

# Calorad® Q&A !

**We answer  
your most  
asked  
questions**

**L**etters...yes, we get lots of letters and questions. So, we have compiled these common questions and answers along with some general information about Calorad®.

## **Q—How does collagen depletion affect the body?**

A—Collagen is the protein of connective and other tissues. Proteins are made of amino acids like glycine, proline, and hydroxyproline. Due to stress, trauma, aging and environmental issues, our systems are affected by collagen depletion. This causes muscles to sag, bones to lose density, joints and ligaments to weaken with less elasticity, skin becomes thinner and your fat/muscle ratio changes.

## **Q—What does the aloe vera ingredient in Calorad® do?**

A—Aloe vera contains enzymes that assist in the metabolic process of collagen but does not play a direct role with respect to fat loss. We use the gel just under the epidermis of the aloe vera leaf as opposed to the whole leaf.

## **Q—How can Calorad® provide a better night's sleep?**

A—Calorad® provides the fuel that allows your body to achieve deep sleep. It helps to stabilize and balance levels of blood sugar released during the night, so you sleep better and don't wake up ravenous in the morning. In the first 45–90 minutes of sleep, your body goes into delta sleep mode. This is the deepest form of sleep when your body naturally repairs itself, builds muscle and breaks down fat. During this process, your body searches for a source of energy and fuel to fulfill this function. Calorad® acts as the fuel for this natural process.

## **Q—What kind of collagen is in Calorad®?**

A—We offer two different formulas. One is a Marine source, and the second is a Bovine source collagen.

## **Q—How is the collagen derived for the Bovine formula?**

A—The raw material is gathered by hydrolysis (the



means of extraction) and is then broken down (hydrolysat) into long chains of amino acids. It is tested for safety and efficacy by the Canadian Agriculture Department, and then by the manufacturer.

## **Q—What is the source of the collagen in Marine Calorad®?**

A—We only use deep sea tuna fish, which is regularly tested for its mercury content. You can relax knowing our product contains less than one per cent of mercury.

## **Q—Is Calorad® Kosher?**

A—Only Calorad® Marine is Kosher.

## **Q—How can I tell the difference between the formulas by looking at the bottles?**

A—Each bottle clearly mentions whether it is Bovine or Marine formula on the label. When ordering the product, be sure to use the proper code.

## **Q—Is there oxygenated water and natural lemonade flavoring in both Calorad® products?**

A—YES!

## **Q—Is there a price difference between the night-time use Calorad® formulas?**

A—NO!

## **Q—Is Calorad® AM the Marine or Bovine formula?**

A—Calorad® AM is the Bovine formula.

[CONT'D ON NEXT PAGE](#)

CONT'D FROM PREVIOUS PAGE

### **Q—Why is it suggested that taking Calorad® AM will help me have added vitality?**

A—When you take this protein supplement in the morning, it provides your body with a steady source of energy throughout the day. That's because it provides your body with nutrients that are slowly digested over several hours. By taking the Calorad® AM version in the morning on an empty stomach, you may get some benefit from this high-energy supplement that will assist your body with muscle tissue repairs even when you're awake.

### **Q—Can I take Calorad® before exercising?**

A—Taking Calorad® before working out will improve stamina and provide vitality and help prevent muscle breakdown. You may find it also shortens your recovery time after a workout.

### **Q—Why can't pregnant/lactating mothers and pre-pubescent children take Calorad®?**

A—This disclaimer is required by both the Canadian and United States agencies. This caution reflects the possibility of released toxins from fat breakdown entering into the blood stream, which can affect the fetus or the lymph systems of the pre-pubescent child. We suggest you check with your health care professional for alternative suggestions.

### **Q—Can I take Calorad® if I have alcohol present in my bloodstream?**

A—Calorad® works best on an empty stomach. We suggest you drink only water for at least three hours before and take any medications at least one hour before taking Calorad®.

### **The following are some reasons Calorad® may not be working as well as it should:**

**Cheating**—Eating or drinking ANYTHING except water. Even diet soda or gum will interrupt the effectiveness of Calorad®. The main reason for this is your body will search for any source of fuel. When it finds anything in your digestive system, it will use it for fuel. But when there is nothing there, it has no choice but to utilize your stored energy, or stored fat. When you consume Calorad® while your digestive system is still processing food or drinks, you also risk breaking down and diminishing the product's effectiveness.

**Water**—Failing to drink the appropriate amount of WATER (not tea or soda, etc). You must drink at least 64 oz. (one half gallon) per day. Water helps rid the body of excess build-up that occurs when fat is broken down.

**Timing**—Timing is everything! Since Calorad® is most powerful during the first 90 minutes of sleep, every minute you spend talking, reading, watching TV etc. reduces its effectiveness. These activities may cause your body to resume its AWAKE state and sleep may be difficult to achieve for a period of time. Remember, taking Calorad® is the VERY LAST thing you do before going to sleep.

**Yeast**—Yeast is an inhibitor to weight loss. Try Agrisept-L® for one month to help with this condition. Put eight drops in juice or water three times per day in between meals.

**Overeating**—You should be careful not to consume too much. While you do not have to inhibit your eating with Calorad®, a reasonable diet is recommended. Fat accumulation is still a function of consuming more calories than can be burned.

**Thyroid**—Expect slower results with thyroid conditions. Drink additional water and wait longer than the recommended three hours before taking Calorad®. Your meal may not be fully digested if your metabolism is compromised and too slow.

**Caffeine**—Reduce coffee intake. It is a diuretic which removes water from tissues. This means that the more caffeine you consume, the more water your body needs to replace fluids.

**Chewing**—Be sure to chew your food thoroughly! The first stage of digestion occurs in the mouth. If food is not chewed at least 32 times, you do not get the nutrients from your food and the chance of overeating increases. Remember, it takes 20 minutes for your body to tell your brain when it is full!

*We hope this information will assist you in making an informed decision about which EYI Calorad® product you should choose to assist you in attaining your optimum healthy lifestyle.*