



Vollara™ – Frequently Asked Questions (FAQs)

Why Vollara?

Because... Vollara is For Everyone™ and we offer Uncompromising Health™!

At Vollara we believe that no one should be partially healthy. Our unique “Outside In, Inside Out” approach is a 360 degree view into what our body needs to absorb, each day to achieve peak performance and wellness. At Vollara we have patented, protected products, in-house experts and engineers, exceptional and experienced executives, an esteemed Medical and Scientific Advisory Board, a legacy of over 80 years of success, products honored by The Smithsonian, global resources reaching five continents, NSF Certification, dozens of professional athletes taking our products, core values that embrace integrity, fairness and truth and scientific research and clinical data to formulate the best products. Vollara’s products deliver nutrients on a cellular level, water that truly hydrates and air that is quality. So...why choose to be partially healthy, when Uncompromising Health™ is available right now to help you Empower Your Best Self™?

Can you explain Uncompromising Health™?

Yes. It is not about what you eat, but it is about what you absorb!

Think about it...the human body has over 75 trillion cells, 152 miles of DNA, a heart designed to beat 3 billion times, lungs made to breathe 600 million times and a system designed to consume 14,600 gallons of water in a lifetime. Vollara’s products empower you to wellness by meeting all of these defining needs of daily life by providing the paths to help you absorb: pure mountain air, alkaline, hydrated water and nutrients that protect, repair and fuel every cell of the body with live enzymes, antioxidants and plant-based super foods. Vollara is your wellness partner, providing Uncompromising Health™ options for every day.

What are Vollara’s core products?

Air, Water and Nutrition! At Vollara we realize it is not just about one thing... it is about these essentials for life; Fresh Air, Living Water and Nutrition absorbed at the highest

level. Every cell has needs! We can not live without air for more than a few minutes; we need water to hydrate the trillions of thirsty cells in our body each day and nutrition that feeds our bodies on a cellular level while protecting our immune system. Vollara’s core products nourish with these fundamentals of daily living to complement your lifestyle.

Are Vollara products backed by science?

Yes. The experts on our Medical and Scientific Advisory Board provide the clinical data and scientific research that empowers us to formulate products of the highest quality and standards while they continue to liaise with government officials and regulatory agencies on our behalf. They provide the science-backed guidance that enables us to meet and manage our goal to offer Uncompromising Health™ options worldwide.

Are there scientific studies and clinical data to support your products?

Yes, we have several scientific studies and abstracts supporting our products.

Can I really improve the air I breathe in my home or office?

Yes. Everyday when the sun comes up it cleans the air naturally using oxidation. Vollara’s ActivPure technology provides a 24/7 healthy home or business environment. Our solution is as easy as pushing a button to keep things cleaner and safer to touch, not to mention smelling fresher. Vollara’s revolutionary air purification systems do much more than clean the air. Using the same science as Mother Nature, they destroy odors, eliminate smoke and reduce contaminants ordinary cleaning can leave behind. The natural processes found in thunderstorms, sunlight, and lightening are recreated indoors. ActivePure Technology duplicates nature to safely reduce contaminants on surfaces while giving you the benefits of our exclusive Certified Space Technology™.

How effective is your ActivePure technology?

Our technology is so effective scientific studies show that it reduces up to 99% of common contaminants on surfaces

and what is unique is that our technology is active, going to the contaminants to destroy them without filters.

What are the six categories of need for supplementation in today's human population?

- Whole food vitamins – missing from food as the result of diets high in processed foods.
- Bioavailable minerals – low in foods because of commercial farming methods.
- Antioxidants – low in the standard American diet because of poor food choices.
- Enzymes – missing from food as a result of cooking and processing.
- Dietary sugar and fat tolerance factors – low in most diets because of the nature of commercial processing of foods.
- Probiotic organisms – depleted in the body by consumption of carbonated beverages, antibiotics and many other substances, as well as life-style factors such as stress.

Why are Vollara supplements the best?

Our unique, CAeDS® (Chelate Activated Enzyme Delivery System), guarantees that the nutrients in each formulation are absorbed and used by your body. In addition, each formulation is created based on five simple but powerful principles, which we call our product philosophy. Each product provides maximum cellular delivery that is holistic, formulated to obey the laws of nature and backed by patents and research.

What is CAeDS®?

