

# MÖDERE® FAQs

## MODERE AXIS OPTIPACK™

Health & Wellness | Axis

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### GENERAL

#### Why were the supplements in Axis OptiPack selected?

- The supplements in Axis OptiPack — MULTIVITAMIN, ANTIOXIDANT/ADAPTOGEN, VITALITY COMPLEX and OMEGE COMPLETE — were selected because they work together synergistically to provide bioceutical nutrition for optimal health. This means that each formula is highly bioavailable and bioactive, and contains research-recommended amounts of ingredients that deliver powerful health benefits as part of a biologically integrated, daily routine.\*

#### How can I identify each pill in Axis OptiPack?

- Each Axis OptiPack box features a guide outlining the individual supplements in your daily pack. Because Axis OptiPack is formulated with natural ingredients, slight color variations may occur.

#### How does Axis OptiPack work with the rest of the Axis product line?

- The entire Axis line is formulated to support a healthy microbiome — your master switch to wellness. However, maintaining a healthy microbiome requires a multi-faceted approach that involves gut health, immune health, optimal nutrition and more.\*
- Axis TreBiotic delivers a unique matrix of GOS prebiotic, highly studied probiotics and a postbiotic, and is scientifically shown to populate good gut bacteria to help reinforce a healthy gut barrier, essential for nutrient absorption and immune support. What's more, its exclusive NeuroFlora™ Complex contains probiotics shown to support brain and cognitive health.\*
- Plant-based Axis PhytoGreens, PhytoReds and PhytoGolds offer complete phytonutrient benefits with 44 science-backed ingredients, including whole foods, shown to be highly bioavailable and bioactive to support digestive, heart, immune and joint health, antioxidant capacity, vitality and energy.\*
- Axis OptiPack optimizes foundational nutrition and helps reinforce major body systems, including cardiovascular, nervous, immune, endocrine, digestive, skeletal and integumentary systems with premium vitamins, nutrients, antioxidants, adaptogens, herbs, digestive enzymes and omega 3.\*

#### How many servings come in Axis OptiPack?

- Each box of Axis OptiPack contains 30 daily packets.

#### Is Axis OptiPack suitable for children?

- Axis OptiPack is for adults over the age of 18.

#### Is Axis OptiPack dairy-free?

- Yes.

#### Is Axis OptiPack sugar-free?

- Yes.

#### Is Axis OptiPack gluten-free?

- Yes.

**\*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.**

## MULTIVITAMIN

### Is MULTIVITAMIN the same formula as Modere Adult Multivitamin?

- No, MULTIVITAMIN in Axis OptiPack is not the same as Modere Adult Multivitamin. While both formulas have several ingredients in common, OptiPack MULTIVITAMIN helps optimize daily nutrition with higher daily value percentages of several key vitamins and nutrients — including some not found in most multivitamin formulas. It features better bioavailability and is scientifically formulated to pair with the rest of the bioactives in Axis OptiPack, as well as with Axis TreBiotic and Axis Phytos.\*

### Is it safe to take Modere Burn in addition to MULTIVITAMIN in Axis OptiPack?

- Yes. Together the chromium in Burn and Axis OptiPack deliver 440 mcg of chromium a day (240 mcg from 3 Burn capsules and 200 mcg from 1 OptiPack packet), which is considered to be within safe range for chromium.

## ANTIOXIDANT/ADAPTOGEN

### Is ANTIOXIDANT/ADAPTOGEN the same formula as Modere Antioxidant?

- No, ANTIOXIDANT/ADAPTOGEN in Axis OptiPack is not the same as Modere Antioxidant. It contains clinically proven Red Orange Complex® and other plant-based ingredients, plus adaptogens including ashwagandha, schisandra and American ginseng. It is scientifically formulated to pair with the rest of the bioactives in Axis OptiPack, as well as with Axis TreBiotic and Axis Phytos.\*

### What is Red Orange Complex®?

- Red Orange Complex® is a potent blend of 3 types of Sicilian blood orange clinically shown to reduce oxidative stress and deliver skin benefits related to UV exposure.\*

