

Can I still use the Lypo-Spheric™ Vitamin C if the packets are puffy?

Yes! The packets may expand as latent air from the filling process tends to expand over time. This does not affect the quality of the product.

Lypo-Spheric™ GSH -Where does Glutathione come from?

The body's cells make Glutathione from three amino acids – glutamate, l-cysteine and glycine, also referred to as “precursors.” The body depends on the presence of these “precursors” and the cell's health status to make Glutathione. Since many of these precursors are missing from our modern diet and people frequently have less than healthy cells, natural Glutathione levels are often low.

What does GSH (Glutathione) stand for?

Glutathione Sulfhydryl

Is Sunflower Lecithin Safer than Soy Lecithin?

Most of the phytochemicals in soybeans are also found in sunflower kernels, the source of sunflower lecithin. Like soybeans, sunflower kernels are well known to have protease inhibitors, phytates (phytic acid), saponins, isoflavones, oxalates and more.[1]

We have not found any evidence that soy or sunflower lecithin is unsafe. Sunflower lecithin is a wonderful source of phospholipids; it is not going to contain the same amounts of phytochemicals as a whole sunflower kernel. The same applies to high-quality soy lecithin and purified phospholipids extracted from soy lecithin – neither are going to contain the same amounts of the phytochemicals found in raw soybeans.

[1] Dr. Katherine Phillips of the Virginia Polytechnic Institute and State University compiled a comprehensive paper that covers the range of phytochemicals found in sunflower kernels in her Final Report on the “Phytochemicals in Sunflower (Helianthus annuus)” from April 2000. This paper can be downloaded from the National Sunflower Association at <http://www.sunflowerlsa.com/seed/sunflower-kernels-in-bakery-foods/phytochemicals-in-sunflower-kernel/>.

How much Lypo-Spheric™ product can I take per day?

The recommended dosage of the Lypo-Spheric™ product is one packet, taken 1 to 2 times per day. We recommend that you consult your healthcare practitioner before taking dosages that are higher than the recommended dosage.

Please note the Lypo-Spheric™ products are not intended to prevent, cure or treat any specific health condition or disease. If you are experiencing a health problem and are looking for a healthcare practitioner that is experienced with advanced, alternative medicine, we recommend visiting <http://www.acam.org> or <http://www.riordanclinic.org>.

Are there any supplements or medications that should not be taken with Lypo-Spheric™ products?

The Lypo-Spheric™ products contain high-potency nutrients that should not interfere with other common dietary supplements when taken by a generally healthy person. If you are taking other dietary supplements under the direction of a physician, we recommend consulting your physician before adding Lypo-Spheric™ supplements to your regimen.

While the Lypo-Spheric™ products contain well-researched nutrients that are taken by millions of people around the world, it is possible they could interfere with certain medications. For example, vitamin C in any form can lessen the blood-thinning effects of Coumadin or Warfarin. We urge anybody on either of these medications to supplement vitamin C and any other antioxidants under the guidance of their physicians only, so that the desired prolongation of prothrombin time can be achieved over time.

If you are on prescription medication, we recommend you consult your healthcare professional or pharmacist before taking any Lypo-Spheric™ supplements. We also recommend you consult your healthcare practitioner before taking Lypo-Spheric™ R-ALA if you are taking glucose lowering medication, or receiving treatment for under-active or over-active thyroid.

What makes Lypo-Spheric™ products unique?

Our Lypo-Spheric™ supplements are unique in three key ways:

1. Each Lypo-Spheric™ product is formulated with one goal in mind: to provide you with effective doses of nutrients without the use of binders, fillers, artificial colors or artificial flavors.
2. The nutrient-filled liposomes in each Lypo-Spheric™ product are small enough – and smart enough – to bypass the body's restrictive nutrient transport system, and quickly pass through the intestinal wall and into the bloodstream. Within minutes of taking a Lypo-Spheric™ product, millions of liposomes will start to move from your bloodstream and into your cells – intact, and ready to work.
3. Our single-dose packaging protects the product from additional oxygen and moisture, which keeps your product fresh.

How do I identify a “legitimate” liposome encapsulated supplement?

We have spent years researching the best formulation techniques and manufacturing processes for liposome encapsulated supplements. We work with some of the top liposome experts in the country, and they can evaluate the quality of a liposomal product through ingredient assays, particle size analyses, and liposome encapsulation efficiency tests. So as part of our ongoing research, we analyze every liposomal supplement we come across.

While we can't share the exact details of every liposomal product, we can give you guidance on some basic things to look for when determining the quality of a liposomal supplement.

Are there potential health risks associated with Phospholipids derived from soy?

Like many beans and grains, raw soybeans contain a variety of phytochemicals[1]. There is research on both sides of the soy debate showing that these phytochemicals provide a variety of health benefits, as well as potential health risks under certain conditions. The phytochemicals associated with potential health risks are often referred to as anti-nutrients.[2]

At LivOn Labs, we use highly purified phospholipids derived from soy lecithin. Virtually all of the anti-nutrients naturally found in soybeans, along with soy protein (which is of allergic concern to some individuals), are removed during the extraction process.

What remains is a high percentage of phospholipids like Phosphatidylcholine (PC), Phosphatidylethanolamine (PE) and Phosphatidylinositol (PI). The benefits of phospholipids found in lecithin have been well documented since the early 1900's, and they far outweigh any potential risk associated with the ingestion of miniscule amounts of anti-nutrients naturally found in soy lecithin.[3] [1] As defined by the Linus Pauling Institute, phytochemicals are chemicals produced by plants that are generally thought to affect health, but are not essential nutrients.

Is there any soy protein in the Lypo Spheric™ products?

We use Essential Phospholipids (EPL), which are made from soy lecithin. Virtually all of the soy protein, which is of allergic concern to some individuals, is removed from the EPL during the extraction process. While we cannot guarantee our products do not contain trace amounts of soy protein, we routinely conduct DNA testing on each product with an independent laboratory. To date, the laboratory has not been able to detect any amounts of soy protein in our products.

For more information on lecithin derived from soy, we recommend reading Section II. C. of the FDA's Guidance on Food Labeling, which can be found at <http://www.fda.gov>.