



AIO Premium Cellular Health Frequently Asked Questions

1. Why should I take AIO with AC-11®?

AIO with AC-11® was developed and formulated as a revolutionary “core nutrition” product focusing on improved stem cell function, cellular health and enhanced DNA repair. Based upon extensive research and comments from thousands of AIO users, numerous health benefits have been observed from using our unique product. The primary and most common reported benefits include an improved sense of well-being, enhanced energy, improved mental acuity, better functioning immune system, mood enhancement and faster healing from physical injuries. A variety of additional health benefits have been noted in individuals under doctors’ care.

2. Does my genetic inheritance pre-determine my life spans or the gene-related diseases I may encounter in life?

Not necessarily. Although it is essentially a blueprint of our genetic inheritance, our DNA 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 various genetically or environmentally-based diseases. For example, we can avoid too much sun or alcohol consumption, tobacco products and unnecessary exposure to environmental pollutants, and we can take steps to regulate daily stress (also considered when excessive to be an accelerating factor in aging). Similarly, we can choose an antioxidant rich diet, which avoids hydrogenated fats and includes supplements to minimize cellular damage and improve the repair mechanisms built in to our cells. While antioxidant supplements and foods rich in antioxidants can reduce the cellular and DNA damage that occurs on a daily basis, they cannot repair damage. AC-11®, a key ingredient in AIO, is a breakthrough all natural product shown to improve DNA repair.

3. What is DNA?

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

4. How important is DNA to my health?

DNA is the most important molecule in the body. Damage to our DNA is the ultimate basis for how fast we age, as it is the accumulation of such damage over time that accelerates the aging and age-related disease process.

5. What is Natural DNA Repair?

Natural DNA repair involves primarily a battery of five enzymes that remove lesions (i.e., 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 carry on throughout our lives, occurring millions of times a day in the body. The more efficient our natural DNA repair process is, the longer and healthier our lives can be.

6. How does DNA repair affect my 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.

7. What is an adult stem cell?

Adult stem cells are produced in the bone marrow and other tissues and serve as the “renew and repair” system for our bodies. Unlike embryonic stem cells, research and therapies involving adult stem cells present no controversial moral or ethical issues. The quality and quantity of our adult stem cells can be improved by optimal lifestyle and also with supplements. The condition of our adult stem cells is a relevant biomarker of aging; optimizing their function can slow down or prevent premature aging and guard against certain diseases.

8. How can AIO with AC-11® support healthy stem cells in my body?

As we age, our adult stem cells, like all cells in the body, are bombarded by internal stressors, particularly excessive oxidative stress caused in part by our environment and by dietary habits that can impact the optimal functionality of the stem cells. AIO with AC-11® was designed to protect and improve stem cell function, while simultaneously providing a broad range of specific nutrients and enhancing the DNA repair processes that are critical to overall stem cell health and viability.

9. Can AIO with AC-11® help to support my body’s healthy response to inflammation?

Yes, the ingredients in AIO with AC-11® working synergistically have been shown to improve the body’s natural response to the symptoms of inflammation.

10. Should AIO with AC-11® be taken by persons suffering from inflammatory-related, auto-immune or other serious health-related conditions?



When taken as directed, AIO with AC-11[®] has no known specific contraindications; however, persons suffering from serious health-related conditions should always consult a physician before taking AIO or any nutritional supplement.

11. Is AIO with AC-11[®] a replacement for other antioxidants and vitamins I may already be taking?

AIO is a balanced anti-oxidant and vitamin rich formula that was designed to be the first nutraceutical product to enhance healthy stem cell development and promote natural DNA repair. A key to how AIO works is AC-11[®], a patented herbal extract available in liquid dietary supplement form only through bHIP Global. However, AIO also contains many active ingredients in addition to AC-11[®]. If you currently are taking other daily oral supplements, you should compare the AIO label of ingredients with the ingredients label(s) of your other supplements to determine whether, as to each ingredient, AIO alone contains the total daily allowance recommended for you by your nutritionist. In consultation with your nutritionist, you may find that AIO provides everything you need, or you may choose to supplement AIO selectively with other products. In order to assist you in making the right choices, we invite further inquiries from you or your health care professional about our product and its ingredients.

