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Home Page

Fermented Essentials - Naturally Enhanced Superfoods

The healthiest people on earth eat consume a diet that is quite different from ours including a great deal of fermented foods, a variety of superfoods and probiotics. Fermented Essentials helps bridge the gap between their diet and ours.

Synthetic Free • Gluten Free • Soy Free • GMO Free

Vegan • Non­Dairy • No Fillers • No Trans Fat

For thousands of years in remote areas scattered across the globe, a handful of cultures have mastered the art of living well. In these extraordinary places, diseases are rare, sickness is infrequent and life expectancies of 90 to 100 plus years are common. These are commonly referred to as Longevity Hot Spots​. While researching the diets of these remarkably healthy people, we made an amazing discovery that has a profound impact on health: People in Longevity Hot Spots consume fermented foods on a daily basis. Fermentation is a process our ancestors used to store and preserve food such as pickles, yogurt, sauerkraut or miso but has become a lost art in our modern world and has disappeared from our diet. Consuming fermented food nurtures digestive function and substantially benefits overall health. Fermentation pre­digests food and makes key nutritional components easier for our digestive systems to process ­ maximizing our food’s nutritional benefit. Fermentation rids our food of anti­nutrients, harmful bacteria and other factors which inhibit nutrient absorption. It increases the bioavailability of our food by unlocking vitamin, minerals, amino acids and carbohydrates. Fermentation also improves gastrointestinal health by balancing and building a strong internal microbiome. The dual benefits of fermentation improves both the nutritional quality of our food as well as our digestive environment.

Story

Fermented Essentials Story - Need to tweak the part about blueprint for life and sales figures.

While on a business trip to Costa Rica in 2004, lifelong entrepreneur William King discovered a small village on the Nicoyan Peninsula where there are no hospitals and obesity, cancer and cardiovascular disease are virtually non existent. In this village of Nosara, people live healthy, vital lives well into their 90s and even past 100. William was captivated by this discovery and he spent the next six years investigating this phenomenon. He learned it occurs only in eight other locales known as Longevity Hot Spots™​. These places have been researched extensively by both Duke and Harvard universities, along with the National Institute on Aging. Featured articles can be found in The New York Times, National Geographic and Newsweek.

With the help of a team of wellness experts including Sally Beare (Nutritionist and author of 50 Secrets of the World’s Longest Living People), King distilled the main lifestyle components of these locations to five basic principles: Nutrition, Movement, Connection, Relaxation and Purpose. These guiding lifestyle principles are The BluePrint for Life. He then set his sights on creating the world’s first and only foundational nutritional supplement based on Longevity Hot Spot Research. Fermented Essentials is an organic, fermented, whole food nutritional supplement incorporating superfoods, probiotics, minerals and enzymes. Fermented Essentials is a high performance, therapeutic whole food incorporating organic ingredients while delivering nutrients holistically as nature intended. Fermented Essentials is fermented for enhanced bioavailability. Simply put, Fermented Essentials utilizes fermented superfoods to fill the gaps in your current diet.

We began with a very basic core philosophy. If you want to build a successful football team, start by studying winning organizations like the New England Patriots and Denver Broncos. If you want to build a successful automobile company, start by studying companies like Toyota, BMW and Mercedes Benz.

If you want to achieve optimal health, what better way than by embracing the habits of those who live healthier and longer than anyone on the planet! We researched thousands of years of the human experience to determine how and why people live healthier. To uncover the traits, behaviors, diets and lifestyle choices that support healthier, longer lives. And we found them.

Discovering the wisdom of living well.

Based on extensive study, we identified the foremost factors that contribute to health and longevity. In remote corners of the world, across the globe, and for thousands of years, a handful of cultures have mastered the art of living well. In these few extraordinary places, diseases are rare, sickness is infrequent, vitality is abundant and life expectancies of 90 and 100 years are common. These are Longevity Hot Spots where life is simpler, happier, and above all, healthier.

What’s in a name?

In studying the healthiest people on earth we unearthed a truly amazing discovery. We found that these people consume a great deal of fermented foods. In fact, they consume a fermented food with nearly Every meal. Fermented foods are natures gift, a treasure from nature like nothing else. Truly Essential.

Your journey begins now.

Thousands of people around the world live happier, healthier, more vibrant lives because of the simple choices they make each and every day. You can too. Make a commitment today to embrace the types of foods enjoyed by the healthiest people on earth and sorely missing in most modern diets.

Become inspired and empowered, improve the way you live, share your wellness journey with others, and secure a healthy, rewarding future for years to come.

Mission

Our mission is to have a profound impact on your health and wellness by helping you easily consume the fermented superfoods enjoyed by the world’s healthiest people.

Vision

A world away, there’s a lifetime of good health to be discovered.

In remote corners of the world, across the globe, and for thousands of years, a handful of cultures have mastered the art of living well. In these few extraordinary places, diseases are rare, sickness is infrequent, and life expectancies of 90 and 100 years are common. These are longevity hot spots where life is simpler, happier, and above all, healthier.

How do these people live such vibrant, healthy and long lives?

What if we could achieve their high levels of wellbeing right now?

We can! By embracing the key lifestyle habits of longevity cultures, you can be empowered to live a healthier, more fulfilling life starting today.

Fermented Essentials / Product page

Fermented Essentials contains high performance, therapeutic whole foods from organic ingredients while delivering nutrients as nature intended. Simply put, Fermented Essentials utilizes fermented superfoods to fill the gaps in your current diet. Now with Fermented Essentials™ you can enjoy all the benefits of fruits, vegetables, and herbs fermented for maximum benefit and in a convenient easy to use form.

Mixed with your favorite juice, beverage or smoothie, each daily serving of Fermented Essentials provides:

● Eight of the most powerful fruits, vegetables and herbs including spinach, kale, broccoli, parsley, carrots, blueberry,

apple, cranberry, ginger root, turmeric, black garlic and ginseng, all fermented for maximum benefit.

● The probiotic equivalent of two servings of yogurt for digestive support

● The oat beta glucan equivalent of five servings of oatmeal for a healthy heart

● The resveratrol equivalent of 18 glasses of red wine to reducing oxidative stress

● Spirulina, chlorella, cocoa and green tea, along with enzymes for maximum absorption and benefit

● Over 70 plant­based, small particle minerals which are instantly assimilated, providing immediate results.

This complex matrix of powerful nutrients works in synergy to provide the body what it needs, when it needs it.

Essentials delivers a wide range of benefits for optimal health and longevity such as:

● Provides optimum cellular nutrition

● Increases energy, stamina and vitality

● Supports heart health

● Increases mental capacity and alertness

● Supports healthy immune system

● Improves joint mobility

● Supports healthy blood sugar

● Decreases food cravings

● Supports healthy cholesterol levels

● Improves digestion and elimination

Fortify your body with the very best nature has to offer—No passport required!

The world’s best whole foods in every serving

Only Fermented Essentials combines the traditional foods of the world’s healthiest cultures with the latest scientific breakthroughs in nutrition to create the first nutraceutical that’s “Hot Spot Healthy." Each Essentials serving delivers pure, whole-food power and goodness to give you the same tremendous health advantages as the world’s healthiest people. It’s the most complete way to get every nutritional advantage that busy lives and modern diets prevent us from enjoying.

The planet’s healthiest ingredients

From Okinawa, Japan to Campodimele, Italy, the world’s healthiest people understand the power of nutrition. Essentials contains the many superfoods found throughout these healthiest communities.

Organic Hot Spot Blend™

Over 20 organic fruits, vegetables, herbs, spices and oats essential for combating the effects of the Standard American Diet (SAD). Essentials provides the antioxidant power of two servings of fruits and vegetables daily.\*

Powerful Superfoods

Packed with the antioxidant power of green tea, cocoa, ginger, gensing, turmeric, black garlic, ginseng, blueberry, cranberry, broccoli, cranberry, apple, spinach, kale, parsley and microalgae chlorella and spirulina.

Oat Bran

Essentials oat bran provides the powerful, heart healthy beta glucans found in five servings of oatmeal.\*

Longevity Promoting Resveratrol

Delivering the longevity promoting resveratrol found in 18 glasses of wine.\*

Vital Probiotics

Four select strains of live probiotics, delivering two billion live cells, equivalent to that consumed in two servings of yogurt.\*

Complete Source of Active Enzymes

Protease, amylase, bromelain, cellulase, lactase, papain, lipase for improved digestion.

Minerals

Essentials full spectrum minerals are derived from a pre-historic plant deposit dating back to a time when the soil was rich with a full array of vital nutrients, elements, and minerals. Containing more than 70 plant-based, small particle minerals, including the full-range of lesser-known minerals they may have served as important co-factors in our biological development. Many of these minerals have been stripped from our soils and are no longer available in our modern diets. Therefore these full-spectrum, plant based elements are absent from our foods and mineral supplements currently on the market. These minerals are naturally cheleted through plant root uptake and "digestion". They are digested and assimilated by the body nearly instantly, providing immediate benefits.

70 plus elements and minerals: Calcium, Magnesium, Iron, Strontium, Potassium, Chromium, Manganese, Boron, Zinc, Selenium, Vanadium, Molybdenum, Beryllium, Bismuth, Bromine, Cadmium, Cerium, Cesium, Chloride, Cobalt, Copper, Dysprosium, Erbium, Europium, Fluoride, Gadolinium, Gallium, Germanium, Hafnium, Holmium, Indium, Iodine, Lanthanum, Lutetium, Neodymium, Nickel, Niobium, Phosphorous, Praseodymium, Rhenium, Rhodium, Samarium, Scandium, Silicon, Silver, Tantalum, Terbium, Zirconium and many more naturally occurring elements in various trace amounts.

