



FREQUENTLY ASKED QUESTIONS

1. CAN ANYONE TAKE REGUL8®?

This formulation should not be taken in place of prescription medications without prior recommendation from your healthcare professional. Do not take **RESTORE** while on Warfarin or blood thinning medication, without medical advice. We do not recommend taking any Regul8® product or herbal formulations during pregnancy or breastfeeding without initially seeking medical advice.

2. WHAT IS MICROENCAPSULATION?

Microencapsulation technology protects and delivers the 100% live good bacterial cultures safely to the target area by coating the ingredients with small particles or droplets during production with a gastro resistant material, which in the instance of Regul8® is an oil suspension.

3. ARE THESE FORMULATIONS AUSTRALIAN MADE AND OWNED?

Regul8® is manufactured, packaged and owned in Australia, and prides itself on providing a selection of high-quality ingredients sourced from internationally renowned facilities, which in some instances means we have sourced active ingredients from outside of Australia. As part of Regul8®'s evolution and without compromising on the efficiency of our range, Regul8®, will continue to investigate Australian made alternatives and utilise wherever possible.

4. IS THE REGUL8® PRODUCT RANGE VEGAN FRIENDLY?

The majority of the Regul8® products are derived from plant-based ingredients making them suitable for vegan lifestyles. Vegan friendly product options include:

- **RELAX**
- **CLEANSE**
- **RESTORE**

However, the following product does contain a dairy by-product called Lactoferrin, making it unsuitable for vegan lifestyles:

- **MAINTAIN** – Contains Lactoferrin. Lacto (milk) and Ferrin (iron) are essential proteins found in mammalian breast milk.

5. IS THE REGUL8® PRODUCT RANGE GLUTEN FREE?

Yes, Regul8® is graded as gluten free by our manufacturing facility.

6. IS THE REGUL8® PRODUCT RANGE LACTOSE FREE?

The majority of the Regul8® products are created from plant-based ingredients making them dairy free.

Lactose free options include:

- **RELAX**
- **CLEANSE**
- **RESTORE**
- **MAINTAIN** – Does contain Lactoferrin*

*Lactoferrin is an iron-binding glycoprotein found in human and bovine milk that has powerful immune boosting effects. Lactoferrin contains no lactose and little to no casein, so it is safe for those with an intolerance to lactose.

In the occurrence of lactose-intolerance, the body cannot produce lactase (the sugar-splitting enzyme required for the digestion of lactose). Since lactoferrin does not contain lactose, those who experience an intolerance to lactose – under the guidance of their professional – could consider Maintain as a probiotic option.

Milk proteins commonly associated with allergic reactions include casein, casein derivatives, lactalbumin, beta-lactoglobulin and bovine serum albumin – are not present in lactoferrin.

7. IS THE REGUL8® PRODUCT RANGE NUT FREE?

Regul8® is a nut free range including almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pistachios, pine nuts, shea nuts and walnuts.

8. IS RELAX AN ANTI-DEPRESSANT?

RELAX may support symptoms associated with mild anxiety and stress to help promote clarity and mental alertness. This formulation should not be taken in place of prescription medications without prior recommendation from your healthcare professional. If symptoms persist see your healthcare professional.

Regul8®

9. FROM WHAT AGE CAN PEOPLE TAKE REGUL8® ?

Regul8® is not recommended for children under 12 years of age. These products should not be taken in place of prescription medications without prior recommendation from your healthcare professional. If symptoms persist see your healthcare professional.

10. CAN YOU TAKE REGUL8® PRODUCTS DURING PREGNANCY OR WHILST BREASTFEEDING?

Several of the ingredients found in the Regul8® **CLEANSE**, **RESTORE** or **RELAX** formulations are not recommended to be taken during pregnancy or whilst breast feeding, so we recommend you do not take those products. The ingredients found within **MAINTAIN** can be taken during pregnancy or whilst breastfeeding, therefore you can take **MAINTAIN**.

However we do not recommend taking any Regul8® products or herbal formulations during pregnancy or breastfeeding without initially seeking medical advice.

11. CAN YOU TAKE REGUL8® WHILE TAKING WARFARIN OR BLOOD THINNING MEDICATION?

Do not take any Regul8® while on Warfarin or blood thinning medication without medical advice. This formulation should not be taken in place of prescription medications without prior recommendation from your healthcare professional.

12. DO I TAKE STEP 1, 2 AND 3 AT THE SAME TIME? OR IS THERE A CLEANSE PHASE FOLLOWED BY A RESTORE, THEN A MAINTAIN PHASE?

The Regul8® Digestive Tune-Up (Step 1, 2 & 3) capsules are designed to be taken together generally at 20 minutes before meals:

Step 1 (**CLEANSE**)

Step 2 (**RESTORE**)

Step 3 (**MAINTAIN**)

Always follow your prescription given to you by your healthcare professional.

13. WILL ANY OTHER MEDICATIONS OR HERBS AFFECT THE EFFICIENCY OF THE REGUL8® SYSTEM?

Most medications as long as they are taken 2-3 hours away from the Regul8® supplements, should not interfere with the Regul8® system.

Always refer to your healthcare professional concerning medications and herbal remedies.

Use only as directed by your healthcare professional. Always read the label. Regul8® is a herbal supplement and should not be replaced for a healthy balanced diet.

