

Frequently Asked Questions

Q. Are there any drug interactions related to any of the Agel products?"

A. In general, the Agel products are considered very safe. However, there may be some concern in a few isolated circumstances, particularly with FIT, OHM and FLX. If you are taking prescription medications, we recommend that you consult with your physician prior to using the Agel products.

There are potential concerns for those persons who are taking medications that increase brain serotonin levels. In particular, medications in the category of SSRI's (Selective Serotonin Re-uptake Inhibitors) are of some concern. In OHM, panax ginseng is one of the active ingredients, and it may cause increased serotonin levels in the brain. In addition, FIT contains Hydroxycitric Acid (HCA) as its primary active ingredient. HCA has been shown to be effective in part by its ability to reduce appetite by increasing brain serotonin levels. In general, for individuals taking medications that increase brain serotonin, there is a theoretical risk of serotonin syndrome.

There are also some precautions in taking FLX. Chondroitin is chemically similar the blood thinner called heparin. Therefore, it should be used with caution in those who are taking other blood thinners such as aspirin, coumadin, or others. In addition, there have not been sufficient studies to determine the effect of these ingredients on pregnancy, and are therefore not recommended for pregnant women. If you are allergic to shellfish, you should avoid glucosamine supplements

Q. Are the Agel Products FDA approved?

A. In the United States, nutritional supplements do not require FDA approval. However, the FDA does regulate the nutritional supplement industry via the Dietary Supplement Health Education Act. Agel adheres very strictly to these guidelines and is in compliance with all rules and regulations governing the industry. For further information regarding the FDA guidelines, please refer to the following website:
<http://www.cfsan.fda.gov/~dms/dietsupp.html>

In addition, in every market where Agel is operating, the products are submitted for registration with the appropriate governing board.

Q. Are there artificial colorants used in the formulation of the gels?

A. No. The coloration of each of the gels is a result of the natural color of the ingredients.

Q. Why is the Gel Technology Advantageous?

A. There are three very important factors that influence the efficacy of nutritional supplements: the proper timing of ingestion, compliance (convenience) and the bioavailability of the nutrients. First, the convenience of the portable gel pack facilitates the proper timing for taking the supplements with meals, which enhances the absorption and utilization of each nutrient. Second, the ease of use and the great taste, strongly

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enhance compliance with a nutritional program. Third, Gel Technology allows the nutrients to remain suspended in Gel, optimizing bioavailability. Before gel supplements, individuals relied on tablet and capsule forms of nutritional supplements. Unfortunately, typical supplements in a pill form may not always be fully digested and absorbed. However, thanks to gel nutritionals, the digestion of the pills is no longer an issue, and the vitamins and minerals are likely more readily available for absorption.

Q. Where are the nutrients in gel nutritional products absorbed?

A. Each of the ingredients in each of the products contains nutrients that have different and specific methods of absorption along the gastrointestinal tract. For most of these nutrients, the primary location for absorption is in the small intestine. Some of the nutrients are absorbed in ways that are not fully studied in the literature. By suspending nutrients in a gel, all of the nutrients are readily available to be digested and absorbed in the GI tract. By providing a good-tasting, easily ingested, readily available form of these nutrients, we feel that a maximum benefit is obtained.

Q. In the Agel MIN, why is there only 100% of the RDI of vitamins?

A. There is increasing literature to support the concept of moderation in vitamin supplementation. The adage of “too much of a good thing can be harmful” is beginning to become a widely accepted viewpoint among nutritionists and scientists around the world. We feel that the best way to enhance healthy living for the greatest number of people is to create a product that provides 100% of the RDI of vitamins in a single dose. If there are individuals that wish to increase the amount of vitamins in their daily regimen, they may elect to ingest a second MIN gel pack.

Q. Can pregnant women take these products?

A. There are some ingredients in the OHM and the FLX products that have been listed in some texts as not appropriate or not adequately tested for safety during pregnancy. Consequently, we recommend that pregnant woman not consume OHM or FLX.