Ingredients

Organic Oat Bran

Organic Ginger Root Extract

Organic Turmeric Root Extract

Black Garlic

Organic Broccoli

Organic Spinach

Organic Kale

Organic Parsley

Organic Carrot

Organic Blueberry

Organic Cranberry

Organic Apple

Organic Cocoa

Organic Spirulina

Organic Chlorella

Knotweed (Resvertrol)

Green Tea

Ginseng Root Extract

Probiotic Blend (L. acidophilus, B. longum, L. casei and L. rhamnosus)

Enzyme Blend (Protease, Amylase, Bromelain, Cellulase, Lactase, Papain, Lipase)

Plant Derived Minerals

How to Take Fermented Essentials

So good…and so easy

Take one to three servings daily for optimal benefit, or once daily for maintenance.

It’s easy to make Fermented Essentials a healthy part of every day. Take it on an empty stomach, or with meals. It makes a great pick-me-up, healthy mid-day snack, or a smart choice when there’s no time for a complete meal. It supports healthy blood sugar levels and sustained energy throughout the day.

Fermented Essentials comes in powder form and mixes well with any amount of your favorite beverage. Try these ideas…

“Mixers”. Quick & easy favorites to enjoy with Fermented Essentials.

Juices. Fermented Essentials makes a terrific addition to any fresh fruit or vegetable juice.

Smoothies. Fermented Essentials is a great boost to any smoothie.

Milk. Fermented Essentials is delicious in vanilla or chocolate almond milk, or cow’s milk.

Water. Fermented Essentials also mixes well with your favorite flavored water, such as Vitamin or Sobe water.

Fortify your body with the best nature has to offer—and start creating your very own Longevity Hot Spot now with Fermented Essentials

Here are some favorite quick & tasty mixers to enjoy with Fermented Essentials…

Coconut water and blueberry pomegranate juice

Orange/pineapple/apple juice

Chocolate almond milk

Simply Apple

Orange juice — tastes like a Creamsicle!

Grapefruit juice, sweetened or unsweetened

V8 Fusion and organic apple juice

Pure grape juice and water

Vanilla almond milk

Fresh fruit and a little apple juice

Blueberry-pomegranate juice

Grape juice and Ovaltine

Blueberry juice — tastes like a blueberry muffin in liquid form!

Water and Cran-Grape Juice

Almond milk with a teaspoon of coffee or cocoa

Coconut water

Dark chocolate almond milk, with a banana, in a blender

Fresh whole unpasteurized cow’s milk with pureed strawberries

Fermented Essentials Smoothie Recipes

We’d love to have your favorite smoothie recipes to include with this list and share with the Fermented Essentials community. Please send to info@FermentedEssentials.com–thanks!!!

Hot Spot Smoothie Recipes

Okinawa Tropical Smoothie

Symi Minty Green Smoothie

Campodimele Tomato and Herb Smoothie

Nicoya Avocado Smoothie

Sardinia Red Grape Smoothie

Loma Linda Nut and Cinnamon Smoothie

Hunza Apricot Smoothie

Bama Exotic Fruit Smoothie

Savory Montacute Vichysoisse Smoothie

Tried-and-true recipes contributed by the great members of our community!

Bananaberrymon Fruit Smoothie

William’s Favorite Smoothie

Maggie’s Chocolate-Banana-Peanut Butter Power Smoothie

Pina Colada Smoothie

Cranberry-Green Tea Smoothie

Green Training Smoothie

Raw Electrolyte Lemonade

Raw Anti-Inflammatory Recovery Drink

Great Recipes from Other Sources

Banana Peach Smoothie

Strawberry Mango Smoothie

Fruit Smoothie

Banana Cream Pie Smoothie

Mango Smoothie

Strawberry Banana Smoothie

Vanilla-Yogurt Fruit Smoothie

Fruit and Yogurt Smoothie

Kick-Start Your Day! Smoothie

Hot Spot Smoothie Recipes

Okinawa Tropical Smoothie

1 banana

1/2 papaya

1/2 mango

1 cup almond milk

2 tablespoons dried organic coconut

1 scoop Fermented Essentials

Blend all ingredients in a blender or bullet mixer.

Symi Minty Green Smoothie

1/2 cup water

1 apple, cut in pieces

1 cup white grapes

1/3 cucumber, skinned and cut in large pieces

2 lettuce leaves

1/2 stick celery, cut in pieces

1 tablespoon fresh mint leaves

1 scoop Fermented Essentials

3 ice cubes

Blend all ingredients in a blender or bullet mixer.

Campodimele Tomato and Herb Smoothie

1 cup tomato juice or passata (if thick, add a little water)

2 tablespoons fresh parsley

1 teaspoon dried mixed herbs (e.g., thyme, sage, basil etc)

1/2 cup fennel

1 stick celery

1 shallot or half a small onion

1 small carrot

1/2 cup cucumber

juice of 1 lemon

1 scoop Fermented Essentials

Blend all ingredients in a blender or bullet mixer.

Nicoya Avocado Smoothie

1 avocado

A few slices Gala apple (optional)

1 cucumber

2 cups spinach

2 large leaves collard greens

2 leaves black kale

juice of 3 lemons

1-1/2 cups water

1 scoop Fermented Essentials

Blend all ingredients in a blender or bullet mixer.

Sardinia Red Grape Smoothie

1/2 cup red grape juice

1 cup seedless red grapes

1 cup raspberries

1 tablespoon ground almonds

1 scoop Fermented Essentials

Blend all ingredients in a blender or bullet mixer.

Loma Linda Nut and Cinnamon Smoothie

1 cup nut milk (such as almond milk)

1/2 cup chopped dates

3 tablespoons ground almonds, hazelnuts, pecans or macadamia nuts

1 banana

1/2 cup live yogurt or soy yogurt

1 large pinch cinnamon

1 small pinch ground nutmeg

1 scoop Fermented Essentials

Blend all ingredients in a blender or bullet mixer.

Hunza Apricot Smoothie

1 cup almond, hemp or oat milk

1 cup chopped soft organic apricots (soften first by soaking in hot water if necessary)

1 heaped tablespoon ground flax seeds

1 heaped tablespoon ground almonds or apricot kernels

1 banana

1/2 cup live yogurt or soy yogurt

1 scoop Fermented Essentials

Blend all ingredients in a blender or bullet mixer.

Bama Exotic Fruit Smoothie

1/2 cup rice, almond, hemp, or oat milk

1/2 cup silken tofu

1 guava

1 pear

1 banana

1 scoop Fermented Essentials

Blend all ingredients in a blender or bullet mixer.

Savory Montacute Vichyssoise Smoothie

1 cup vegetable or chicken stock

1 small onion, chopped

1 potato, peeled and chopped small

1 leek, chopped

2 large handfuls watercress

1 cup oat milk

1 scoop Fermented Essentials

Bring the stock to the boil and add the onion, leek, and potato. Simmer for 10-15 minutes or until vegetables are soft.

Add the watercress and cook for 1-2 minutes.

Blend until smooth; add the oat milk and blend for 30 seconds more. Serve warm or at room temperature.

Recipes from the Fermented Essentials Community

Bananaberrymon Fruit Smoothie

1 banana

6 strawberries

frozen low-fat strawberry yogurt

flaxseed milk

handful of spinach leaves

1 Tbsp cinnamon, and

(of course!) 1 scoop of Fermented Essentials

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. (Makes 1 serving.)

William’s Favorite Smoothie

1 organic apple (local if possible)

1 cup organic blueberries (fresh and local when possible)

1/2 avocado

1 handful spinach

1 scoop Fermented Essentials

just enough water to mix

Blend in VitaMix, bullet mixer or blender until smooth.

Additions for variety:

Mango, peaches or strawberries (fresh and organic when possible)

For veggies, add raw or steamed carrots, cauliflower (fresh and organic when possible)

For protein, add a raw egg or brown rice protein

For fat/fiber, add soaked flax seeds

Substitute carrot juice for water

Maggie’s Chocolate-Banana-Peanut Butter Power Smoothie

1 cup chocolate almond milk (I like Almond Breeze)

1 whole ripe banana

2 tbsp. organic natural peanut butter (or other nut butter)

1 tbsp. ground flaxseed

1 tbsp. coconut or avocado oil

1 scoop Fermented Essentials

about 8 ice cubes

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. (Makes 1 to 2 servings.)

Piña Colada Smoothie

(Contributed by community member Lisa)

1/2 cup coconut milk

1/3 cup pineapple-coconut juice

1/2 small banana

1/2 apple

1 teaspoon raw coconut or unsweetened dry coconut

1 scoop Fermented Essentials

2-3 ice cubes

1/3 cup fresh or frozen pineapple (optional)

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. Makes 1 serving.

Cranberry-Green Tea Smoothie

1/2 cup frozen cranberries

1/4 cup frozen blueberries

1/2 cup frozen blackberries\*

1/2 cup (about 5) frozen whole strawberries\*

1 ripe banana, chopped in chunks

1/2 cup brewed green tea, cooled to room temperature

1/4 cup plain almond, hemp, or oat milk

1 scoop Fermented Essentials

2 tablespoons raw honey or packed light brown sugar

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. Makes 1 (2-cup) serving (a good size for breakfast!)

\*For a more tropical smoothie, substitute 1 cup frozen pineapple chunks for the blackberries and strawberries.

Green Training Smoothie

2 cups water

2 mangos with skins, pitted

2 handfuls parsley

1 scoop Fermented Essentials

raw honey to taste

2 cups ice

Place ingredients in a blender or bullet mixer as listed and blend on high for 1 minute. Drink before workout or put in water bottle over ice.

