds a month](#).

Garcinia may also be great for emotional eaters. Those who participated in the study showed an increase in their serotonin levels; hence, it may also improve mood and sleeping patterns.

How Does Garcinia Cambogia Work?

The HCA extract from garcinia cambogia supplement aids in weight loss by doing two things: It helps to block fat, and it suppresses your appetite.

HCA blocks fat by inhibiting a key enzyme that your body needs to make fat from carbohydrates: [Citrate lyase](#). Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted into fats. When HCA inhibits citrate lyase, the fat-making process is halted and the production of LDL (bad cholesterol) and triglycerides decrease.

HCA also suppresses appetite by increasing serotonin levels. Serotonin is a neurotransmitter in your brain that makes you feel good. It’s a target of many antidepressant medications. Having low levels of serotonin may make you feel depressed or anxious; it drives many people into [emotional or reactive eating](#). By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations with food. As you eat less, your body senses this and it releases stored fat in your fat cells.

Spray For Life’s [Sweet & Slim®](#) has been testing this amazing ingredient, garcinia cambogia (Super Citrimax) since 1997 with tremendous results. Spray For Life® has been purchasing and following the clinical results from [InterHealth](#) since that time. [InterHealth](#) is the company that supplied Dr. Oz with the clinical trial to validate his assessment of this wonder fruit. In the last 16 years, Spray For Life® has been able to reduce the dosing and add ingredients that work synergistically in the success of garcinia without compromising the results. This fast action spray works quickly to satisfy your hunger needs and as a result, is a great replacement snack as it tastes just like candy.

Q11: Do we really need Vitamin Supplements?

- What nutritionists have said all along is now official. It pays to take health supplements.
- [The American Medical Association \(AMA\) has reversed its previous anti- vitamin stand after 20 years](#), and now encourages adults to take vitamins daily. This was after a study of 38 years of scientific evidence by Harvard researchers Dr Robert Fletcher and Dr. Kathleen Fairfield.

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- In reports published in the [June 19 2002 edition of JAMA](#) (Journal of the American Medical Association), they concluded that the modern American diet is enough to prevent deficiency diseases, but not enough to support optimal health.

"Insufficient vitamin intake is apparently a cause of chronic diseases. Recent evidence has shown that suboptimal levels of vitamins (below standard), **even well above** those causing deficiency syndromes, are risk factors for chronic diseases such as cardiovascular disease, cancer, and osteoporosis. A large proportion of the general population is apparently at increased risk for this reason."

-- Dr Robert Fletcher and Dr Kathleen Fairfield (emphasis mine)

The conclusion is supplementing with a daily multi-vitamin is important to health, and a wise preventive measure against disease.

Q12: Should We Take Vitamins Daily And How Nutritionally Deficient Are We?

In a massive random survey of residents of the United States (one of the wealthiest nations in the world with arguably the best supply and variety of food) it was found that:

- 25 - 50% get less than the RDA of vitamin A
- 25% get less than the RDA of vitamin C
- 80 - 90% get less than the RDA of vitamin E
- 25% get less than the RDA of folic acid
- 50% get less than the RDA of calcium

... and so on.

To compound this problem, not only are we eating nutrient-deficient diets, but it appears that the RDA (Recommended Daily Allowances) of many nutrients may actually be too low. Many research scientists now believe that RDA levels may have been set at what is necessary to avoid obvious signs of deficiency rather than what is needed for optimum health.

Please feel free to share any comments and concerns with us. If you have any questions about this privacy policy or the practices of this Web site, please contact:

[Spray For Life Contact](#) or email us: info@sprayforlife.com

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GENERAL INFO

General Information About NanoSynergy Worldwide, Inc.

[NanoSynergy Worldwide, Inc](#) (NSW) is a privately owned Corporation formed in Nevada in 2003 as a Research & Development Company in the field of Nanotechnology. NSW is the exclusive Master Licensee for U.S. Patent #6,861,066, a system patent that was issued on March 1, 2005, for a “Method for Delivery of a Biologically Active Agent”. The patent describes a unique delivery process, designed to maximize the product effectiveness of a wide variety of liquids through an oral spray for humans and animals. In addition, NanoSynergy® has exclusive rights to the international patent pending utilizing this proprietary process for the treatment of Pernicious Anemia employing its Vitamin B-12 Nano-composition.

The Company's core focus is to implement this patented NanoSyzed™ process to improve the delivery of nutraceuticals, pharmaceuticals, cosmeceutical, and agricultural products. This Nanotechnology is far reaching and the following list describes some of the benefits:

- 1) faster onset of action
- 2) increased absorption
- 3) increased bioavailability
- 4) increased cellular penetration, activity & function
- 5) therapeutic efficacy
- 6) no swallowing difficulties
- 7) lower dosing needed for effectiveness
- 8) bypassing the full digestion process & eliminating stomach upset
- 9) eliminate the first pass taxation to liver and kidneys
- 10) taken anywhere without water

NSW works closely with prominent scientists and researchers to develop new innovations in product formulations and to collaborate with existing nutraceutical and pharmaceutical companies to assist them in working to better enhance or improve their products. This is accomplished by reducing the dosage needed, thus reducing or eliminating many of the side effects associated with supplements or medications. NSW is dedicated to developing "clinically tested" nano-science based products that serve the primary needs of the consumer while delivering them a better quality of life.

For more information about NSW, please feel free to contact us at: Toll Free 1-877-NSW-NANO, email info@nanosynergyww.com or [Spray For Life Contact](#).

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