

## Frequently asked Questions (FAQs)

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### **What is NT-307, and why should I use it?**

NT-307 is protein powder derived from cow's milk. More specifically, it comes from a process that was developed to take clean organic milk, separate the liquid whey, and gently filter it to isolate the proteins. The liquid is then concentrated and dried to yield "Native Whey Protein Isolate (NWPI).

Some years ago, protein scientists discovered a wealth of soluble proteins in the liquid whey. These proteins are remarkably similar in structure and function to those found in human Mothers' breast milk. In fact, they are called "native" because they remain very close to as they are found "in nature".

Daily use of NT-307 carries the following benefits:

- supports the growth of healthy cells
- inhibits the growth of abnormal cells
- supports healthy levels of the master antioxidant glutathione
- supports a healthy immune system
- helps detoxify all cells
- helps increase energy levels
- helps build and maintain lean muscle
- Provides a source of the purest protein available with very few calories from fat, sugar or lactose

Simply put, taking one pouch of NT-307 each day may be the single most important thing you can do to optimize your strength, health, energy and overall wellness!

### **Why can't I mix NT-307 in a blender?**

The fragile protein molecules will be "chopped up" by the high-speed blades. This will destroy the integrity of the high-quality proteins and reduce the product to common protein powder. This will no longer raise glutathione levels or otherwise provide the extraordinary health benefits attributed to native whey protein. Similarly, heat will "cook" the proteins (think of what happens to the white of an egg when cooked; it goes from an opaque liquid to a white solid...this is a classic example of a denatured protein).

## **How is NT-307 different than other protein supplements?**

There are many protein powders on the market. We consider most of them “bodybuilding” protein products. They are generally okay for athletes and those interested in “bulking up”; however, they do not carry many of the health benefits of NT-307 due to the high-temperature, high-pressure processing these products undergo. This harsh processing “denatures” (breaks down) the fragile milk proteins naturally found in whey.

NT-307 is made from milk dedicated to making NT-307; it is not a cheese-making byproduct as are most others. NT-307 is subject to very lenient, low-temperature, low-pressure processing that retains the fragile protein molecules naturally found in milk.

It’s also worth noting that NT-307 is lactose and GMO free and has the most complete amino acid profile we’ve seen in a protein supplement. We believe NT-307 to be the purest, highest-quality protein product on the market.

## **How much NT-307 should I use?**

It is our experience that one pouch of NT-307 each day will yield the optimal health benefits. One pouch contains twenty (20) grams of powder. For those who choose to take ten (10) grams per day, simply spoon out a tablespoon and a half, fold over the pouch and seal the pouch with paper clip for use the following day.

## **Can I take NT-307 on an empty stomach?**

NT-307 can be taken at any time; in fact, in order to maximize uptake of the protein molecules in the small intestines, we suggest taking NT-307 on a relatively empty stomach. It is also preferable not to consume other protein foods at the same time. But, do not stress over this. The protein molecules in NT-307 are highly absorbable and will be actively transported across the small intestine and throughout the body.

## **What can I mix with NT-307?**

NT-307 can be mixed with just about anything! Feel free to be creative and make up any type of drink or smoothie you wish. Many people also enjoy NT-307 by mixing it in yogurt, applesauce or similar foods.

Be advised that protein, by nature, is very hydrophobic (“water-hating”). So, if mixing in a liquid, you’ll need to patiently mix in the NT-307.

Many clients follow these simple steps:

- Add a pouch of NT-307 to approximately four (4) ounces of your favorite beverage
- Stir with a spoon fork or small whisk to “slurry” the powder uniformly.
- Drink as is or let stand for a few minutes to allow the powder to dissolve further
- Add a bit more liquid to capture any remaining powder on the side of the glass
- Finally, remember, do not heat or mix in a high-speed blender!

## **What makes NT-307 a "master antioxidant"?**

NT-307 is not a master antioxidant itself; rather, it provides a rich source of special protein molecules necessary for the body's natural production of the master antioxidant, glutathione (GSH). Glutathione is found in every cell of the human body and is considered by scientists to be of fundamental importance to the health of the cell. In fact, glutathione is called the "Master Antioxidant" because it enhances the health benefits of other antioxidants such as vitamins C and E.

NT-307 provides high quantities of all three amino acid building blocks necessary to make optimum amounts of glutathione in each cell. It is particularly high in L-Cystine, the "driver" of this production process. NT-307 is also high in L-Leucine, a branched chain amino acid that helps build and retain lean healthy muscle; this is especially important, as we get older.

## **Where can I find scientific studies on the benefits of Native Whey Protein Isolate and glutathione?**

We suggest checking the Medline database for references to studies on glutathione. This can be accessed at [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov). The last we checked, there were over 100,000 studies showing the health benefits of raising glutathione levels in human beings!

## **Why can't I just eat protein-rich foods?**

Protein is considered an essential macronutrient that must be consumed every day in order to sustain human life. The World Health Organization (WHO) and other international groups have even set standards for daily protein intake; however, these tend to be too low to achieve optimum strength, health and wellness. In fact, many of the World-Class and Olympic athletes we have worked with routinely consume twice the WHO minimum amount.

It is extremely difficult to ingest the optimal levels of protein on a daily basis. Wise food choices should be made every day, including high-quality sources of protein. These can be meat, fish, dairy products, nuts, seeds and whole grains; however, eating enough food each day to ingest the optimum levels of protein would mean eating far too many extra calories, fat, salt, sugar, and artificial ingredients. Taking one pouch of NT-307 daily delivers 20 grams of "complete" protein; it contains all 18 amino acids used by the body for maintenance, repair, recovery and overall health and wellness. Much like taking a daily multi-vitamin, taking NT-307 daily provides insurance that you are getting all the right protein without too much of the bad stuff.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.