Raw Electrolyte Lemonade

6 cups red grapes

1/4 lemon with the rind

1 scoop Fermented Essentials

1 slice ginger

2 cups ice

Place ingredients in a blender or bullet mixer as listed and blend on high for 1 minute. Put in water bottle over ice for training. If using a Camelbak hydration system, strain drink before placing in bladder.

Raw Anti-Inflammatory Recovery Drink

6 cups red grapes

1 large carrot, not peeled

1 stalk celery

1” slice of pineapple with core

1 scoop Fermented Essentials

2 cups of ice

Place all ingredients in a blender or bullet mixer and blend on high for 1 minute. Drink following high impact sports, or joint injuries to reduce inflammation in the body, replace electrolytes and provide recovery carbohydrates after exercise.

Great Recipes from Other Sources

Banana Peach Smoothie

1 small banana, or half a large banana

1/2 cup fresh (or frozen without sugar) peaches

1 cup almond, hemp, or oat milk

1/2 cup ice cubes

1 scoop Fermented Essentials

Blend ingredients in a blender or bullet mixer until smooth.

Strawberry-Mango Smoothie

8 ounces frozen organic strawberries

1/2 cup mango juice

4 ounces live yogurt (plain)

1 tablespoon raw honey

1 scoop Fermented Essentials

Combine all ingredients in a blender or bullet mixer; blend on high for 1 to 2 minutes. Yields about 1 cup per serving.

Fruit Smoothie

1 cup of fresh or frozen berries, and any other fresh fruit

1/2 apple

1 scoop Fermented Essentials

1 tablespoon of soaked or powdered flax seeds

1/2 avocado

Enough filtered water to blend

Blend ingredients in a blender or bullet mixer until smooth.

Banana Cream Pie Smoothie

1/2 cup sliced ripe banana (about 1/2 large)

1/2 cup vanilla low-fat yogurt (live cultures)

1/4 cup almond milk

1 scoop Fermented Essentials

1 tablespoon whole wheat graham cracker crumbs

1/4 teaspoon natural vanilla extract

1 to 2 ice cubes

additional whole wheat graham cracker crumbs (optional)

Freeze banana slices in a single layer on a baking sheet, and freeze until firm (about 1 hour).

Place frozen banana and remaining ingredients (through ice cubes) in a blender or bullet mixer; puree until smooth. Sprinkle with additional graham cracker crumbs if desired. Serve immediately. Makes 1 (1 cup) serving.

Blackberry-Mango Smoothie

3/8 cup frozen blackberries (blueberries can be substituted)

1/4 cup chilled or frozen mango slices

1/4 cup plain yogurt (helps to achieve a smooth consistency)

1/4 cup organic orange juice

2 scoops Fermented Essentials

2 teaspoons raw honey

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. Makes 1 (1-cup) serving.

Strawberry-Banana Smoothie

1/2 cup low-fat plain yogurt (live cultures)

1-1/2 cups organic frozen strawberries

1 banana, chopped in chunks

3/8 cup almond milk

1/8 cup crushed ice

1/8 cup raw honey

1 scoops Fermented Essentials

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. Makes 2 (1-1/2 cup) servings.

Vanilla Yogurt-Fruit Smoothie

1/2 cup almond milk

2 ounces vanilla low-fat yogurt (live cultures)

1/8 cup thawed pineapple-orange juice concentrate

1/2 cup frozen strawberries\*

1/2 banana, chopped into chunks\*

2 scoop Fermented Essentials

Place all ingredients in a blender or bullet mixer; puree until smooth (you may need to stop and scrape down sides). Serve immediately. Makes 2 (about 1-1/2 cup) servings.

\*Substitute different fruits (such as frozen cherries, blueberries, pineapple, etc.) if desired.

Fruit and Yogurt Smoothie

1/4 cup frozen sweet cherries

1/4 cup plain yogurt (live cultures)

1/4 cup pomegranate cherry juice

1/4 cup crushed pineapple in juice, drained, or fresh cut pineapple

1/4 banana, peeled and sliced crosswise

1 scoop Fermented Essentials

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. Makes 1 (1 cup) serving.

Kick-Start your Day! Smoothie

1/2 cup orange juice

4 to 6 strawberries, hulled and sliced (or frozen)

1/2 banana

1/4 cup plain yogurt

1 tablespoon raw honey or brown sugar

1 scoop Fermented Essentials

6 ice cubes (5 if using frozen strawberries)

Place all ingredients in a blender or bullet mixer; puree until smooth. Serve immediately. Makes 1 (1 cup) serving.

FAQ

FAQs: General Business Questions

Click here to download a PDF of this page

Jump to a question…

What are the Fermented Essentials Customer Care hours of business?

Where is Fermented Essentials located?

Which credit cards do you accept for processing orders?

What is the ship time for products?

What is the Fermented Essentials product guarantee?

What is a Preferred Customer?

What are the Fermented Essentials customer care hours of business? 9am to 5pm EST. You may reach our Customer Care at 919-xxx-xxxx or by email at info@FermentedEssentials.com

Where is Fermented Essentials located? The Fermented Essentials Corporate Office is located in Raleigh, NC.

Which credit cards do you accept for processing orders? Fermented Essentials accepts Visa, MC, American Express, Discover and all bank debit cards.

What is the ship time for products? Fermented Essentials offers expeditious shipping from Memphis, Tennessee. Generally, orders will be received within 3 to 5 business days for most of the US; west coast delivery may take slightly longer. We ship the same day anywhere in the US if the order is received by 11am EST. Orders received after 11am EST will be processed and shipped the following business day. We do not ship to PO boxes.

What is the Fermented Essentials product guarantee? For the initial order of Fermented Essentials we will refund up to 100% of the purchase price of two cans of Fermented Essentials (excluding shipping and handling), no questions asked, provided the refund is requested within 60 days of the initial order. On any Fermented Essentials order after the initial order, we will refund 100% of the purchase price of the product (excluding shipping and handling), provided the product is returned to us unopened and in re-sellable condition within 60 days of your order. Refunds will be issued after the product(s) are received in re-sellable condition.

What is a Preferred Customer? A Preferred Customer is an individual who participates in the monthly Autoship program. For committing to the autoship program, a Preferred Customer receives a significant discount off of the suggested retail price.

Frequently Asked Questions • Fermented Essentials

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http://www.fermentedessentials.com

About Fermented Essentials

What is Fermented Essentials?

Fermented Essentials is a high-performance therapeutic food. Its components work together, in synergy, to activate the major physiologic processes of the body:

• The probiotics prepare the body to digest and assimilate food efficiently.

• The enzymes activate digestion.

• Fermentation enhances the synergy of the ingredients and delivers enhanced health benefits. Fermentation improves the body’s ability to absorb and assimilate nutrients (bioavailability) and introduces probiotics, the good bacteria essential for healthy digestion.

• The complexity of the whole-foods matrix in Fermented Essentials enhances the ability of the genome to adapt to changes in the environment.

• The herbal elements can help modulate the inflammatory system.

Read the ingredients here. (click to page with ingredients)

What is the difference between Fermented Essentials and other nutritional products?

The primary difference between Fermented Essentials and other nutritional products is that Fermented Essentials is specifically designed to fill the nutritional gaps between the diets of the world's healthiest people and people living in the modern world of fast food, chronic stress and exposure to a variety of harmful chemicals.

Fermented Essentials--our whole food, organic, fermented nutritional supplement--was created to support those with busy lives, enabling you to easily and conveniently incorporate fermented foods consumed by the healthiest people on the planet into our daily lives. The main differentiator between Fermented Essentials and other nutritional supplements is that Essentials is a fermented, organic, plant-based whole food being consumed by the world's healthiest people. The vast majority of nutritional supplements on the market are synthetic, or at the very least, contain synthetic ingredients. Second, Fermented Essentials includes the specific foods consumed by the world's healthiest people. Third, Fermented Essentials is organic (98%), vegan, dairy free, gluten free, and GMO free. And most importantly, Fermented Essentials is fermented. The process of fermentation breaks down the nutrition so it becomes highly bioavailable to the body. Please review the following for details on Fermentation and other differentiators:

• Why was Essentials created?

• Why is Essentials provided in powdered form as opposed to a capsule or liquid?

• Juice products vs. Essentials

• How does Essentials compare to other nutritional supplements (nutrition)?

• How does Essentials compare to other nutritional supplements (cost)?

Why was Fermented Essentials created?

Fermented Essentials was created to bridge the nutritional gap between the Standard American Diet (SAD) and what individuals in Longevity Hot Spots have consumed for millennia. When you take Fermented Essentials as recommended, you give your body the nutritional support to help you reach optimal health—the kind of health enjoyed by Longevity Hot Spot residents.

Why is Fermented Essentials fermented?

Fermented Essentials is fermented to maximize absorption of the nutrition. The fermentation process breaks down the nutrients making them easier for the body to digest and assimilate. A good analogy is that of milk and yogurt. Most people who are allergic to milk can have yogurt with no ill effects. Why? After all, what is Yogurt? Fermented milk. The process of fermenting the milk breaks down the nutrition making it easier for the body to absorb. Humans have utilized fermentation to preserve and optimize the nutritional value of food since we have been on the planet. Fifty years ago, with the introduction of modern refrigeration and chemical preservatives, we interrupted the habit of canning and storing fruits and vegetables so we would have something to eat over the winter. In so doing, we mitigated the consumption of fermented foods and deprived our body from of the essential benefits that can only be attained through the consumption of fermented foods. Here are some of the benefits of consuming fermented foods:

• Probiotics predigest food, taking macro molecules of food turning them into micro molecules that can be consumed by our cells.

