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## FREQUENTLY ASKED QUESTIONS - EpiCor®

### **What exactly is EpiCor?**

*EpiCor is an all-natural nutritional health ingredient used in dietary supplements. It's a unique, complex ingredient comprised of protein, fiber, vitamins, amino acids, antioxidants and other metabolites.*

### **What does EpiCor do?**

*Cell, animal, and human studies indicate that EpiCor can help support a healthy, balanced immune system. For example, it increases salivary IgA (part of the first line of defense) and increases the activity of natural killer cells making them more efficient.*

### **What is immune balance?**

*Immune balance is the "at rest" stage of immune function, the optimal state where the immune system can best react to signals from the body to either boost immune performance when needed, as in the case of bacterial or viral invaders, or to suppress an inappropriate reaction to substances that would naturally be harmless, like pollens.*

### **How does immune balance differ from "immune boosters"?**

*Immune boosters are substances that stimulate the function of the immune system. However, in the case of some autoimmune disorders, allergies and inflammatory disease the immune system is already overactive and may benefit from suppressing certain immune responses. Immune balance is the "neutral gear" of immune health that allows the body to respond most appropriately to the need to either boost or suppress immune function as needed.*

### **What role does the immune system play in human health?**

*The immune system is composed of many interdependent cell types, tissues and signaling molecules that collectively protect the body from bacterial, parasitic, fungal and viral infections and from the growth of tumor cells. There is innate (humoral) non-specific immunity and cell-mediated specific immunity. More than 100 health conditions have been linked to compromised immune function.*

### **How does EpiCor differ from other immune products?**

*EpiCor is not a single chemical as are many immune support products on the market, but a complex product composed of beneficial metabolites together with protein, fiber, vitamins, amino acids and antioxidants working together to support immune health. Embria is not aware of another product on the market containing the diversity of immune-supporting compounds found in EpiCor.*

## **Should EpiCor be taken year-round?**

*EpiCor is not a drug to cure disease, but an ingredient used in dietary supplements intended for healthy people to support their immune systems. EpiCor seems particularly able to support the innate immune system, the body's first line of defense. EpiCor balances the immune system to help the body; hence, it is best taken year-round for maximum benefit.*

## **What is the recommended dosage for EpiCor?**

*While there is no Recommended Daily Intake (RDI) for EpiCor, the current science supporting the product suggests a daily dosage of 500 mg. A single 500 mg capsule taken once daily is recommended for all adults.*

## **Should the dosage of EpiCor be increased at the onset of illness?**

*At the moment, there is no data to support increasing the dose of EpiCor at the onset of illness. EpiCor is designed to support a healthy immune system.. EpiCor is an ingredient used in dietary supplements and is not intended to treat or cure illness.*

## **Can children take EpiCor?**

*We have not conducted any research with children and EpiCor. While we would have no reason to believe that EpiCor would be harmful to children, a pediatrician should be consulted prior to giving any supplement to a child.*

## **Is EpiCor safe?**

*EpiCor is a fermented product made through a proprietary process with the same microorganism used for thousands of years to make bread. Even so, multiple toxicological studies have been performed to prove the safety of EpiCor. Also, EpiCor has been defined by a panel of independent experts as GRAS (Generally Recognized as Safe).*

## **Can EpiCor be taken with prescription and over-the-counter drugs?**

*Studies conducted on EpiCor suggest that it is unlikely for EpiCor to interact with over-the-counter and prescription drugs. However, as with any dietary supplement, consultation with a physician is recommended before beginning any supplement program.*

## **Should EpiCor be taken with meals or between meals?**

*Either way is suitable.*

## **Can EpiCor be taken by those suffering from an autoimmune disorder such as celiac disease?**

*EpiCor has only been tested with people possessing healthy immune systems. While we have no reason to believe that EpiCor would be harmful to those with an autoimmune disorder, consultation with a nutritionally-aware health care provider is recommended prior to taking any supplement.*

## **Does EpiCor contain any wheat gluten, barley, rye, or oats?**

*EpiCor does not contain any of these items.*

## **Is EpiCor suitable for a vegetarian diet?**

*Yes.*

## **Can EpiCor cause or worsen a yeast infection?**

*There is no similarity between *Saccharomyces cerevisiae*, found abundantly in the food supply and *Candida albicans*, which is an opportunistic yeast that proliferates in individuals with compromised immune systems. Also, EpiCor is manufactured to limit harmful microorganisms.*

## **Where can EpiCor be purchased?**

*EpiCor is currently distributed in the United States and Canada. Visit [www.embriahealth.com](http://www.embriahealth.com) to view a list of companies that sell EpiCor or call toll free 877-362-7421.*