CAeDS® is an exclusive process developed by our Product Formulation Team and was developed to ensure that cellular nutrition could be achieved. The CAeDS® trademark name refers to a combination of ingredients (enzymes, minerals and other nutrients), which ensure each of our products is bioavailable, absorbed and transported to the cells of the body. CAeDS® provides the necessary minerals and co-factors to ensure optimum enzyme activity without robbing vital nutrients from the body. The enzymes in CAeDS® are precisely coordinated with the nutrients in each supplement to achieve optimum delivery of the nutrients. The patented ALBION® chelated minerals are used to fully activate the enzymes, thereby producing the unique system of nutrient delivery. CAeDS® assures the nutrients in each product are delivered to specific tissue sites in the body, thereby maximizing the nutrients' nutritional benefits.

Can you tell me more about CAeDS?

CAeDs (Chelated Activated Enzyme Delivery System) insures nutrition is delivered from the supplements you take in. CAeDS trademark name refers to a combination of ingredients (enzymes, minerals and other nutrients), which ensure that each of our products are bioavailable, absorbed and transported to the cells of the body. CAeDS provides the necessary minerals and co-factors to ensure optimum enzyme activity without robbing vital nutrients from the body. The enzymes in CAeDS are precisely coordinated with the nutrients in each supplement to achieve optimum delivery of the nutrients to the body.

What is a colloidal mineral? And how does it compare to chelated minerals?

Colloidal minerals are very small insoluble particles of shale (clay-like substances) suspended in an acid solution. There is no research that supports it can be used by the body. Albion amino acid chelated minerals have been proven by research to be well utilized by the body - right down to the cellular level.

What is chelation?

The term chelation comes from the Greek word meaning "claw," and refers to the process of binding a mineral to another substance. When minerals such as zinc, magnesium, iron and others become surrounded by and bonded to amino acids, in a stable form, this is referred to as chelation. Chelation is the natural means by which the body transports minerals across the intestinal wall as part of digestion.

Is there a study showing that chelation is effective?

A study published in 2003 in the Journal of Food Composition and Analysis states that "lower rates of vitamin degradation can be expected when those vitamins are mixed with trace elements that are in the form of amino acid chelates as compared to sulphates."

For more on this study visit <http://www.ideallibrary.com>. Original article: "Comparison of the Rates of Degradation when Mixed with Metal or Metal Amino Acid Chelates," by Mario Marchetti, H. DeWayne Ashmead, Nadia Tossani, Silvia Marchetti and Stephan D. Ashmead.

Are Vollara Wellness Lifestyle products FDA approved?

No. Vollara Wellness Lifestyle products are dietary supplements. The FDA grants approval on substances considered to be drugs; therefore the FDA approval process is not relevant to these products. Vollara products are in

full compliance with all applicable FDA regulations and all ingredients are in the GRAS (Generally Regarded As Safe) category.

Are there any preservatives, chemicals, or pesticides used in Vollara products?

No. Vollara does not use any preservatives, which are known to interfere with enzyme activity and we do not use any pesticides, herbicides or other chemicals such as propyl alcohol or benzene.

Does Vollara employ an independent laboratory to ensure quality?

Yes, as part of Vollara's quality assurance we perform a high level of randomized testing so that our products ensure potency, purity, activity and consistency.

Is Re:Fuel the same product as Essentials for Life?

Yes. Re:Fuel is a complete nutritional supplement that addresses core daily supplementation needs with vitamins, minerals, antioxidants, flora and enzymes. Re:Fuel provides a 100% natural, whole-food nutritional foundation to support overall health and energy. Daily exposure to stress, a poor diet and many other factors deplete the body's store of vitamins, minerals, enzymes and friendly flora. Re:Fuel provides vitamins and nutrients necessary to create energy, replenishes minerals, promotes healthy bones, hair, skin, nails and muscle tone, replenishes beneficial intestinal bacteria, supports the immune system and offers a patented chromium source to support healthy insulin function and blood sugar levels. This product is a complete and powerful combination of whole-food vitamins, chelated minerals, antioxidants, digestive enzymes and probiotics delivered on a cellular level.

Are your products NSF Certified?

Yes. Essentials for Life now Re: Fuel was the first product in the world to earn "Certified for Sport by NSF". Many professional athletes and Major League Baseball teams are using our products.

How does the water from your LivingWater unit hydrate cells?

The characteristics that enable our water to act as an anti-oxidant also enable the cells to become hydrated through a portal called an aquaporin. Similar to a magnet the aquaporin is positively charged, and pulls or draws the negatively reconstructed water into this portal to hydrate cells, which leads to detoxification and helps the cells move out of an acidic environment into a healthier one.