• Probiotics also configure the nutritional molecules contained in food into the right size, shape and form to fit into receptors on the surface of the cells, allowing activation of these receptors; in other words, turn on the cells.

• Fermentation creates hundreds of nutritional metabolites not in the original food. This greatly magnifies the nutritional density of the food. Fermentation provides the body with nutritional metabolites that cannot be attained through any other means. Our body's access to these nutritional metabolites is essential for optimal biologic function.

Does fermenting the ingredients make them easier or more difficult to digest?

Fermentation makes foods much easier to digest.

What is the shelf life of Fermented Essentials?

Fermented Essentials is very stable and is best used within two years of purchase. Because it contains live food, it should be stored in a cool, dry place. However, Fermented Essentials will not spoil and can be used safely for up to twenty years of manufacture date.

Does Fermented Essentials need to be refrigerated?

It is not necessary to refrigerate Fermented Essentials however, to maximize freshness and to maintain the integrity of the live microorganisms, once opened refrigeration is appropriate.

Why is Fermented Essentials provided in powdered form as opposed to a capsule or liquid?

If Fermented Essentials was encapsulated it would require 22, 500mg capsules to equate to one serving (scoop). Some people take two and sometime three scoops per day which would be as much as 66 capsules. That's a lot of great high quality nutrition, but no one would choose to take that many capsules per day. The powder mixes easily in a variety of juices, flavored water and smoothies. Be sure to check out our suggested mixers here: XXXXXXXXXXXXX Link to Mixers

When I mix Fermented Essentials with juice, what is the stuff that seems to settle at the bottom or top?

Fermented Essentials is whole food, meaning it contains all the vitamins, minerals, fiber and co-factors that naturally exist within the whole plant. Any product that is comprised of a blend of whole food ingredients will inevitably result in some visual residue that appears on the bottom of the bottle. This separation is completely normal. Simply shake well and drink immediately. Think of the difference between whole pulverized apples (apple sauce) and apple juice. If there’s no sediment then a lot of nutrition has been extracted. Read the full list of ingredients here. XXXXX Link to Product page

Are the probiotics in Fermented Essentials coated or protected to survive the hydrochloric acid in the stomach? I heard that stomach acid can kill probiotics.

Some people believe that probiotics taken in supplement form are destroyed by hydrochloric acid in the stomach. We believe this concept originates with some probiotic manufacturers who manufacturer proprietary capsules that are said to be resilient enough to make it through the harsh stomach acid to the colon. If this were true, how would we ever get probiotics into our digestive tract? We naturally receive our probiotics from the foods we consume. We ingest living probiotics from a variety of foods that we eat like yogurt and pickled vegetables. The majority of our probiotics live in our colons which is further down the digestive tract than the stomach. If stomach acid destroys probiotics, how would they make it all the way through the digestive tract (and stomach) to the colon? Physicians commonly recommend eating yogurt after taking antibiotics to replenish our probiotics. This would be ineffective if probiotics were killed in the stomach. We believe live probiotics DO make their way through the stomach to the small and large intestines. Additionally, a UCSF (University of California San Francisco) study found that probiotics don't even need to be alive to have an effect, since they have an immunostimulative role (like dead viruses used for a vaccine).

The probiotics, enzymes and minerals in Fermented Essentials are not labeled as organic. How are they obtained?

There is no true classification for "organic" probiotics, enzymes and/or minerals. The probiotics and enzymes used in Fermented Essentials are sourced from one of the world's leader in enzyme and probiotic production. Similarly, there is no organic certification for minerals as they are a natural substance.

What is the source of the probiotics that are included in Fermented Essentials?

The probiotics and enzymes in Fermented Essentials are sourced from one of the world's leaders in enzyme production.

How do the probiotics in Fermented Essentials stay alive?

The probiotics in Fermented Essentials are produced by cryo-freezing and freeze drying under tightly controlled conditions. The cryo-freezing process maintains and preserves the integrity of the bacterial cells, while freeze drying then removes any remaining moisture through evaporation, which increases the stability of the live cultures.

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How can the probiotics stay alive having been exposed to heat during shipping and over a long period of time, considering a two year shelf life?

We are experiencing tremendous results with Fermented Essentials all over the country, so we are very pleased with the efficacy of our product. Heat is introduced during the process of fermentation, therefore any additional heat exposure during shipping can only possibly effect the ingredients added after fermentation, which are probiotics and enzymes. For living organisms such as probiotics to be affected, the temperature would need to be over 114 degrees, which would rarely happen, if ever. Additionally, a UCSF (University of California San Francisco) study found that probiotics do not need to be alive to have an effect, since they have an immunostimulative role (like dead viruses used for a vaccine).

Is dairy used during the production of the probiotics?

No dairy is used in the production of Fermented Essentials. The probiotics used in Fermented Essentials are grown in a non-dairy medium. Fermented Essentials is completely dairy free.

Is Fermented Essentials considered raw?

Fermented Essentials is fermented, which requires heat, so it is not considered to be raw although the probiotics are live cultures. We believe the process of fermentation increases the nutritional value of the foods in Fermented Essentials.

What is the source of the enzymes that are included in Fermented Essentials?

Fermented Essentials contains plant based enzymes which are created as a byproduct of fermentation.

Where are the ingredients grown?

Fermented Essentials is manufactured in the US and the vast majority of ingredients are grown in the US. Some ingredients are sourced abroad from time to time depending on growing seasons and availability.

Juice products vs. Fermented Essentials

Fresh juice from fruits and vegetables are filled with very healthy nutrition such as vitamins, minerals and antioxidants. Unfortunately, the vast majority of juice on the market is pasteurized, which is detrimental to the valuable nutrition. Additionally, the average serving (1/2 cup) of fruit juice contains around 30 grams of carbohydrates, which can elevate blood sugar and contribute to weight gain. Fermented Essentials by comparison, is a whole food containing the entire scope of nutrition including fiber and important co-factors. The best analogy is to consider juicing vs. blending. Lets use an apple for example. When you juice an apple in a juicer, what do you produce? Apple juice. What is missing? A lot of fiber, some vitamins, minerals, antioxidants and other vital nutrition (depending on the juicing method). Now in stead of juicing, let's blend the apple in a blender and liquefy it. Now you have the complete nutrition of the apple. When making Fermented Essentials, we start with the whole fruits, vegetables, herbs, etc., and we wash them, dehydrate them (extract the water), then we grind the material down to a powder, ferment, add additional ingredients such as active enzymes, probiotics, minerals and others and then it is packaged for use. The majority of the valuable nutrition is still intact.

What's the difference between a green food supplement and Fermented Essentials?

Although Fermented Essentials contains some of the most powerful green superfoods (organic broccoli, organic spinach, organic kale, organic parsley, organic spirulina, organic Chlorella), Fermented Essentials primarily consists of a variety of beneficial ingredients such as fruits, vegetables, herbs, cocoa, beta glucans, minerals, enzymes, and probiotics. It is also fermented for maximum benefit, and most green superfoods are not fermented. Please read other FAQ's "Why is Fermented Essentials fermented?" and "How does Fermented Essentials compare to other nutritional supplements (nutrition)?"

How does Fermented Essentials compare to other nutritional supplements (nutrition)?

Fermented Essentials is an organic, fermented, whole food nutritional supplement derived from the diets of the healthiest people on earth. The vast majority of nutritional supplements on the market are synthetic, meaning their ingredients were manufactured in a laboratory rather than grown on a farm. Even the vast majority of "Whole Food" nutritional supplements contain synthetic ingredients along with the "whole food" ingredients and most are not organic or fermented. When comparing Fermented Essentials to other nutritional supplements, you must consider three primary factors:

• Whole Food: The ingredients in Fermented Essentials are derived from "whole foods", which means that the ingredients were not created in a laboratory and pressed out millions per day on a conveyor. The ingredients in Fermented Essentials began with a seed which was planted into the ground, nurtured, harvested, taken to market, cleaned, dehydrated, fermented and packaged for delivery.

• Organic: The vast majority (98%) of ingredients in Fermented Essentials are organic, which means they are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, bioengineering or ionizing radiation. Our farmers use renewable resources and conserve soil and waste. If you've ever purchased organic produce from the grocery store, you are aware of the dramatic difference in cost in conventional vs organic. Typically, producing organic fruits and vegetables over conventional produce adds approximately 30% to the overall cost.

• Fermented: The vast majority of ingredients in Fermented Essentials have been fermented for maximum bioavailability. The process of fermentation is delicate, and requires very specialized equipment and a great deal time and of expertise.

How does Fermented Essentials compare to other nutritional supplements (cost)?

Comparing cost per gram there is no organic, completely whole food nutritional supplement (no synthetics, fillers or sweeteners) on the market that has a lower price per gram for nutrition delivered. Fermented Essentials is also fermented, which adds an additional layer of expense. Fermented Essentials delivers 11 grams of nutrition in every serving (scoop) and contains no synthetics, sweeteners or binders (all of which are very inexpensive to produce). If Fermented Essentials were delivered in capsule form it would require 22, 500 mg capsules to equate to one serving (scoop). There is truly no comparable product on the market. Products that are "whole food" usually suggest taking 2 to 4 capsules once or twice daily. This equates to around 1-4 grams of nutrition per day compared to 11-22 grams of nutrition with Fermented Essentials. Once volume of nutrition is considered, Fermented Essentials is clearly the best value. We have nothing more valuable than our health and it's important to spend our dollars on our health wisely. All things considered, Fermented Essentials is a great value when compared with either actual food or comparable" nutritional supplementation.