12. Can AIO strengthen my immune system?

The synergistic combination of vitamins and nutrients in AIO with AC-11[®] has been shown by research to enhance immune system function by improving the viability and health of our existing immune cells.

13. Should AIO be taken by women who are pregnant or are breast feeding?

We do not recommend the use of AIO with AC-11[®] by women who are pregnant or breast feeding. The use of AIO or any nutritional supplement by such persons should only be in consultation with a doctor. In order to assist you in making the right choices, we invite further inquiries from you or your health care professional about our product and its ingredients.

14. Should AIO be taken by children under the age of 18?

AIO with AC-11[®] is formulated for adults. We do not recommend the use of AIO by children under the age of 18 except under a pediatrician's supervision. In order to assist you in making the right choices, we invite further inquiries from you or your health care professional about our product and its ingredients.

15. AIO with AC-11[®] contains niacin. Some people experience a "niacin flush" when taking niacin. What is niacin flush and what will happen if I experience it?



While consuming AIO with AC-11® it is possible to experience a temporary “niacin flush.” A niacin flush is a common response to taking niacin caused by a dilation of blood vessels near the surface of the skin and usually dissipates within a short time. Niacin is included in AIO for its known cardiovascular benefits. To minimize the niacin flush, we recommend that your daily consumption of AIO be divided into two equal doses taken at separate mealtimes.

16. Can AIO with AC-11® help protect against colds and flu?

The link between a healthy immune system and decreased susceptibility to colds and flu is well established. AIO with AC-11® supports and enhances the body’s immune system in several ways. Also, the AIO blend includes Vitamin D-3, which stimulates the body’s production of anti-microbial peptides to inhibit bacteria and viruses. Thus, along with a balanced diet, adequate sleep and exercise, AIO with AC-11® should be part of your daily program to reduce risk of infection.

17. Does AIO with AC-11® have cardiovascular benefits?

The ingredients in AIO with AC-11® have been shown by research to support improved cardiovascular health.

18. Can AIO with AC-11® improve brain function?

Medical research has shown a positive relationship between several of the ingredients in AIO with AC-11® and improved memory and cognitive function, as well as mood enhancement. While AIO is not formulated specifically for improved brain function, based on customer feedback we believe that our product is significantly beneficial in this regard.

19. Does AIO with AC-11® have any known side effects?

Other than possible allergic reactions on an individual basis to the ingredients listed on the AIO label, AIO with AC-11® has no known side effects or contraindications when used by healthy persons in accordance with label instructions. Some users of AIO may experience temporary niacin flush or a slight cleansing of the bowels due to the high concentration of the beneficial fruit-based organic acids contained in the product. As with all persons suffering from any serious medical condition, individuals taking prescribed blood thinners or drugs that may have interactive effects with various nutrients should use AIO only in consultation with a physician. In order to assist you in making the right choices, we invite further inquiries from you or your health care professional about our product and its ingredients.

20. Does AIO with AC-11® have an expiration date?

Each unit (bottle) of AIO with AC-11® is stamped with an expiration date. We recommend that each bottle be refrigerated and consumed within 35 days of opening.

21. Should AIO with AC-11® be administered to pets?

AIO with AC-11[®] was developed for adult human consumption. We do not recommend AIO for pets or other animals.

22. What is AC-11[®]?

AC-11[®] is a patented, all natural, water soluble extract of *Uncaria tomentosa*, a plant indigenous to the Amazon Rain Forest and shown by research studies to enhance our natural DNA repair process. AC-11[®] is wholly proprietary to Optigenex, a biotechnology partner of bHIP Global. AC-11[®] is derived by a patented aqueous extraction process. Microfiltration removes alkaloids and other high molecular weight compounds that detract from the beneficial effects of the extract. The process also concentrates the Carboxy Alkyl Esters (CAEs) that are the principal bioactive components of AC-11[®]. The fascinating story of AC-11[®] is one of modern science meeting traditional native medicine, and is an example of the success of today's initiatives to develop environmentally friendly, bio-sustainable new health technologies linked to the Rain Forest. For more information about the unique properties and history of AC-11[®], please visit the Optigenex web site at www.optigenex.com.