What is the best water to drink?

The experts will tell you to drink 4-6 glasses of water per day, but not all water is the same. Vollara's LivingWater provides unmatched alkaline, ionized water that truly hydrates. You get pH-balancing water for drinking and cooking, strong alkaline water for washing vegetables and acidic water for cleaning. With LivingWater you will enjoy the benefits of water without chemicals and the convenience and economy by using your own tap. The average body contains 40-50 quarts of water. Your blood is 82 percent water, muscles are 75 percent water, the brain is 75 percent water and bone is 22 percent water, therefore hydration is essential to life and Vollara's LivingWater hydrates with pure, clean and refreshing water the way it should be.

Can you explain hydration?

Yes, hydration is a way to provide water for somebody or something in order to reestablish or maintain a correct fluid balance. Scientifically hydration occurs when water crosses cell membranes by two routes: by diffusion through the lipid bilayer and through water channels called aquaporins. A single human aquaporin facilitates water transport at a rate of roughly 3 billion water molecules per second.

What is an aquaporin?

Aquaporins are proteins embedded in the cell membrane that regulate the flow of water. They are "the plumbing system for cells." Aquaporins are integral membrane proteins from a larger family of major intrinsic proteins (MIP) that form pores in the membrane of biological cells. The 2003 Nobel Prize in Chemistry was awarded to Peter Agre for the discovery of aquaporins and jointly to Roderick MacKinnon for his work on the structure and mechanism of potassium channels.

What is pH?

The letters of its name are derived from the absolute value of the power of the (p) of the hydrogen ion concentration. pH (Potential Hydrogen) is a scale by which you measure the acidity and alkalinity in a solution. The pH scale in use ranges from 0 to 14. The measure of 7 is neutral. Less than 7 on this scale represents acidity and more than 7 represents alkalinity.

What is a normal pH level?

The pH level for human homeostasis needs to be around 7.365. Anything below 7 will mean that you are acidic. Ionized water typically has an alkaline pH of 8.5 to 9.5. Therefore, if you drink alkaline, ionized water it will adjust or neutralize your pH level.

What is human homeostasis?

This refers to the body's ability to physiologically regulate its inner environment to ensure its stability in response to fluctuations in the outside environment and the weather.

What happens to my body when I drink LivingWater?

Think of your body like the Aqueduct in Rome; an intricate water system that was built to efficiently keep the flow of water moving with purpose to its final destination. When you drink LivingWater it flows through your body with a negative charge searching out a positive charge and finds that through the aquaporins, a tiny stream pumping water into a cell so it can complete its task of hydrating that cell and your body. There are trillions of cells in need of hydration each and every day. Hydration energizes your cells to work at their optimum capacity and to stay healthy, strong and vibrant. When the cells are hydrated they begin to cleanse and detox toxins and create a fresh, clean environment ready to absorb supplements and nutrients at their highest level. Vollara's LivingWater packs a punch, hydrates and prepares the body to take in nutrients and supplements the way nature intended.

Why is detoxing important?

Acidosis is a build-up of waste products in the body. These excess toxins cause pH levels to decrease in the area of 3-6 when the average body should be at a pH of 7.365. When you drink alkalized, ionized water it will adjust and neutralizes the pH to a healthier level, which will help release the toxins.

Why is a nutrient delivery system important and necessary?

Simply digesting supplements does not guarantee the nutrients will be absorbed or delivered to the cells of the body. The body's natural processes require coordinated enzymes and minerals to be present in order for nutrients to be delivered to the cells of the body. Without a delivery system that includes all of these co-factors, supplements may "leach" minerals from the body's stores, causing enzymes to work less efficiently. A nutrient delivery system ensures the nutrients in foods and supplements are fully digested and absorbed, making them available to the cells of the body.

What is an enzyme?

Without enzymes, life would not exist. Enzymes are energized protein molecules, which have been termed the "life force" of body chemistry. They regulate every biochemical reaction within the human body, including

energy production, metabolism, respiration, nerve function, reproduction, immunity and digestion. There are thousands of different enzymes that regulate body functions. They are grouped into three categories: metabolic enzymes, digestive enzymes and food enzymes. Metabolic enzymes work within the cells to regulate activity such as detoxification and energy production. Digestive enzymes break down foods and make them available for use in the body. Food enzymes are those that are naturally present in raw foods and which perform the first stage in the breakdown of that food. Enzymes are constantly creating energy; we need enzymes to blink, to breathe, to drink, to think etc.