XXXX Fermented Essentials provides a referral program called 3 and Yours is FREE which allows customer/participants to receive their product free of charge for simply referring other customers/participants. Simply have three friends join you and your monthly supply of Fermented Essentials will be free each and every month they continue to participate. This is an attractive option for many.

What is the pH of Essentials?

Fermented Essentials has a pH of 8.53.

What is Fermented Essentials' ORAC (Oxygen radical absorbance capacity) value?

XXXXXXX

Essentials was not created specifically to be a high ORAC product although it has a fairly high ORAC simply because it contains very nutrient dense fruits and vegetables. Some companies play an ORAC game of “how high can we go”. However, most recent studies show that extremely high ORAC products reach a point of diminished returns and can even be counterproductive for health, since we actually need some free radicals in our immune system. Additionally, some antioxidants in supplement form are not natural (synthetic) and can become free radicals themselves, which does not happen when consumed from whole food form (an antioxidant becomes a free radical as soon as it donates its electron to neutralize another free radical. Another antioxidant then comes along and neutralizes the new free radical, and so on in a chain. In a food, the antioxidant power will happen and then it will all get neutralized). However, there is no research suggesting the same of high ORAC food. As per usual, if it's something that would be part of a natural diet, it's almost certain to be healthy. Each scoop of Fermented Essentials has an ORAC of approximately 1250, so two scoops would be around 2500. Where Fermented Essentials differs from most HIGH ORAC products is that Fermented Essentials is not an isolated nutrient such as a synthetic vitamin supplement or juice. It is estimated that average ORAC in the Longevity Hot Spots range between 10,000 to 15,000. The RDA recommend daily ORAC amount is 3500-6000.

Is Fermented Essentials FDA Approved?

Fermented Essentials is considered FDA GRAS (generally recognized as safe) which means all of the ingredients in Fermented Essentials are recognized by the FDA as safe for human consumption. Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), dietary supplement manufacturers are responsible for ensuring that a dietary supplement is safe before it is marketed. There is no FDA requirement to register products with the FDA nor get FDA approval before producing or selling dietary supplements. Manufacturers must make sure that the product label information is truthful and not misleading, and the FDA is responsible for taking action against any unsafe dietary supplement. The FDA does regulate the types of claims that can be made about supplements and food. Two servings of Fermented Essentials qualifies for the FDA's "heart health" claim.

How does Fermented Essentials go from its natural food state to a powder? Does it go through some sort of chemical process to get into a powder form?

When the foods (fruits, vegetables, herbs, etc.) arrive at the manufacturing facility, they are cleaned and dehydrated, which is a process of evaporating the water from the plant material. Then the foods are put through a mesh at our specification of fineness. Then the ingredients to be fermented are put into the fermentation vat to be fermented. After fermentation, the other ingredients; probiotics, enzymes and minerals etc. are added and the finished product is put into the container. Fermented Essentials is plant foods that are dehydrated, turned into powder, fermented and packaged. Of course there are no harmful chemicals used in the process.

Where is Fermented Essentials manufactured?

The manufacturing facility is in the US, and the vast majority of ingredients are sourced from organic farmland in US. Depending on availability some ingredients are sourced outside the US from time to time.

Can I buy Fermented Essentials in health food stores?

Currently Fermented Essentials is available online and through select wellness practitioners in the US and soon will be available in select health food stores in the US.

What if I order Fermented Essentials and it doesn’t work for me?

People are experiencing phenomenal results with Fermented Essentials over time and even within the first 30-60 days. However, if you are unsatisfied we offer a 60-day money back guarantee.

How to Take Fermented Essentials

We recommend mixing Fermented Essentials in a beverage of your choice or blending into a smoothie. Fermented Essentials does not contain sweeteners or flavorings and has a neutral, natural flavor that takes on the taste of your choice of beverage. When mixing with liquid such as water or juice we recommend using 8-12 oz. of liquid followed by additional water. When mixing in juice, it is recommended to dilute with water since fruit juice can spike blood sugar. For diabetics and those wishing to lose weight, this is especially important. Pour just a couple of ounces of juice in the Fermented Essentials shaker bottle and fill the rest with water. This will be enough juice for flavoring without the additional unwanted calories and possible spike in blood sugar.

How much Fermented Essentials should I take? Is it OK to take more than is recommended on the container?

We recommend one to three scoops per day as the optimal daily dosage. Since Fermented Essentials is a whole food, individuals can take as much as desired.

When should I take Fermented Essentials?

Ideally Fermented Essentials should be taken first thing in the morning. If taking a second or third serving, it is best to spread them out throughout the day when possible. Always follow by drinking an additional 8-16 ounces of water especially when taking more than one scoop at once.

Should I take Fermented Essentials with or without other food?

Fermented Essentials can be taken either with food or away from food. Vitamin pills are usually recommend to be taken with food because they are void of many co-factors required to assimilate the nutrition, and synthetic B vitamins can be harsh on the stomach especially taken away from food. Fermented Essentials is fermented whole food nutrition and does not have to be taken with food.

Can I drink Fermented Essentials in coffee or tea?

Fermented Essentials mixes well in most any liquid; however, it is not recommended to mix Fermented Essentials in hot beverages (over 114 degrees) as the high temperature may degrade the living probiotics.

What do you mean by absorption and bioavailability?

Human nutrition is affected by the body's ability to absorb the food, as well as by the bioavailability of the food. Absorption rates may be better or worse, depending upon the individual's capacity to absorb nutrients—which can be determined by the condition of the digestive tract and other factors. Bioavailability is a function of the nutritional element—how ready it is to be digested and assimilated by the body. Fermented Essentials creates the right environment for optimal digestion and provides the nutritional substrate in the optimal form to be digested and assimilated.

Is Fermented Essentials a meal replacement?

Fermented Essentials is micronutrient dense (vitamins, minerals, phytonutrients), not macronutrient dense (carbs, proteins and fats) and contains less than 50 calories. By adding high quality fat such as avocado, flaxseed or coconut and protein such as brown rice protein, pea protein, or hemp protein powder, you’ll enjoy a highly nutritious, high quality, convenient meal.

Does Fermented Essentials have side effects?

Fiber, probiotics and various nutrients in the digestive tract can have varying effects depending on the individual. For some, the bowels may slow, while others might experience a slight laxative effect. This is a normalization process that should moderate over the course of several days or up to two weeks. Be sure to drink plenty of fresh water in addition to other healthy beverages. Also for those who are not accustomed to eating fruits and/or vegetables, there can be an adjustment period in which it may be best to add Fermented Essentials slowly and gradually.

Does Fermented Essentials cause any digestion problems or discomfort?

Fermented Essentials helps maintain healthy digestion. The soluble fiber in Fermented Essentials adds bulk to assist movement through the digestive tract. Always drink plenty of water to ensure proper hydration and to avoid any slowing of the bowels due to this increase in fiber. In some rare circumstances, individuals predisposed to upper GI issues may experience minor heartburn when taking Fermented Essentials. Should you experience this symptom, reduce the amount and then increase slowly over time to allow your body to get used to the quality nutrition found in Fermented Essentials. Immediately consult your physician if you experience a negative reaction to Fermented Essentials. We encourage you to consider any diet or nutrition program as an adjunct to your physicians care.

Is Fermented Essentials safe for kids? How much should my child take?

Fermented Essentials is a whole food, so there is no problem with giving it to children. Graduated dosages should be considered for children. Children over 12 can enjoy one scoop per day while children under 12 may enjoy 1/2 scoop per day mixed with their favorite juice or smoothie. Toddlers may enjoy a third of a scoop per day.

What is in Fermented Essentials?

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX Link to product page or include ingredients here

Is Fermented Essentials 100 percent vegetarian?

Yes.

Is Fermented Essentials organic?

Fermented Essentials uses the freshest and very best ingredients available. Fermented Essentials contains 98% organic ingredients.

Is Fermented Essentials gluten-free?

Yes.

How can Fermented Essentials be gluten free when it contains oats?

To be considered gluten free a product must be below 20 PPM (parts per million) and Fermented Essentials tests below 20 PPM.

Are there any allergens in Fermented Essentials?

Fermented Essentials contains NO soy, yeast, egg, preservatives, MSG, glutamate derivatives, artificial flavoring, salt, starch, dairy and is GMO free. Nevertheless, individuals can be allergic to virtually anything. If you think you are having an allergic reaction to something in Fermented Essentials, stop taking the product immediately. If you are having difficulty breathing, call 911 and get immediate medical attention. If you believe you are having some other reaction and it causes you concern, please discontinue use and seek immediate medical attention. And please consult your physician before taking Fermented Essentials.

Are there any tree nuts or tree nut derivatives in Fermented Essentials?

There are no tree nuts or tree nut derivatives in Fermented Essentials.

What sweeteners/sugars does Fermented Essentials use? Are they natural?

No sugars or sweeteners are added to Fermented Essentials.

What vegetables are included in Fermented Essentials? Organic broccoli, organic spinach, organic kale, organic parsley, and organic carrot.

What fruits are included in Fermented Essentials? Organic apple, organic blueberry, and organic cranberry.

XXXXXXXX

How many servings of fruits and vegetables do I get when taking Fermented Essentials?

Our daily recommendation of 2 servings (scoops) of Essentials has the ORAQ (Oxygen Radical Absorbance Capacity) or antioxidant equivalent of 5 servings of fruits and vegetables as well as the probiotics of 6 servings of yogurt, the Oat Beta Glucans of 8 servings of oatmeal and the resveratrol of 28 glasses of red wine.

What herbs and/or spices are included in Fermented Essentials?

Organic ginger, organic turmeric, organic parsley, black garlic, and ginseng.

What are beta glucans and why are they in Fermented Essentials?