23. What are Carboxy Alkyl Esters (CAEs)?

Carboxy Alkyl Esters (CAEs) are complex molecular chains that form a significant part of the bioactive compounds found in AC-11[®]. CAEs have been shown by research to be responsible for approximately 90% of the DNA repair and immune enhancement benefits found in AC-11[®] and are protected by a number of Optigenex patents.

24. How does AC-11[®] work?

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

25. Does AC-11[®] help the body in any other ways?

AC-11[®] helps stimulate natural production of collagen through its positive effect on the expression of collagen III, which in turn promotes soft, supple, youthful-looking skin. As we age, our cells gradually produce less collagen than they did when we were young. AC-11[®] also helps to normalize the expression of NF-KB in the cells. NF-KB is a nuclear transcription factor that influences numerous gene-encoding proteins important in apoptosis (i.e., programmed cell death), inflammation and cellular growth. An over-expression of NF-KB triggers increased inflammation. By helping to normalize NF-KB expression, AC-11[®] assists in regulating cellular response to inflammation while also minimizing the hazards of excessive oxidative stress. Additionally, in human studies, AC-11[®] demonstrated a positive effect on

immune cells, increasing their life span and, by implication, enhancing the body's immune system.

26. 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 aqueous extraction process. AC-11® is standardized, pure, completely water-soluble and micro-filtered to contain only low weight molecules (< 10,000 Daltons) for enhanced absorption. AC-11® is essentially 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* product can make these claims. AC-11® moreover has been studied for over ten years and has an excellent safety and efficacy profile.

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

The LD-50 (i.e., the standardized measure of toxicity for all ingestible products) of AC-11® is greater than 8,000mg/kilogram, which places the ingredient in the same safety range as, for example, Vitamin C and Vitamin E. The recommended daily dosage of AC-11® is between 350 and 700 mg daily for a person weighing 150-200 lbs. (70-90 kilograms). AC-11® moreover is highly pure, due to the clean, contaminant and chemical toxin-free Rain Forest environment in which the plant is harvested and processed, using water drawn from aquifers deep below the earth in central Brazil, as well as the patented Optigenex molecular sieving (i.e., filtration) process. By contrast, mild toxicity with long term use often is observable in other *Uncaria* products, especially the water-insoluble, solvent-extracted, alkaloid-based extracts commonly found in some retail stores.

28. What patents have been issued for 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. Optigenex's 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.

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

We certify AC-11® as all natural precisely because we start with a botanical harvested in a pristine rainforest environment, and then process and purify the extract using only pure water and a cornstarch-based (maltodextrin) drying agent with no additives or artificial ingredients of any kind.

30. How is AC-11® bio-sustainable?

AC-11® derives naturally from a vine called *Uncaria tomentosa*, which grows wild in the Amazon Rain Forest and is harvested in an environmentally friendly manner under the authority of the Brazilian Institute of Environment and Renewable Natural Resources (IBAMA). Under IBAMA guidelines, the harvested plants are 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 further ensure continued viability in the harvesting area. This harvesting method ensures plant sustainability and a natural balance in the Rain Forest. Authorization for each harvest is granted through an ongoing management project directed by the Brazilian government and is based upon existing local herb availability, whereby the amount of inner bark approved for harvesting periodically is set. We are proud also to work in cooperation also with the Floravida Institutes (Brazil) guidelines for biodiversity conservation, environmental education and local community social inclusion.

31. Is there a connection between the health benefits of AIO with AC-11® and Activar® skin care topical products?

AIO and Activar® are two AC-11® products that work together as a unique “inner and outer” health and beauty combination. The highly effective ingredients in Activar® with AC-11® skin care products work both at and below the surface of the skin to reduce significantly the telltale signs of aging, while the AC-11® found both in AIO and in Activar® delivers support to your body’s DNA, including the DNA in your skin cells. The result is healthy age management from the inside out and from the outside in. bHIP Global is the only company in the world that can offer these products in combination to the public.