Are all enzyme supplements the same?

No. Vollara products include enzymes specifically for use with foods. Other enzyme supplements on the market may utilize enzymes intended for making cheeses, removing stains or some other industrial use. Not only do we use the highest quality enzymes available but we have carefully studied each enzyme to discover what it needs to be fully active and included these co-factors to insure maximum enzyme activity in our formulations. Our patented ALBION chelated minerals are used to fully activate the enzymes, thereby producing the unique system of nutrient delivery called CAeDS[®] which assures the nutrients in each product are delivered to specific tissue sites in the body, thereby maximizing the nutrients benefits.

Why does Vollara use plant-based enzymes?

Our plant-based enzymes are more effective than animal or pancreatic enzymes because they remain active throughout the entire digestive process and they do not interfere with the natural functioning of the body and have no side effects.

What are probiotics?

Probiotics, or flora, are the beneficial bacteria of the digestive track. Human health depends on the presence of some bacteria, such as Lactobacillus and Acidophilus in the digestive tract and other mucosal membranes. Your body makes the mucosal lining each day that is three times taller than your body and travels from your mouth to your small bowel. There are at least 400 kinds of microorganisms (bacteria) found in the digestive tract. This amounts to about three pounds of bacteria in the healthy human intestine. Those bacteria are essential in the functioning of the intestinal tract and the immune system.

Why should I take a supplement with probiotics or flora?

Maintaining and promoting healthy bacteria while destroying the harmful strains is vital to health. Friendly bacteria (flora)

can be destroyed by common factors such as carbonated beverages, medications, caffeine, alcohol, antibiotics and stress. Regular supplementation of good flora ensures that healthy growth of needed bacteria is maintained.

What are minerals and why are they important?

Minerals are natural elements which are not of animal or vegetable origin. They are essential to the functioning of the body's systems, particularly the hormone system, immune system, wellness, mental and emotional stability. Minerals also play a vital role in enzyme reactions and in the production of blood, vitamins and energy. With Vollara products you are getting Albion® minerals which are scientifically validated to have the highest absorption.

What is a free radical?

A free radical is an extremely active molecule, such as super oxide hydroxide or peroxide that will cause rapid oxidation of tissues and especially fats. Free radicals attack a typical cell in the human body up to 10,000 times per day and are known to cause premature aging. While free radicals are a reality in the body, and essential to the immune system, it is important that they be controlled by antioxidants.

What is an antioxidant?

An antioxidant is a specific vitamin, enzyme or accessory food factor that has the ability to scavenge free radicals and render them harmless in the body. The body has the ability to make antioxidants if given the right nutrition, especially antioxidant enzymes which are often very hard to get from food.

Do Vollara products contain Vitamin D?

Yes, Vollara has added Vitamin D3 to their new Re:Fuel supplement along with Vitamin K which helps the body absorb calcium. Adults striving to achieve optimum health and wellness who do not get enough direct sunlight or use sun block are urged to supplement Vitamin D daily. To obtain this amount by drinking milk, you would need to drink 50 glasses?

Supplementing your body with vitamin D3 may provide the following benefits:

- Maintain healthy bone density
- Promote efficient utilization of calcium by the body
- Aid in healthy immune system function
- Promote healthy cognitive function and mood

Why is Vitamin D important?

Recent studies indicate that Vitamin D is associated with immunity health. Vitamin D is not abundant in food except for small quantities in fatty fish and eggs, therefore the only reliable way to get Vitamin D is to supplement. Vitamin D is one of the most important nutrients for health and is produced in the body naturally through regular sun exposure. The skin produces approximately 10,000 IU of Vitamin D when exposed to 20-30 minutes of direct summer sun. However, with the use of sun block and today's lifestyles, many are not being exposed to the UV rays that are necessary for natural Vitamin D production in the skin.

Here are two good case studies:

<http://www.nutraingredients-usa.com/content/view/print/268281>

<http://intermountainhealthcare.org/hospitals/imed/about/news/Pages/home.aspx?NewsID=255>

What is the difference between Re:Plenish and other juice products?