Beta glucans are polysaccharides. They occur most commonly as cellulose in plants, the bran of grains, the cell wall of bakers' yeast, certain fungi, mushrooms, and bacteria. Beta glucans have been shown to be very supportive to the immune system. Studies have found they have a role in balancing blood sugar and regulating blood lipids as well as providing a host of additional positive effects on health.

What are phytonutrients?

Phytonutrients are nutrients contained within plants. They have been shown to be very beneficial to a wide variety of biological processes. Many pharmaceuticals use phytochemicals as models upon which drugs are designed and produced. When you consume the phytonutrient in its natural state, as you do with Fermented Essentials, the plant source still contains all the surrounding molecules that help modulate the effects of the photochemical. This benefit is why herbal and nutritional medicine has very few side effects when taken properly.

What are probiotics? Which ones are included in Fermented Essentials?

Probiotics mean "pro-life." They are, in many ways, the essence of life. These microbes are the only thing in nature with the capacity to turn inorganic elements into organic, life-giving nutrients. Probiotics help your digestive tract digest and absorb food. They are crucial; without probiotics, digestion would be impossible. Fermented Essentials uses probiotics in the processing of our nutritional supplement. This unique process puts the supplement in the optimal form for the body to digest and assimilate. Fermented Essentials contains the following probiotics:

Lactospore Bacillus coagulans, L. acidophilus, B. longum, L. casei, and L. rhamnosus. These have been shown to be the most beneficial organisms in supporting optimal digestive and overall health. To keep the probiotics alive and functioning, please keep Fermented Essentials in a cool, dry place and do not cook foods containing Fermented Essentials. Cooking will kill the probiotics.

What are enzymes? Which ones are in Fermented Essentials?

Enzymes are mainly proteins that catalyze (i.e., increase the rates of) chemical reactions. Almost all processes in a biological cell need enzymes to be present at significant rates. Enzymes are known to catalyze about four thousand biochemical reactions within the body. You need enzymes to assist in the digestion of your food—to break down what you eat to its constituent parts (amino acids, vitamins, minerals, etc.). Fermented Essentials contains the following enzymes:

Protease, Amylase, Bromelain, Cellulase, Lactase, Papain, Lapase. These enzymes are essential for optimizing the digestive process.

Protease breaks proteins down to amino acids.

Amylase breaks starches and carbohydrates down into simple sugars.

Bromelain is a protease enzyme found in the juice and stem of pineapple and is essential for the digestion and breaking down of proteins.

Cellulase is a digestive enzyme that breaks down the tough “roughage” found in fruits, vegetables, and grains.

Lactase breaks down lactose, making it readily absorbed by the body.

Papain is taken from the fruit of the papaya tree and contains enzymes that help break down proteins.

Lipase breaks fats and oils down into fatty acids.

Why does Fermented Essentials contain enzymes?

Enzymes are added to aid in digestion as well as to aid in the digestion of other foods that are consumed, as most people eat very few live foods.

What are superfoods? Which ones are included in Fermented Essentials?

Superfoods are high-octane, nutrient-dense foods that have been found to be very potent in promoting health. Essentials provides the following superfoods in every serving: Black garlic, turmeric, cocao, ginseng, resveratrol, turmeric, green tea extract, black garlic, ginger, blueberry, Chlorella, Spirulina, broccoli, spinach, kale, parsley, carrot, cranberry and apple.

What is cacao?

Cacao is the bean from which chocolate is derived. Raw cacao has been found to provide strong health benefits, including powerful antioxidant and anti-inflammatory functions. Raw cacao powder contains 955 ORAC units per gram. ORAC (Oxygen Radical Absorbance Capacity) is a rating scale the USDA uses to measure the ability of antioxidants to absorb cell-damaging free radicals. Tryptophan, a naturally occurring substance in cacao, enhances relaxation and promotes better sleep. Researchers have discovered that phenylethylamine (PEA) has a positive effect in enhancing feelings of affection and love. And cacao is an excellent source of PEA. Cacao also contains more magnesium than any other common food. Magnesium is the number one mineral that assists and supports healthy heart functioning. Arginine, the aphrodisiac-like amino acid believed by body builders to build muscle and aid in recovery, also occurs naturally in cacao.

What is turmeric?

Turmeric is a plant from the ginger family. Various nutritional studies have shown turmeric to have a positive effect on liver and cardiovascular function well as being anti-inflammatory.

What is ginseng?

Ginseng is an herbal medicine that has been taken for thousands of years as an adaptogen, aphrodisiac, and nourishing stimulant.

What are micro-algae chlorella and spirulina?

Spirulina is one of the most nutrient-dense foods on the planet. This form of blue-green, single-celled super-algae offers a concentrated source of complete, balanced protein. Spirulina also offers high levels of the antioxidants beta-carotene and zeaxanthin, plus unique immune-supportive elements. Spirulina has also been shown to offer potent blood-purification properties. It is one of the only sources of the anti-inflammatory, joint-strengthening super Omega-6 fatty acid, GLA (Gamma-linolenic acid). Chlorella is a genus of single-celled green algae. Studies have shown that chlorella has anti-tumor properties in mice. Another study found enhanced vascular function in hypertensive rats who were fed chlorella. Chlorella is a complete protein. It is also packed with calories, fat, and vitamins.

What is resveratrol?

Plants—most famously, grapes—produce resveratrol naturally as a defense against fungi and other threats. In humans, it has shown to be effective in reversing symptoms of aging. It’s believed to be a significant factor behind the French Paradox—why the French can consume diets heavy on calories and saturated fats, yet live longer with a lower incidence of heart disease. The source for the resveratrol in Fermented Essentials is Japanese knotweed, which is considered to be the most nutritious source.

Fermented Essentials and Vitamins/Minerals

What vitamins are contained in Fermented Essentials and do they meet RDA requirements?

Fermented Essentials is a whole food. It contains all the vitamins and minerals that occur naturally in the fruits, vegetables, and herbs contained in Fermented Essentials. RDAs, or recommended daily allowances, are simply generalized measurements of the minimum amounts of nutrients needed—not to be optimally well—but just not to fall ill. The power of Fermented Essentials is not so much the gross amount of vitamins and minerals—but it is in the unique manner in which the key elements have been combined. Fermented Essentials creates a nutritional matrix of profound complexity and bioavailability, meaning the nutrients can go to work for the body almost immediately. In this case, the sum of the parts is much greater than the whole.

Why aren't the daily amounts of vitamins and minerals listed on the label?

The way most companies are able to display the exact amounts of each nutrient on the label is because they are synthetic ingredients manufactured to specification in the laboratory. The ingredients contained in Fermented Essentials are derived from food which vary from plant to plant, season to season and from each production run. It would be virtually impossible to list the exact level of each vitamin and mineral for every production run of Fermented Essentials.

Should I continue to take my multi-vitamin?

The approach with Fermented Essentials is philosophically and fundamentally different than the concept of taking high doses of isolated vitamins. Vitamin supplementation was popularized in the 20's and 30's based on a couple of factors: First, the concept that nutrition from food contributes greatly to health (which was a new concept at that time) and the other is the discovery that molecules could be isolated from foods and taken in high doses. The thinking at that time was that if vitamin C, for example, is good for you, then high doses of vitamin C will be really good for you. Over time these isolated molecular structures or "isolates" became mass produced by chemical companies rather than extracting the actual molecules from food. Believe it or not, most vitamins today are synthetic and the vast majority are derived from cornstarch, petroleum extracts, coal tar derivatives, and chemically processed sugar. Fast forward to the present day and we have experienced mixed results. There are studies that indicate that high doses of concentrated synthetic vitamins can be effective. However, there are also studies that indicate that the vast majority of vitamin supplements are not absorbed by the body and are simply passed in the urine. There's an expression that surfaced – "expensive urine" – because people are paying a lot of money for supplements that simply pass through the body without being absorbed. Some studies have indicated that we absorb as little as 5% of these nutrients. Most recently there have been studies that conclude that not only do we not absorb these synthetics substances very well, but they can actually cause harm. Among others, a very well respected study on vitamin A showed that vitamin A consumed from foods containing high amounts of vitamin A can lower the risk of cancer. However, vitamin A taken in pill form (synthetic) has the opposite effect. It can actually elevate the rate of cancer.

There are two things to consider when discussing the absorption of vitamin supplements. First is that "isolates" are just that; they are isolated molecules. They are isolated from a great deal of other nutrition that we haven't even begun to understand. All food has other plant chemicals which are loosely referred to as 'cofactors' that work synergistically to allow the body to absorb and utilize the nutrition. In nature, vitamins are always bound with cofactors. Vitamin C, for example, is found in fruit along with bioflavonoids. These cofactors enhance the bioavailability of the vitamin – bioflavonoids, for instance, increase the bioavailability of vitamin C by 30 percent. With multi-vitamins these co-factors are absent, which is why it is recommended that multi-vitamins be taken with food. The assumption or hope is that if taken with food, the co-factors in the food will help allow the body to absorb the isolated molecules.

Rather than concentrated synthetic molecules, Fermented Essentials is concentrated fermented Superfoods (actual food.) Many nutritional experts on the cutting edge of nutritional supplementation do not prescribe vitamin supplements for their patients. They instead recommend whole food supplementation, unless someone is severely deficient or has a specific "disease" that needs to be addressed. Fermented Essentials helps to support a healthy diet by providing supplementation to those who are eating healthy. Taking Fermented Essentials to enhance one’s diet is simply a personal choice. The results speak for themselves.

Does Fermented Essentials contain vitamin K?

