

1. What are the key benefits of taking Ambrotose AO?

Fight back against pollution, toxins & the effects of stress. Ambrotose AO capsules are loaded with naturally-sourced vitamins C and E to provide superior protection for cells, immune support and help the body guard against oxidative stress so you can keep living well.*

Antioxidants, found in vitamins C and E, support the body's ability to help fight oxidation and may protect the body from the effects of free radicals.* While our bodies need a healthy balance of antioxidants and free radicals for proper function, too many free radicals can affect our cells, how well they function and communication with each other.*

- Offer additional immune support from vitamin C.*
- May protect your cells with water- and fat-soluble antioxidants.*
- Help the body guard against oxidative stress with antioxidant-rich nutrients.*
- Can provide effective defense against the effects of free radicals.*
- Excellent source of vitamins C and E.
- Provides nutritional support for general well-being.*

2. How much Ambrotose AO can I take a day?

Take one capsule, two times a day with 8 oz of water or juice.

3. What makes it unique?

Mannatech's Ambrotose AO is one of the most effective antioxidant supplements on the market today. Ambrotose AO capsules, which contain a prudent blend of antioxidant nutrients, have been shown to increase serum Oxygen Radical Absorption Capacity (ORAC) in healthy subjects.*

4. How beneficial is Ambrotose AO compared to diet alone?

Just two capsules a day are scientifically shown to provide over 2 1/2 times more antioxidant protection than five servings of fruits and vegetables, as well as increase blood serum ORAC values.*

5. Why are antioxidants important?

Antioxidant-rich nutrients help protect your cells against the harmful effects of toxins, environmental stress, poor diet and oxidative stress.* Antioxidants also act as free radical scavengers.*

6. What is oxidative stress?

"Oxidative stress is an imbalance between free radicals and antioxidants in your body. Free radicals are oxygen-containing molecules with an uneven number of electrons. The uneven number allows them to easily react with other molecules. Free radicals can cause large chain chemical reactions, oxidation, in your body because they react so easily with other molecules."¹

7. What can cause free radicals within the body?

Toxins such as pollution, stress and even a poor diet can contribute to the creation of free radicals, which can lead to an acceleration of the aging process. However, antioxidants reduce free radicals by contributing electrons to help maintain molecular stability.*

¹<https://www.healthline.com/health/oxidative-stress>

8. What is a blood serum ORAC test?

Oxygen Radical Absorbance Capacity (ORAC) is a widely accepted standard method for assessing the impact of dietary factors on blood antioxidant status developed by scientists affiliated with the United States Department of Agriculture.

9. When are antioxidants beneficial?

There is nothing you can do to stop the production of free radicals. In fact, even the healthiest person may have free radicals attacking their cells an estimated 10,000 times every day!

10. What is the benefit to offering both water- and fat-soluble antioxidants within a supplement?

These two types of antioxidants play different roles in supporting our cells and helping to maintain a healthy balance of free radicals within our body and help fight against the effects of oxidative damage. Fat-soluble antioxidants, such as vitamin E, protect the cell membranes. While water-soluble antioxidants, like vitamin C, work in the fluid inside and outside the cells.*²

11. Why was grape seed extract, green tea extract and quercetin used in Ambrotose AO?

These natural ingredients offer powerful antioxidant support making them ideal for Ambrotose AO.*

12. What are some of the features Ambrotose AO offers?

Our formula which contains naturally-sourced ingredients is free from gluten, dairy and preservatives. It is kosher and vegan friendly.

13. Who is Ambrotose AO ideal for?

Consumers looking for an effective antioxidant support to supplement their diet and help protect their cells from the effects of environmental toxins and stress as well as helping to promote healthy aging.*

14. Is Ambrotose AO recommended for children?

Ambrotose AO is intended for adult use only, unless instructed by a person's qualified healthcare provider.

²<https://www.healthline.com/nutrition/antioxidants-explained#antioxidant-types>

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.