In addition, it is not recommended that pregnant woman take in more than 5000 IU of vitamin A. There is 5460 IU of vitamin A in the MIN product. Furthermore, MIN is NOT formulated appropriately for complete coverage of the supplemental needs during pregnancy. Do NOT replace MIN for your regular prenatal vitamin. If you are pregnant, prior to taking any vitamins, herbs, supplements or over-the-counter medications, we strongly recommend that you consult with your physician.

Q. Can women take the Agel Gel products while breast-feeding?

A. We recommend that you review the ingredients in these products with your physician prior to using them while breast feeding.

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Q. Can children take an entire gel pack?

A. As a point of reference, the American Academy of Pediatrics does not endorse vitamin or nutritional supplementation in children under 16 years old, except for specific groups with chronic illnesses. Furthermore, the mineral needs of children are unclear. Nonetheless, the Agel gel products are generally very safe for all age groups over 3 years old, and small children probably do not need an entire gel pack.

MIN contains 100% of the RDI of the essential vitamins and selected essential minerals for adults. Most children's vitamins currently on the market contain about the same amount of vitamins as Agel MIN, without the minerals. If you elect to use MIN for your children, the preparation does not contain enough of the vitamins or minerals to be considered dangerous, however, an entire gel pack is probably more than necessary. We recommend consulting with your pediatrician about appropriate dosing of the vitamins and minerals for your children.

Q. Can I take several of the Gel products at one time?

A. As far as we know, there are no problems with consuming multiple Gel products at one time. Although there is some overlap in the nutrients present in the various Agel products, there is not likely to be enough overlap to be harmful. As a point of reference, MIN contains 100% of the RDI of vitamins and up to 50% of the RDI of minerals for adults. OHM contains a vitamin B-complex that would result in duplication of the B vitamins. If only one of each of the gels was taken at the same time, most of the B vitamins would be less than 150% of the RDI for an adult, and 400% of vitamin B12. EXO contains exotic fruit purees and plant extracts that are high in antioxidants. Because vitamins C and E are both effective anti-oxidant, there would be duplication of the anti-oxidants as well. Prior to taking any vitamins, herbs, supplements or over-the-counter medications, we recommend that you consult with your physician.

Q. Can FIT be taken by children?

A. We recommend consulting with your pediatrician about appropriate food supplementation and weight management regimens for children. As a general rule, we do not recommend diet aids for children, and we therefore do not recommend using FIT in the pediatric population. We advocate healthy eating habits and plenty of physical activity as a means for children to manage weight. To initiate an early habit of dependence on dieting aids in childhood may be sending the wrong message.

Q. How does fructose as the sweetener affect diabetics?

A. Because fructose does not increase blood glucose and does not require insulin, individuals with diabetes can sometimes tolerate it better than other sugars. Fructose is a monosaccharide, or single sugar, that has the same chemical formula as glucose but a different molecular structure. Sometimes called fruit sugar, fructose is found in fruit,

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some vegetables, honey, and other plants. Fructose and other sugars are carbohydrates, an important source of energy for the body.

Fructose and other commonly consumed sugars provide basically the same number of calories, but they are metabolized and used by the body in different ways. For instance, glucose from dietary sources is digested, absorbed, transported to the liver, and released into the general blood stream. Many tissues take up glucose from the blood to use for energy; this process requires insulin. Fructose is predominantly metabolized in the liver, but unlike glucose it does not require insulin to be used by the body. This is why fructose has a lower glycemic index and is appropriate for diabetics and others concerned with carbohydrate consumption.

Q. Are Agel's products "All Natural?"

A. OHM uses synthetic Taurine. Natural Taurine is derived from bile, and to be sensitive to all Agel team members' varying religious beliefs, we chose to use the synthetic. All of the other ingredients in each of the products are from natural sources.

Q. What is the shelf-life of the Agel products.

A. The shelf-life of the Agel products is 1 year in their sealed packaging. However, all Agel products should be consumed immediately after opening to avoid risk of microbial contamination.

Q. How are Agel's products sterilized? Does this process damage the nutrients?

A. Because there is always a risk of microbial contamination in any food or food supplement, it is essential that some form of pasteurization be done on the Agel products. Agel has implemented a proprietary low temperature pasteurization that preserves the integrity of the nutrients.