Isolated Vitamin K is not added to Fermented Essentials; however, Fermented Essentials does contain vitamin K to the extent that vitamin K is found in green leafy vegetables such as kale, broccoli spinach and parsley.

Why do I need minerals for good health? Which minerals are in Fermented Essentials?

Minerals are involved in almost every biological function of the body. The minerals in Fermented Essentials are full spectrum minerals derived from a pre-historic plant deposit dating back to a time when the soil was rich with a full array of vital nutrients, elements, and minerals. Containing more than 70 plant-based, small particle minerals, including the full-range of lesser-known minerals they may have served as important co-factors in our biological development. Many of these minerals have been stripped from our soils and are no longer available in our modern diets. Therefore these full-spectrum, plant based elements are absent from our foods and mineral supplements currently on the market. These minerals are naturally cheleted through plant root uptake and "digestion". They are digested and assimilated by the body nearly instantly, providing immediate benefits.

70 plus elements and minerals: Calcium, Magnesium, Iron, Strontium, Potassium, Chromium, Manganese, Boron, Zinc, Selenium, Vanadium, Molybdenum, Beryllium, Bismuth, Bromine, Cadmium, Cerium, Cesium, Chloride, Cobalt, Copper, Dysprosium, Erbium, Europium, Fluoride, Gadolinium, Gallium, Germanium, Hafnium, Holmium, Indium, Iodine, Lanthanum, Lutetium, Neodymium, Nickel, Niobium, Phosphorous, Praseodymium, Rhenium, Rhodium, Samarium, Scandium, Silicon, Silver, Tantalum, Terbium, Zirconium and many more naturally occurring

These plant derived minerals provide your body with a strong pool of minerals to draw upon. This blend of minerals also encourages your body to draw nutrients deep within its cellular structures.

I am currently taking a high quality green supplement, should I continue or stop taking it?

Fermented Essentials is vastly different from a greens-based supplement. Fermented Essentials contains a variety of fruits, vegetables, herbs, beta glucans, minerals, enzymes and probiotics. It is also fermented, and most greens based products are not fermented. If you enjoy taking a green superfood, continue taking it. However, make certain that it is organic. Whole food nutritional supplements are highly concentrated, which means a non-organic product may contain concentrated amounts of toxicity.

If I take Fermented Essentials, do I need to take anything else?

Fermented Essentials is perhaps the most comprehensive nutritional matrix ever created. Nevertheless, each of us are biochemically different. There may be individuals in such a depleted state that, in the beginning, additional supplementation may be beneficial. In the US it is estimated that up to 70% of people are deficient in vitamin D and most are deficient in omega 3 fatty acids. Supplementation of these specific nutrients should be carefully considered.

Fermented Essentials and Your Wellbeing

Is Fermented Essentials safe to take with prescription medications?

Fermented Essentials is a whole food and in most cases is safe to take with medication. However, if you are taking prescription medication, please check with your physician before taking Fermented Essentials.

I currently take medications for my chronic condition. If I take Fermented Essentials, should I stop taking those medications?

Please do not stop taking medications prescribed by your physician without a physician’s supervision.

Will Fermented Essentials prevent, cure, or eliminate this chronic condition?

We encourage you to seek the advice of your physician regarding any chronic illness or condition. Fermented Essentials is a very comprehensive nutritional supplement designed to bridge the nutritional gap between the Standard American Diet (SAD) and the diets of individuals living in the Longevity Hot Spots. We encouraged you to adapt a healthy lifestyle and nutrition regimen to support your health and include Fermented Essentials to support your overall health.

I've heard that people lose weight on Fermented Essentials. Any advice on how to take Fermented Essentials for weight loss?

Fermented Essentials was not formulated specifically to be a weight loss product. However, some people have reported great results. If weight loss is desired, take Fermented Essentials as a meal replacement, snack replacement or consume just before meals. Also if weight loss is desired, be sure to take Fermented Essentials with water or diluted juice, but NOT with a full serving of fruit juice. When weight loss is desired, you should avoid the extra calories and the blood sugar spike that may result when drinking a large volume of fruit juice.

Miscellaneous Questions

I heard the FDA will soon be regulating all nutritional supplements prior to 1994 (DSHEA). Can you provide more details?

The FDA would like to regulate "supplements" that were developed after 1994 (the year DSHEA was passed), but will have a difficult time doing so. There is a lot of pressure from nutritional supplement manufacturers as well as consumer groups. However, for the moment let;s say the FDA were to regulate nutritional supplements in a similar fashion as they regulate pharmaceuticals. We could tweak Fermented Essentials slightly to become a "food" rather than a "supplement". The only ingredient that makes Fermented Essentials a "supplement" is the addition of minerals. Fermented Essentials is not a synthetic vitamin pill; it is truly a "whole food" supplement. Several products that we are currently developing can be considered food without subtracting or adding anything to them.

Can I get a list of the amount of each ingredient?

Every ingredient is listed on the packaging and website; however, we do not provide the amount of each ingredient. That essentially would be disclosing our proprietary formula.

I heard that fermentation feeds parasites.

To the extent that parasites eat the food that we consume, yes, it feeds parasites, but nothing further. The healthiest people on the planet eat fermented foods with virtually every meal. Fermentation has been shown to break down nutrition so it is more readily absorbed by the cells.

Is Fermented Essentials heated? If so, to what temperature?

Fermentation requires heat of around 90 degrees Farenheit. Following fermentation, Essentials is heated to 120 degrees to stop the fermentation process.

Why not keep the ingredients live and raw?

Fermentation requires heat. The world's healthiest people consume a fermented food with nearly every meal. Fermented Essentials is an easy way for people in the US (who consume virtually no fermented foods) to conveniently consume a wide variety of fermented foods.

What is the packet inside the can?

The packet is an oxygen absorber containing iron which absorbs oxygen. This is included to keep moisture out so the ingredients stay fresh.

The ingredients in Essentials look great, and I have experienced great results. However, this is anecdotal. What can you provide in the way of hard science?

Fermented Essentials is designed based on the diets of the healthiest, longest living people in the world. There is overwhelming anecdotal and scientific evidence that every ingredient in Fermented Essentials, as well as the the process in which they were grown and processed, is health-promoting.

Science Advisory Board

Cracking the code.

Researchers, scientists, physicians and journalists have all strived to understand the reasons behind wellness and aging. Few have explored the fundamental factors that make Longevity Hot Spots so unique and make up the Fermented Essentials difference. The members of our Science Advisory Board serve as the foundation for quality and continued formulation of the Fermented Essentials brand.

Sally Beare, dip BCNH, NTCC, CNHC

An accomplished author and expert in the areas of nutrition, health and wellness, Ms. Beare provided much of the research and insight on Longevity Hot Spots that fueled the inspiration for Fermented Essentials and the Blueprint For Life.

Sally is a nutritional therapist who has traveled and lived around the world studying exceptionally healthy, long-lived populations. She has authored two books based on her findings: 50 Secrets of the World’s Longest-Living People (Avalon, USA, 2006) and The Live-Longer Diet (reprinted as The Anti-Aging Diet, Plaktus, UK, 2003). Her most recent work The Stacking Plan is a healthy-eating plan in which, instead of giving things up, you take things on. Each week you take up just one new healthy-eating habit, while carrying on with whatever you normally do the rest of the time. As the weeks go by, you ‘stack’ the good habits on top of each other. She studied nutritional therapy at one of the UK’s foremost nutrition colleges, the UK College of Nutrition and Health (BCNH), where she also lectures on anti-aging. Sally is registered with the Complementary and Natural Healthcare Council which sets the highest standards for nutritional therapy in the UK.

Dr. Puja Wentworth, DC, FICPA

Dr. Puja Wentworth began her wellness education in her very formative years in the heart of Texas. Daughter to wellness-minded parents, her youth was spent amidst everything from blue green algae smoothies to Myofascial massage and Neuro-Cranial Restructuring. She pursued her education at The University of Colorado for her undergraduate years then followed up with her doctorate degree at Northwestern Health Sciences University. While receiving her Doctor of chiropractic degree, Dr. Puja pursued further knowledge of pediatrics and pregnancy. She attended training for her Fellow of the International Pediatric Association in addition to countless nutrition seminars.

Passionate about adjusting all walks of life from newborns to athletes, and active military to yoga instructors, her intention and desire is to bring out the best in you mentally, physically, and spiritually. Utilizing manual adjusting, Torque Release Technique, Thomson Drop, MC2, Cellular Healing and safe Detoxification, as well as Applied Kinesiology — Dr. Puja has synthesized a chiropractic adjustment style all her own.

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Rev. 2016-07-01

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20. General Provisions:

We make no representations that the Content on the Site is appropriate or available for use in any particular location. Those who choose to access the Site do so on their own initiative and are responsible for compliance with all applicable laws including any applicable local laws.

If any provision of these Terms of Use shall be unlawful, void or for any reason unenforceable, then that provision shall be deemed severable from these Terms of Use and shall not affect the validity and enforceability of any remaining provisions.

No waiver of any provision of these Terms of Use by us shall be deemed a further or continuing waiver of such provision or any other provision, and our failure to assert any right or provision under these Terms of Use shall not constitute a waiver of such right or provision.

YOU AGREE THAT ANY CAUSE OF ACTION YOU MAY HAVE ARISING OUR OF OR RELATED TO THESE TERMS OF USE OR THE SITE MUST COMMENCE WITHIN ONE (1) YEAR AFTER THE CAUSE OF ACTION ACCRUES; OTHERWISE, SUCH CAUSE OF ACTION SHALL BE PERMANENTLY BARRED.

