

Intra® – An Every Day Essential

The human body is comprised of eight individual systems which must be kept healthy and working together in order for the body to experience optimal health.

Just an ounce a day of Intra helps nourish body cells and provide essential plant-based nutrients no longer available from our modern food supply.

It is a precise formulation of 23 time-tested and trusted botanical extracts, which provide antioxidants, flavonoids, lignins, polysaccharides and other health enhancing nutrients specific to each herbal extract. As a natural food supplement, Intra helps to balance and strengthen the body's systems.

- A great-tasting, fruit juice-based drink suitable for all ages
- Also available in convenient capsule form (2 capsules = 1 oz liquid)
- Can be taken at any time when convenient, with or without food
- The level of Intra you use depends on your personal needs – up to 168 mL or 6 oz/day
- The key to Intra's effectiveness is the synergistic effect, whereby the multiple herbs in a blended formulation work together to produce a greater benefit than any one of the individual components on their own
- Daily use of Intra supports the concept of health promotion – doing small things daily that help keep the body strong and healthy throughout life
- Backed by a full, 30-day money-back guarantee



Distributed and used safely since 1992 in more than 20 countries around the world, Intra has a proven record of safety and effectiveness, with millions of satisfied customers.

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Lifestyles is a leading global network marketing company providing health and wellness solutions to help people live better every day. Lifestyles develops and manufactures premium quality, natural source nutritional supplements, healthy eating and weight loss formulations, beauty and personal care products, sold through an independent distributor network throughout North America, Asia, and Europe. www.lifestyles.net

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23 Reasons
for Better Health

A Premium Blend of 23 Botanical Extracts



A Blend of modern Science and
traditional Wisdom

Long before recorded history, herbs, plants, roots, tree bark, leaves and blooming flowers – the botanicals, were sources of food, providing our ancestors with nutrients not currently found in modern-day diets. Over time, botanicals came into wide use for their specific healing and restoring properties. Through centuries, this simple, yet powerful, botanical knowledge was perfected, shared and eventually recorded.

Documentation of specific botanical blends dates back over three thousand years. Many of these early formulas were passed from generation to generation. Those that have survived the test of time are currently used by hundreds of millions of people and medical practitioners throughout the world. Each represents the collective wisdom compiled over centuries – and each is a testimony to the diverse cultures and climates that make up our world.

Intra combines this ancient worldwide knowledge with advanced science to create a nutritional supplement geared to today's lifestyles.

- All 23 herbs used to make Intra are naturally grown without chemical sprays or artificial fertilizers
- Intra botanicals are carefully hand picked to preserve the high levels of active ingredients
- After thorough inspection and analysis, active compounds from each botanical are carefully extracted
- Standardization and testing ensures each botanical extract has a consistently high level of active compounds
- The extracts are then blended together in specific proportions to enhance each other's benefit based on Lifestyles' proprietary formula
- The final product is bottled in a HACCP-certified factory under stringent manufacturing processes and GMP standards to ensure consistent quality and potency



Discover a Better Way of Life with Intra



Intra Botanicals - All Natural From Around the World



1. **Schisandra berry** (*Schisandra chinensis*) Used in different combinations for thousands of years. Contemporary research has focused on Schisandra's very strong antioxidant characteristics.
2. **Siberian ginseng** (*Eleutherococcus senticosus*) One of the most thoroughly documented traditional botanicals. Recently "rediscovered" based on studies by Russian scientists.
3. **Astragalus root** (*Astragalus membranaceus*) Considered one of the superior botanicals. Many experts consider it superior even to ginseng in various aspects.
4. **German chamomile** (*Chamomilla recutita*) Native to Europe; legendary, since ancient times, for its mild properties.
5. **Reishi mushroom** (*Ganoderma lucidum*) Referred to in imperial China as "the elixir of life"; its use was reserved for the Emperor.
6. **Dandelion root** (*Taraxacum officinale*) Known for its strong roots – and perceived as a symbol of strength and longevity. Native to Europe; grown and used around the world.
7. **Cascara bark** (*Rhamnus purshiana*) Known as "sacred bark" by Spanish explorers. Native to the Pacific coast of North America; harvested by early American natives who felt it had strengthening properties.
8. **Licorice root** (*Glycyrrhiza glabra*) Native to the Middle East and China. Called the elder statesman because it was thought to harmonize and unify other botanicals within a formulation.
9. **Juniper berry** (*Juniperus communis*) Native to Eastern Europe, some specimens of Juniper are over 1000 years old. The resinous aromatic berry-cones were highly valued by early Europeans who believed the evergreen Juniper to represent lifepower. Used in the preparation of the classic flavoring ingredient.
10. **Chinese rose hips** (*Rosa* species) Among the various species of roses used for their fruits, the fruits of the R. Laevigata are the most highly valued traditionally by the Chinese. Classical writings report its effects as "resistant to cold and light in body". High in bioflavonoids, plant acids and other nutrients. Native to China and Japan.
11. **Alfalfa** (*Medicago sativa*) Native to the Near East, now found worldwide; rich in vitamins, minerals, flavonoids, amino acids, and protein; used traditionally as a nutrient to maintain vitality.
12. **Pipsissewa** (*Chimaphila umbellata*) Extensively used by Native American Indians. Native to northern North America from Quebec to Georgia.
13. **Chicory root** (*Cichorium intybus*) Native to Europe and Asia. Traditionally used as a unique food ingredient.
14. **Passion flower** (*Passiflora incarnata*) Native to southern U.S where it was highly valued by Cherokee Indians, who believed it to be of great importance and used it in a wide range of traditional preparations.
15. **Bee pollen** (*Apis pollenus*) Rich in nutrients including vitamins, minerals, proteins and amino acids; 2000-year-old Chinese legend claims that long-term use will cause one to "be light in body and full with life".
16. **Aloe vera gel** (*Aloe barbadensis*) Commonly mentioned in Western folklore. Now widely used in the health food and cosmetic industries.
17. **Thyme** (*Thymus vulgaris*) Native to the Mediterranean region; now extensively cultivated worldwide. It has unique properties; and is commonly used in cosmetics and food.
18. **Chinese pearl barley** (*Coix lacryma-jobi*) With a use history of over 2000 years, it possesses qualities similar to oriental ginseng, but in a milder form. Found in tropical regions worldwide.
19. **Fenugreek seed** (*Trigonella foenum-graecum*) Mainly found in the Middle East and Mediterranean region. One of the truly ancient traditional plants with records of use dating back millennia to ancient Egypt. Said to impart "fire and vigor".
20. **Ginger root** (*Zingiber officinale*) Native to Southern Asia; cultivated in tropics worldwide. Traditionally thought to cleanse. Modern studies have shown it to have antioxidant properties.
21. **Celery seed** (*Apium graveolens*) Native to Southern Europe believed to diffuse through the system a calming influence.
22. **Capsicum fruit** (*Capsicum* species) Rich in vitamins, traditionally used to stimulate metabolism; commonly used to help improve action of other botanicals in formulations.
23. **Sarsaparilla** (*Smilax officinalis*) Native to tropical America and the West Indies. Long famed as a folk remedy and currently used in many food products.