### What are adaptogens?

- Adaptogens are compounds derived from plants and mushrooms that are thought to offer health benefits like supporting optimal energy levels and helping to reduce occasional stress.\*

## VITALITY COMPLEX

### Are the digestive enzymes in VITALITY COMPLEX the same formula as Modere Digestive Enzymes?

- VITALITY COMPLEX contains some of the same digestive enzymes as Modere Digestive Enzymes, but the formulas are not the same. VITALITY also contains potent herbs, vitamin D3, vitamin K2 and calcium fructoborate. It is scientifically formulated to pair with the rest of the bioactives in Axis OptiPack, as well as with Axis TreBiotic and Axis Phytos.\*

### What are the benefits of herbs like cinnamon and holy basil?

- Potent herbs like cinnamon and holy basil in VITALITY help support healthy glucose levels in individuals whose glucose levels are already within normal range.\*

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### What is calcium fructoborate?

- Calcium fructoborate is a plant-based compound that supports bone health, optimal bone density and joint health.\*

## OMEGA COMPLETE

### Is OMEGA COMPLETE the same formula as Modere Omega 3?

- No, OMEGA COMPLETE is not the same as Modere Omega 3. It is made with a single-source sustainable krill oil — Superba2™ Krill — that naturally contains essential compounds like EPA, DHA, astaxanthin, choline and phospholipids and is clinically proven to be highly bioefficient. It is scientifically formulated to pair with the rest of the bioactives in Axis OptiPack, as well as with Axis TreBiotic and Axis Phytos.\*

### What makes Superba2™ Krill oil unique?

- Superba2™ Krill is 100% sustainably sourced from Antarctic krill and certified as one of the cleanest marine sources of omega 3. Its benefits are backed by several clinical studies, and it utilizes patented extraction techniques and enhanced encapsulation properties for no odor or fishy aftertaste.\*

### Can you take OMEGA COMPLETE if you are allergic to shellfish?

- OMEGA COMPLETE contains krill, a crustacean shellfish. **We do not recommend OMEGA COMPLETE for those with a crustacean shellfish allergy.** It is packaged separately from the other supplements in each daily packet.

Red Orange Complex® is a registered trademark of BIONAP SRL.  
Superba2™ is a trademark of Aker BioMarine Antarctic AS.

### How are the nutrient and ingredient count in Modere Axis OptiPack calculated?

- Modere Axis OptiPack contains 30 crucial nutrients fundamental to daily nutrition plus bioceutical cofactors including adaptogens, herbs, digestive enzymes and additional antioxidants that support nutrient uptake and provide further support for major body systems. Distributed among 4 biologically integrated formulas, the resulting daily vitamin pack provides bioceutical nutrition for optimal health™.

- The following 30 nutrients are considered crucial for major body systems:

Vitamin A	Vitamin C	Chromium	Molybdenum
Vitamin B1 (thiamine)	Vitamin D3	Copper	Phosphorous
Vitamin B2 (riboflavin)	Vitamin E	DHA	Phospholipids
Vitamin B3 (niacin)	Vitamin K2	EPA	Selenium
Vitamin B5 (pantothenic acid)	Astaxanthin	Iodine	Vanadium
Vitamin B6	Boron	Iron	Zinc
Vitamin B9 (folate)	Calcium	Magnesium	
Vitamin B12	Choline	Manganese	

- Additional cofactors for bioceutical nutrition include:

Acerola	Cellulase	Pectinase
Alpha Lipoic Acid	Citrus bioflavonoids	Protease 4.5
American ginseng	Holy basil	Quercetin
Amylase	Krill oil	Rutin
Ashwagandha	Lipase	Schisandra
Bromelain	Orange	
Cassia cinnamon	Papaya	

For a detailed breakdown of how each ingredient is distributed in Axis OptiPack, please reference the INGREDIENTS tab at [modere.com/productdetail/axis-optipack](https://modere.com/productdetail/axis-optipack)

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