

AIO Premium Cellular Health Q & A with Dr. Ron Rothenberg

1. What is an Adult Stem Cell?

Adult stem cells are produced in the bone marrow and other tissues, they are the “renew and repair” system of our bodies and are not controversial. The quality and quantity of these adult stem cells can be improved by optimal lifestyle and supplements. The condition of our adult stem cell is a biomarker of aging and optimizing our adult stem cells can slow down or possibly reverse aging and disease processes.

2. Can AIO help symptoms associated with inflammation, such as arthritis or other autoimmune disorders?

Yes, the ingredients in AIO working synergistically, and have been shown to help the symptoms of inflammation. The trigger of inflammation is “Nuclear Factor Kappa Beta”. This is found in the cytoplasm of our cells. The vitamin and fruit blends of AIO work together to turn off Nuclear Factor Kappa Beta and help decrease the symptoms of inflammation in diseases such as arthritis.

3. Are people on low fiber diets because of Chronic Irritable Bowel Syndrome or Crohn's Disease, able to consume AIO?

Yes, the natural fruit purees in AIO have powerful anti-inflammatory effects, but do not have the same fiber as whole pieces of fruit. AIO has less than 200mg of fiber per serving. Since the above conditions are inflammatory in nature, taking AIO could actually improve the symptoms.

4. Is AIO a replacement for those already taking antioxidants and vitamins?

Although AIO is a balanced anti-oxidant and vitamin formula you could continue to take your daily supplements. If swallowing multiple capsules and pills is difficult for you, AIO would be a good supplemental foundation.

5. Can those with diabetes (type I or type II) take AIO safely?

AIO can be taken safely if you have diabetes. The amount of carbohydrates present would not adversely affect diabetes and AIO will help to prevent the inflammatory complications of diabetes.

6. Can AIO "stimulate" my immune system?

The synergistic vitamin and fruit formula of AIO can improve immune system function and potentially decrease the risk of infectious disease.

7. Can those with autoimmune diseases such as Lupus take AIO safely?

AIO can be taken safely by those with autoimmune diseases. Although immune function is improved as stated in question number six, there are no clinical references suggesting that the suggested dose would over stimulate the immune system and make autoimmune disease such as Lupus, MS, or Type 1 Diabetes worse.

8. Can a person with AIDS take AIO?

Yes, a person with AIDS can take AIO.

9. Can AIO be taken by women that are breast feeding?

It is not recommended to take AIO while breast feeding. Please consult your doctor for additional recommendations.

10. Is AIO safe for children? Are there any age restrictions?

AIO is recommended for those over the age of 18 years old. If under the age of 18, it is recommended that you consult with your child's doctor.

11. AIO contains Niacin. Some people experience "Niacin Flush" when taking Niacin. What is it and will it happen if I take this product?

While consuming AIO it is possible to experience a "Niacin Flush". Niacin has proven cardiovascular benefits. A Niacin Flush is harmless warmth and reddening of the skin that can last up to one hour.

12. Will AIO help to protect against everyday viruses and bacterial infections such as colds and flus?

Yes, AIO can help prevent infectious diseases. Included in the AIO blend is Vitamin D3 which is the major stimulus to our body's production of Anti-Microbial Peptides, which are used to fight bacteria and viruses.

13. Will AIO help build up immune defenses against disease like Swine Flu?

Yes. When doctors study the regular Flu or Epidemic Influenza they find that it is not just an infectious disease that you get if someone coughs near your face. First, the symptoms appear to be seasonal, in the winter in temperate zones and the tropics in the rainy season. However, not everyone exposed gets the flu. As documented in the medical journal Virology, Vitamin D helps to protect against Flu more than any other known factor. AIO's proprietary blend can add to prevention of viral illnesses like Swine Flu.

14. Is it possible to overdose on AIO?

It is not possible to overdose on AIO by taking the recommended daily dose. However, an overdose can occur by taking an extreme dose of anything, even water.

15. Is AIO safe for pets?

AIO was developed for human consumption. Please consult with your veterinarian before allowing your pet to consume.

16. Can those on Chemotherapy or Radiation Treatment take AIO?

“Conventional wisdom” in medicine is that anti-oxidants should not be used during Chemo because the protection conferred by anti-oxidants could make Chemotherapy less effective. This concept is not supported by current medical literature. Therefore a person on Chemotherapy or Radiation can take AIO. It is further recommended that persons on Chemotherapy or Radiation should consult with their individual doctor.

17. Is there any contraindication for those on blood thinners or medications for problems such as high blood pressure??

There is no contraindication for those on blood thinners or blood pressure medicines. AIO may actually help to control high blood pressure through its vitamin and nutraceutical blend. A possible goal would be to eventually eliminate the need for such medicine through lifestyle and AIO. Do not discontinue your blood pressure medicines without the guidance of your physician.

Those on Warfarin (Coumadin) should have regular blood tests to check the level of anti-coagulation whether or not they start a new medicine or supplement. If there is any interaction that was not previously known it would show up and an adjustment of dose could be made.

18. Are there any known side effects?

A possible flushing from Niacin is a common side effect along with loosening of bowel movements.

19. Can you still drink coffee in the morning while taking AIO?

There is no interaction between AIO and coffee. The green tea extract in AIO contains a very small amount of caffeine.

20. Does AIO have an expiration date?

Yes, each unit of AIO is stamped with an expiration date. Furthermore, each unit of AIO should be consumed within 35 days after the safety seal is broken. AIO should be refrigerated immediately after the safety seal has been broken.

21. Can I mix AIO with water or in a blender with ice without losing any of the nutritional content?

Yes, AIO can be diluted with water or blended without losing its nutritional content. Some believe that AIO tastes even better when diluted or blended!

22. For those having 2 to 4 oz per day, should they drink half in the morning and half in the evening or should they have all ounces in one dose?

Both methods are safe, but it is recommended that you spread out the water soluble vitamins and nutrients. This way your cells are constantly bathed in anti-oxidants.

23. Can AIO improve brain function?

Yes, there are medical studies showing how the components of AIO can improve memory and brain function. Blueberries are one of the most studied Nutraceuticals in this field.

24. Can AIO improve the cardiovascular system?

Yes, the components of AIO have been shown to improve the cardiovascular system and decrease the risks of heart disease.