



FREQUENTLY ASKED QUESTIONS:

What is Vemma?

Vemma is a clinically studied, ultra-premium antioxidant supplement that provides your body with the vitamins, minerals and whole-food nutrients necessary for optimal health.* You will find the Vemma formula in all Vemma products.

Is the Vemma formula clinically studied?

Yes, in fact our Vemma formula is tested to the gold standard of clinical research — independent, double blind, placebo controlled studies.

Why supplement with Vemma and Vemma Renew?

The answer is simple — Vemma formula which is found in Vemma Renew is one complete, ultra-premium liquid formula that provides your body the nutrients it needs for peak performance. Your body needs superior nutritional ingredients that work quickly to support its 63 trillion cells and fight the aging effects of free radicals.* Free radicals are unstable molecules that remove electrons from a healthy cell, destroying the cell in the process. Every day, your body's cells are being bombarded by these unstable molecules. Without a strong nutritional foundation, your cells may be more susceptible to free-radical damage; this proprietary formula helps protect your body from the effects of aging.*

Is it necessary to take a multivitamin if I am using Vemma or Vemma Renew?

If you are using Vemma or Vemma Renew daily, there is no need to take a multivitamin supplement. We suggest consulting with your doctor or healthcare professional, such as a nutritionist or dietician, if you have additional questions.

What do the icons on the Vemma packaging mean?

The icons represent the vitamins, essential minerals, mangosteen and aloe that make Vemma an ultra-premium dietary supplement.

What is mangosteen and why is it important?

In addition to being one of the best-tasting fruits in the world, mangosteen is known as the “Queen of Fruits” and has superior nutritional and antioxidant properties capable of producing a wide range of benefits.* The mangosteen supplies some of the highest natural amounts of xanthones — biologically active phytonutrients with potent antioxidant properties. Vemma uses

only wildcrafted, whole-fruit mangosteen grown in its natural habitat without the use of harmful chemicals.

Is it true that xanthones are the most studied group of compounds found in mangosteen?

It is true. This particular class of plant nutrients are highly, biologically active and are unique because they possess very potent antioxidant properties.* Of all the known sources for xanthones, the mangosteen supplies some of the highest amounts found in all of nature.

What is organic glyconutrient-rich aloe vera and why is it important?

Organic aloe vera is a powerful glyconutrient that originated in Africa and has been used for centuries because of its versatility and life-giving minerals, vitamins and polysaccharides. It is also known to support healthy digestion, immune function and antioxidant benefits for overall wellness.*

Why is organic decaffeinated green tea important?

Green tea is well studied and documented for its traditional use and healing ability.* Organic decaffeinated green tea is added to the Vemma formula which is found in Vemma Renew because it possesses numerous compounds that provide additional antioxidant protection and health-enhancing properties.* We elect to use a decaffeinated source to keep our consumers' best interests in mind, since caffeine consumption may not be appropriate for everyone.

Why are major, trace and ultra-trace, plant sourced minerals used?

Because plant-sourced minerals come from Mother Nature herself! Here's how it works: plants assimilate minerals from the soil they are embedded in and in the process they become highly nutritious for humans to eat. Minerals can be found in nearly all foods that are grown in soil but the problem is, modern-day food processing, chemical fertilizers and overused croplands make it nearly impossible to get a wide spectrum of minerals from our diets. Vemma's minerals are not man-made, but carefully extracted from plant vegetation that has been undisturbed for thousands of years, to help replenish the full spectrum of minerals, at levels that nature intended. Major trace and ultra-trace indicates a level at which a mineral might be needed within the body; however, it is not indicative



of the importance of that mineral – all minerals are vital to life. In minute amounts, these nutrients can produce unexplainable, beneficial changes in body chemistry.*

Which minerals are included in Vemma's proprietary mineral blend?

The proprietary mineral blend found in Vemma and Vemma Renew contains over 65 major, trace and ultra-trace minerals. Because we source our minerals from naturally occurring plant vegetation, the level of individual minerals may vary slightly from batch to batch.

What is plant-sourced silica and what are its benefits in Vemma Renew?

Plant-sourced silica is an ingredient known to maintain healthy skin, nails and hair.* This ingredient was added to Vemma Renew as an additional product benefit for an ultra-premium nutritional beverage.

Why were the sweeteners chosen for Vemma Renew?

The inclusion of premium ingredients, formula efficacy and flavor in the Vemma products is our highest priority. After extensive research and testing during the product development phase, we chose to combine organic cane sugar with xylitol and stevia because they are natural sweeteners – not artificial ones – and are compatible with the overall formula and flavor of Vemma Renew. This natural sweetener blend helps keep the calories, sugar and carbohydrates lower to best support a healthy lifestyle.

What are the similarities and differences between Vemma and Vemma Renew?

Vemma and Vemma Renew both are non-carbonated, caffeine-free and contain the full 2-oz dose of the clinically studied Vemma formula. Vemma Renew is an on-the-go beverage that features 20mg of plant-sourced silica as an additional product benefit.