Supply of goods, services and software through the Site is subject to United States export control and economic sanctions requirements. By acquiring any such items through the Site, you represent and warrant that your acquisition comports with and your use of the item will comport with those requirements. Without limiting the foregoing, you may not acquire goods, services or software through the Site if: (a) you are in, under the control of, or a national or resident of Cuba, Iran, North Korea, Sudan or Syria or if you are on the U.S. Treasury Department’s Specially Designated Nationals List or the U.S. Commerce Department’s Denied Persons List, Unverified List or Entity List, or (b) you intend to supply the acquired goods, services or software to Cuba, Iran, North Korea, Sudan or Syria (or a national or resident of one of these countries) or to a person on the Specially Designated Nationals List, Denied Persons List, Unverified List or Entity List.

21. Contacting Us:

You may contact us regarding these Terms of Use or the Site by any of the following methods:

By Mail:

XXXXXXXXXX Company name

Attn: Copyright Agent

Address

Raleigh, North Carolina

By Email:

By Telephone: 919.

22. Effective Date.

These Terms of Use are effective as of July 1, 2016, and shall remain in effect until modified and/or updated as provided in Section 3 above.

PRIVACY POLICY

Rev. 2016-07-01

INFORMATION COLLECTION

XXXXXX Company name (referred to herein as “XXXX Company name”, “our”, “us” or “we”) is the sole owner of the information collected on our websites and on the replicated XXXX Company name websites that we provide for use by independent contractor Consultants (hereafter the “websites”). We collect information from Independent Consultants (“Consultants”), customers and visitors to the websites at different points on the websites.

Personally Identifiable Information

Through your use of or visits to our websites, you may be required or requested to provide personally identifiable information to us. Personally identifiable information is any piece of information which can potentially be used to uniquely identify, contact, or locate a single person including names, addresses, email addresses, telephone numbers, social security and tax identification numbers, and credit card information.

Product or Service Purchases

When a Registered Customer purchases products or services from us through any of our websites, the purchaser must provide us with mailing and contact information as well as payment information. This information is used for billing and payment purposes and to fill orders.

INFORMATION USE

Personally Identifiable Information

Personally identifiable information that is collected from Registered Customers through Customer Registration, Product or Services Purchases and/or Surveys is used as described above. XXXXXXXXX Company name DOES NOT share personally identifiable information except as may be necessary to process and fill an order. XXXXX Company name may share aggregated information from time to time with its partners, vendors or other third parties. When such aggregate information is shared by XXXXXX Company name, no personally identifiable information is shared.

Profile Information

XXXXXXXXXX Company name stores information that it collects through cookies, log files, clear gifs, and/or third parties to create a profile of visitors to our websites (“users”), including visitors to our websites, Registered Customers, and Affiliates. A profile is stored information that XXXXXXXX Company name keeps on individual users that details their viewing preferences. Profile information is tied to the user’s personally identifiable information to provide offers and improve the content of the site for the user. XXXXXX Company name does share profile information with other third parties.

Cookies

A cookie is a piece of data stored on a user’s computer tied to information about the user. XXXXXX Company name uses both session ID cookies and persistent cookies. For the session ID cookie, once users close the browser, the cookie simply terminates. A persistent cookie is a small text file stored on the user’s hard drive for an extended period of time. Persistent cookies can be removed by following Internet browser help file directions.

By setting a cookie on a user’s computer, users do not have to log in a password more than once, thereby saving time while at the websites. If a user rejects the cookie, the user will still be able to use the site. The only drawback to this is that the user may need to enter his or her password every time he or she accesses the site.

Log Files

Like most standard website servers XXXXX Company name websites use log files. This includes internet protocol (IP) addresses, browser type, internet service provider (ISP), referring/exit pages, platform type, date/time stamp, and number of clicks to analyze trends, administer the site, track user’s movement in the aggregate, and gather broad demographic information for aggregate use. IP addresses, etc. are not linked to personally identifiable information. IP addresses may be tied to personally identifiable information to enable our web-based service. We may use a tracking utility that uses log files to analyze user movement.

Clear Gifs (Web Beacons/Web Bugs)

XXXXXXXXXXX Company name employs a software technology called clear gifs (a.k.a. Web Beacons/Web Bugs), that help XXXXX Company name to better manage content on the websites by informing it what content is effective. Clear gifs are tiny graphics with a unique identifier, similar in function to cookies, and are used to track the online movements of users. The main difference between the two is that clear gifs are invisible on the page and are much smaller, about the size of the period at the end of this sentence. Clear gifs may be tied to users’ personally identifiable information.

In addition, XXXXXXX Company name uses clear gifs in its HTML-based emails to let it know which emails have been opened by the recipients. This allows XXXXXXX Company name to gauge the effectiveness of certain communications and the effectiveness of our marketing campaigns.

COMMUNICATIONS FROM US

Special Offers and Updates

XXXXXX Company name sends all new Consultants and Registered Customers a welcoming email to verify password, username, and acceptance of the Consultant Agreement or Customer Agreement. All Consultants and Registered Customers will occasionally receive information on products, services, special deals, newsletters, and the like. Customers who have not registered with XXXX Company name and who grant permission will also receive occasional information on products, services, special deals, and the like.

Service Announcements

On rare occasions it is necessary to send out a strictly service related announcement. For instance, if our service is temporarily suspended for maintenance we might send Consultants and/or customers an email. Generally, Consultants and Registered Customers may not opt-out of these communications, though they can deactivate their accounts. These communications are not promotional in nature.

Customer Service

XXXXX Company name communicates with Registered Customers via email, regular mail and telephone on a regular basis to provide requested services and in regards to issues relating to their XXXXX Company Name accounts. XXXXX Company name communicates with other customers with respect to products or services purchased by such customers from XXXXX Company name. Such communications may be by email, regular mail or telephone.

SHARING

Legal Disclaimer

Though XXXX Company name makes every effort to preserve user privacy, XXXX Company name may need to disclose personal information when required by law wherein we have a good-faith belief that such action is necessary to comply with a current judicial proceeding, a court order or legal process served on XXXX Company name.

Aggregate Information (non-personally identifiable)

XXXXXX Company name shares aggregated demographic information with our partners and advertisers. This is not linked to any personally identifiable information.

These are the instances in which we will share users’ personal information:

XXXXX Company name DOES NOT Share Personally Identifiable Information about users with any Third Parties.

Third Party Fulfillment

XXXXXXX Company Name uses an outside shipping company to ship orders, and a credit card processing company to bill Consultants for goods and services. These companies do not retain, share, store or use personally identifiable information for any secondary purposes.

Service Providers

XXXXXXX Company name partners with other third parties to provide specific services. When necessary to provide services or products to Consultants, Registered Customers, and other customers, we share names and/or other contact information with service providers and vendors. Such third parties are not allowed to use personally identifiable information except for the purpose of providing these services.

Business Transitions

In the event XXXXXXX Company Name goes through a business transition, such as a merger, being acquired by another company, or selling a portion of its assets, the personal information of Affiliates and Registered Customers will, in most instances, be part of the assets transferred. If as a result of the business transition, an Affiliate or Registered Customer’s personally identifiable information may be used in a manner different from that stated at the time of collection or in a manner different than as stated in this Privacy Policy. In the event of such a transition, you should review the updated Privacy Policy.

Choice

Users are always notified when their information is being collected by any outside parties. We do this so users can make an informed choice as to whether or not they should proceed with services that require an outside party.

Links

XXXXXX Company name websites may contain links to other sites. Please be aware that we are not responsible for the privacy practices of such other sites. We encourage users to be aware when they leave our site and to read the privacy statements of each and every website that collects personally identifiable information. This privacy statement applies solely to information collected by XXXXX Company name websites.

Security

XXXXX Company name takes every precaution to protect all users’ information. When users submit sensitive information via XXXX Company Name websites, their information is protected both online and off-line.

When the Affiliate Application, Customer Registration, and/or online order forms ask users to enter sensitive information (such as credit card number and/or social security number), that information is encrypted and is protected with the best encryption software in the industry – SSL. While on a secure page, such as the Consultant Application and Agreement and online order forms, the lock icon on the bottom of web browsers such as Mozilla Firefox and Microsoft Internet Explorer becomes locked, as opposed to un-locked, or open, when users are just ‘surfing’.

While XXXX Company name uses SSL encryption to protect sensitive information online, the Company also does everything in our power to protect user information off-line. All user information, not just the sensitive information mentioned above, is restricted in our corporate offices. Only employees who need the information to perform a specific job are granted access to personally identifiable information. ALL employees are kept up-to-date on Company security and privacy practices. Finally, the servers that store personally identifiable information are in a secure environment.

MISCELLANEOUS

Changes to this Privacy Policy

XXXXXX Company Name reserves the right to amend or change this Privacy Policy at any time at its sole discretion. It is your responsibility to periodically access this Privacy Policy by clicking on the Privacy Policy link at our home page. When material changes or amendments are made to the Privacy Policy, we will announce the same at our home page for a period of 30 days following implementation of the amended Privacy Policy.

Making Changes to Your Personally Identifiable Information

Affiliates and Registered Customers may update your personal information as necessary by logging into their consultant or customer account, which allows them to access and edit their registration account information. In addition, you may contact us at XXXXx Company email

to update your profile.

Protecting Children

XXXXXXXXXXX Company name is committed to the safety of our children. Persons under the age of 18 may not enroll as XXXXX Company name Affiliates or register as customers. Children under the age of 13 may not purchase products through any of our websites. We do not knowingly collect any personal information from such children at this site or any of its other sites.

Questions

Questions regarding this Privacy Policy should be directed to XXXXXX Company email , or by mail to XXXXXX Company name and address Raleigh, North Carolina.

Effective Date

The effective date of this Privacy Policy is July 1, 2016.