

# Q | How is LunaRich® different from LunaRich® X?

LunaRich is applied under the tongue (sublingually) while LunaRich X capsules are orally ingested.

LunaRich is absorbed directly into the bloodstream and distributed throughout the body, while the bioactive lunasin in the LunaRich X capsules goes through the gastro-intestinal tract and accumulates in the liver before a smaller percentage enters the bloodstream and is distributed throughout the body.

LunaRich X will have more impact on liver and GI tract functions like cholesterol support. LunaRich will have more effects on cellular health and the functioning of the whole body.

## Q | How many LunaRich X capsules are in a serving of LunaRich?

Based on the amount of lunasin detected in the blood 2 hours after consuming LunaRich X capsules, a 1 mL dropper of LunaRich is equivalent to 6 capsules.

## Q | How much LunaRich should I take and when should I take it?

The recommended dose is 2 mL of LunaRich — 1 mL in the morning and 1 mL in the evening.

### Q | Can I/Should I take LunaRich X capsules AND LunaRich?

Combining LunaRich and LunaRich X provides optimal levels of bioactive lunasin throughout the whole body to promote healthy aging.

### Q | What is the difference between LunaRich and Protect?

RLV Protect contains hemp extract and lunasin while LunaRich contains only concentrated lunasin. Lunasin absorption in LunaRich is higher due to the higher concentration.

The presence of hemp extract in Protect provides additional benefits, such as helping to relieve stress and supporting digestive health.



# Q | Can I/Should I take LunaRich AND Protect?

Taking LunaRich promotes healthy aging and adds to the benefits already experienced with Protect.

LunaRich, LunaRich X, and Protect can safely be taken in combination. For optimal results these products should be taken throughout the day.

### Q | What is the flavor?

Vanilla

## Q | Can children take LunaRich?

While bioactive lunasin is safe and already found in soy protein used in commercial nutrition formulas for children, it is still recommended that parents consult with doctors first before allowing children to take LunaRich.

# **Q** | Does LunaRich need to be stored in the refrigerator?

LunaRich does not need to be refrigerated.

## Q | Can I put LunaRich into my Reliv shakes?

It is not recommended to put LunaRich in Reliv shakes because it is formulated to be absorbed directly when applied under the tongue (sublingually) and is easily inactivated when ingested.

# Q | How long before I feel/see results?

The short-term effects of LunaRich depend on individual differences and will be determined as more people take the product. Anecdotal results have shown that metabolic changes such as reduced appetite, weight management and healthy blood sugar support were experienced a few weeks after taking the product.