

## GBX Sync Frequently Asked Questions

### 1. How and when should I take GBX Sync?

Adults may take two capsules in both the morning and evening with a cup of water. Take with food, a few hours before or after taking other medications or natural health products. Use for a minimum of two weeks to see beneficial effects. Consult a health care practitioner for use beyond 12 weeks. Stop use if hypersensitivity or allergy occurs.

### 2. Is it vegan?

Yes.

### 3. Is it gluten free?

Yes.

### 4. Can I take GBX Sync if I'm pregnant or breastfeeding?

Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

### 5. Can children take GBX Sync?

No. GBX Sync is not approved for use in children.

### 6. Can I take GBX Sync while I am on prescription medication?

Consult a health care practitioner prior to use if you are taking prescription medication, and if you are taking blood thinners (anti-coagulants).

### 7. What benefits can I expect to experience when taking GBX Sync?

GBX Sync is a source of antioxidants that helps in collagen formation, helps to maintain the body's ability to metabolize nutrients, helps in connective tissue formation, helps with immune function, and helps to protect cells against the oxidative damage caused by free radicals.

### 8. What is the mushroom blend contained in GBX Sync?

The mushroom extracts that we use in GBX Sync (Maitake, Shiitake, and Chaga mushrooms) provide a specialized polysaccharide (carbohydrate molecule) called alpha-glucan that helps to support immune function.