

# About Mannatech's Ambrotose AO<sup>®</sup> Capsules



## Insight From Mannatech's R&D Department

### What Is the Ambrotose AO Product?

Mannatech's Ambrotose AO capsules contain a synergistic blend (MTech AO Blend<sup>®</sup> formula) of carefully selected plant extracts and antioxidant compounds, along with vitamins C and E and a number of fruit and vegetable powders, which together can help protect the body's cells from damage due to the stresses of modern life. Mannatech's MTech AO Blend formula includes the potent antioxidant quercetin and natural sources of additional powerful antioxidants, including grape skin extract, green tea and Australian bush plum. Ambrotose AO capsules, which also contain an Ambrotose<sup>®</sup> blend specifically formulated for this product, are not a substitute for Mannatech's Ambrotose complex or Advanced Ambrotose<sup>®</sup> products.\*

### How do Ambrotose AO Capsules Work?

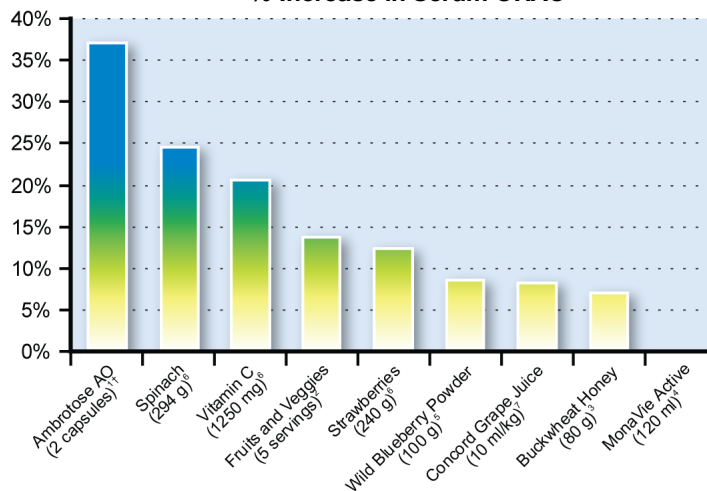
Every day, our bodies are exposed to harmful toxins, ultraviolet (UV) light and other environmental and dietary stressors, which can produce free radicals that may damage our DNA, cells and tissues. Antioxidants help to reduce the amount of free radicals and the oxidative stress that can damage or even kill cells. In addition to providing antioxidant support, many of the nutrients in Ambrotose AO capsules have been shown to promote a healthy immune system.\*

### Why are Ambrotose AO Capsules Superior to Other Antioxidant Dietary Supplements?

The antioxidant activities of foods, beverages and dietary supplements can be measured using the oxygen radical absorbance capacity (ORAC) method. Most antioxidant supplements rely on ORAC values of the actual products themselves, which may or may not give an accurate indication of their antioxidant activity in the body. Believed to be a more biologically meaningful approach, the serum ORAC method is used to measure the blood's ability to quench free radicals.

Mannatech scientists conducted a small, open label, clinical study of healthy subjects consuming one to three Ambrotose AO capsules for 2 weeks that resulted in an increase in serum ORAC levels of up to 37.4% (1). This is a two-fold increase in serum ORAC levels compared to the effects seen after consuming 5 additional servings of fruit and vegetables per day (2). A second, Mannatech funded, clinical study has been submitted for publication which demonstrates similar changes in serum ORAC levels with Ambrotose AO supplementation over five weeks, as well as some additional effects on immune function. Comparison between Ambrotose AO capsules and a number of well-known antioxidant foods and other commercial products demonstrates that AO's effect on human serum ORAC levels is greater than those seen with spinach, vitamin C, wild blueberry powder, strawberries, concord grape juice, buckwheat honey or MonaVie Active (see figure) (3-7). These results demonstrate that the antioxidants in Ambrotose AO capsules provide the best antioxidant protection available today.\*

% Increase in Serum ORAC



### What Safety Information Is Available for Ambrotose AO Capsules?

The ingredients of this product have been traditionally consumed as either foods (e.g., fruits and vegetables), nutrients in food (e.g., mixed tocopherols), widely used dietary supplements (e.g., aloe vera) or regulated food additives (e.g., gum ghatti, gum tragacanth). Thus, there are no known health risks associated with the consumption of this product. No adverse side effects were seen in clinical studies of Ambrotose AO (1). Over 2 million units have been sold since the product's introduction in 2003. Mannatech's Product Safety Monitoring Program continues to document that Ambrotose AO capsules are safe for daily consumption. In addition, Ambrotose AO capsules are NSF Certified, gluten-free and suitable for vegetarians.

#### REFERENCES

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† Study was funded by Mannatech, Incorporated. Blood and urine samples were analyzed by Genox Corporation, Baltimore, MD.

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