

# ADAPTOGEN FAQ

## What is Adaptogen Elixir?

Adaptogen Elixir™ is a bubbly blend of adaptogens and kombucha to give you the balance you need to live life with less stress. It's a dietary supplement designed to support your ability to adapt to stress that combines kombucha from black tea leaves with root extracts from astragalus, eleuthero, rhodiola, ashwagandha, and schisandra fruit. It's refreshingly tart kombucha tea flavour is complemented with a subtle hint of rose.

## Is Adaptogen Elixir packaging recyclable?

Yes, our Adaptogen Elixir packaging is 100% recyclable. Please dispose of the glass bottle and box responsibly.

## Who can consume Adaptogen Elixir?

Adaptogen Elixir is suitable for adults 18 years and older. It's always recommended that you consult with your doctor about your dietary supplement use while pregnant or breastfeeding or if you have a medical condition.

## How many servings should I take per day?

For best results, enjoy one bottle of Adaptogen Elixir daily.

## Do I have to drink the whole serving of Adaptogen Elixir at once?

For best quality and flavour, we recommend consuming the full serving of Adaptogen Elixir all at once. Although it's perfectly fine to save some for later, Adaptogen Elixir will gradually lose its bubbly carbonation after being opened. Please refrigerate after opening and consume within 48 hours of opening.

## How is Adaptogen Elixir sweetened?

Stevia, trehalose and a dash of apple juice provide the sweetness in Adaptogen Elixir. Stevia is a natural, zero-calorie sweetener that has been used across the globe for centuries. Trehalose is a naturally sweet carbohydrate found in many plants and foods such as mushrooms, seaweed and baker's yeast.



## How is Adaptogen Elixir flavoured?

Adaptogen Elixir pairs a tart kombucha tea with sweet lychee fruit and subtle rose flavours. Its complex yet light and sparkling taste is refreshing and uplifting.

## Does the kombucha in Adaptogen Elixir provide any caffeine or alcohol?

Adaptogen Elixir is alcohol-free and provides less than 7 milligrams of caffeine per serving. Kombucha is traditionally prepared using black tea leaves fermented with sugar and a Symbiotic Culture of Bacteria and Yeast or “SCOBY.” During the natural fermentation process, acetic acid, beneficial probiotics, and a small amount of alcohol are produced. Before being blended with Adaptogen Elixir, the naturally occurring alcohol is completely removed to create an alcohol-free kombucha.

## Is Adaptogen Elixir Cleanse-Day approved?

Yes, Adaptogen Elixir can be consumed on Cleanse Days and has a value of 2 Cleanse Credits per serving when using the Cleanse Day Tracker. Please refer to our Cleanse Day Tracker for more information on Cleanse Day-approved snack options.

## How is Adaptogen Elixir different from Ionix Supreme?

Adaptogen Elixir is a uniquely refreshing, sparkling dietary supplement formulated with kombucha and adaptogens to help fight fatigue while supporting your body’s ability to adapt to stress. Ionix Supreme is a nutrient-rich tonic blended with adaptogens and vitamins to help your body and mind recover from daily stresses. Though both products supply a healthy dose of adaptogens per serving, the blends differ slightly and work synergistically with other ingredients, such as the kombucha in Adaptogen Elixir and vitamins in Ionix Supreme to supply your body with their intended benefits.

## Can I take both Adaptogen Elixir and Ionix Supreme?

Absolutely! Both Adaptogen Elixir and Ionix Supreme can be consumed daily to help you reach your wellness goals. Adaptogen Elixir combines a delicate rose flavour, adaptogens that support a healthy stress response, and sparkling kombucha tea to help revitalise your mind. Ionix Supreme contains adaptogens, vitamins and alpha-lipoic acid to protect your body and mind from daily stresses.