The difference is the Muscadine grape which was growing wild in America with cultivation by early settlers in the 1500's. Since then generations of Americans have grown them, but their full potential has only been discovered in the past few years. As part of the National Food and Nutrient Analysis Program (NFNAP), the USDA, in collaboration with the Produce for Better Health Foundation, undertook the analysis of 59 individual fruits, nuts, and vegetables. They were analyzed for their oxygen radical absorbance capacity (ORAC), or their capability to combat free radicals. From this analysis, each food item was given a 'score' based on its antioxidant potency. Berries, grapes, chocolate and spices are all at the top of the ORAC value list. Muscadine grapes are a rich source of Polyphenols, a group of chemical substances found in plants that have a relatively high ORAC value which helps fight free radicals. Muscadine is also a natural source of resveratrol which supports heart health, blood vessel function and has anti-inflammatory properties. A review from the University Of Connecticut School Of Medicine, September 6, 2007 concludes that "resveratrol exhibits potent anti-inflammatory activity" and "mechanisms for the anti-inflammatory activity in turn, is responsible for cardio protection."

How does the ORAC chart work?

ORAC, the Oxygen Radical Absorbance Capacity of food, provides us with a method of measuring the overall antioxidant power of foods and supplements. Antioxidants are essential to good health, especially with respect to

aging and age-related disorders. Scientists have learned phytochemicals, including antioxidants, increase our resistance to disease and boost immunity. Simply put, the higher the ORAC value of food the more antioxidant power it contains.

I eat healthy so why do I need supplements?

Plants make vitamins by taking minerals from the soil, but soils today are depleted of the 70 minerals necessary for good health. Scientists have found that it is impossible to get all these necessary minerals from our foods; therefore supplementation is an easy way to feed your body these essentials that are missing from our modern diets.

How many cells are in the human body?

Depending on the source, that figure varies from 50 to 75 trillion cells.

Sources: Asimov, Isaac. *The Human Body*, New rev. ed., p. 79; *New Encyclopedia Britannica*, vol. 6, p. 134; Van Amerongen, C. *The Way Things Work Book of the Body*, p. 13.

Can you explain active vs. passive air purification?

Passive purification like filtration of any kind relies on the fact that dirty air has to move towards and be captured by the filter. Studies show that even with the best of air flow in a home, only a small percentage of the dirty air ever makes it to the filter. Because of that fact, many filter manufacturers that claim to clean the air of contaminants add the line: "Of the air that passes through the unit" to their literature. Additionally, even with the best of air flow we are only dealing primarily with particulate. With our ActivPure technology we take the fight to wherever the challenge is. Whether dealing with contaminants on surfaces or odors and smoke we have found excellent results and without filter.

Explain your Green Innovation?

Even before America began the big "going green" movement, Vollara was making technologies and promoting strategies for a healthy environment, to make our homes and offices healthier and "greener." One example of green innovation is our FreshAir with ActivePure, also known as nature's air purifier. FreshAir uses natural processes found in thunderstorms, sunlight, and lightning to clean your indoor air. Negatively charged ions remove pollutants from the air. ActivePure Technology duplicates nature to safely reduce contaminants on surfaces.

How does Re:Sist work?

Re:Sist offers extra support for your immune system, your body's system of defense against infectious organisms and viruses. It is made up of a network of cells, tissues, and organs that work together to protect the body. Through a series of steps called the immune response, the immune system attacks organisms and substances that invade our systems. In most cases, the immune system does a great job of keeping people healthy, but sometimes it can face serious challenges. Re:Sist helps your natural defense system with a unique combination of natural extracts and vitamins. The Re:Sist proprietary formulation contains ImmunXT™, a patented micro-algae complex recognized by leading clinical scientists as supporting a balanced immune system. For over 10 years, botanical extracts and known immune stimulation products were researched and tested by leading research scientists at a major U.S. institution. A patented Bioassay testing procedure was developed in order to determine which botanical extract had the greatest potential to support the activity of the innate immune system. During the research process, it was discovered that crude *Arthrospira platensis* had the strongest ability (at least 1,000 times greater) to balance and support the human immune system when compared to other known botanical immune stimulation extracts. In order to produce the most powerful immunostimulatory compounds from *Arthrospira platensis*, a patented extraction process was developed and as a result, the ImmuXT™ extract was born.

What is LaundryPure?

Originally manufactured for massive laundry application in hospitals, nursing homes and the upscale hospitality industry, LaundryPure for the home was the next step to meet the need for odor causing bacteria. The further advantage is the cost and that the tasks are fully accomplished in cold water which reduces household demand on water heaters with little or no detergent or bleach. LaundryPure puts the technology of nature to work in the home laundry room where cold water is infused with oxygen, peroxide and other gases to bubble and lift dirt and grime from cloth fibers. With LaundryPure, cold water can now provide a clothesline of fresh, softer, fluffier, clean laundry and every load helps save energy and money.