

# PRIMORYE OTG™

Naturally Safe, Proven, Effective

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## Q. How much sugar is in Primorye OTG (On The Go)?

- A. There is no sugar in Primorye OTG. Most 8-ounce energy drinks have more than 100 calories from 27 to 30 grams of sugar. Most 12-ounce non-diet soft drinks have 170 calories from 40 grams of sugar. Most 5.5-ounce juice drinks have 80 calories from 20 grams of sugar.

## Q. What is OTG sweetened with, if not sugar?

- A. Acesulfame-K.

## Q. What is Acesulfame-K?

- A. Also known as Ace-K, this powerful, great-tasting, non-sugar sweetener is about 200 times sweeter tasting than sucrose (table sugar). Used to sweeten OTG, Ace-K has no calories and does not promote tooth decay like sucrose. Ace-K is a preferred sweetener because its taste does not linger and persist longer than the taste of the product. It provides excellent sugar-like sweetness and will not spike insulin levels like sucrose. The Mayo Clinic and the American Diabetes Association approve the use of Ace-K for diabetics.

## Q. What's wrong with sugar in my favorite drinks?

- A. Calories from sugar and simple carbohydrates can actually feed fat deposits in the body. These high-glycemic beverages cause your body to pump insulin into your system to digest the sugar, which sends a message to your body to store calories as fat. The 5 calories in Primorye OTG come from protein that aids your body's natural metabolic process, giving you a nutritional energy boost.

## Q. Is Primorye OTG safe for diabetics?

- A. Yes. With zero sugar, diabetics can safely enjoy great taste with great benefits and the extra boost of energy from potent doses of B vitamins.

## Q. Is there caffeine in Primorye OTG?

- A. No. Primorye OTG provides its energy through generous amounts of water-soluble B Vitamins (B3, B5, B6 and B12) and five restorative adaptogens, providing pure energy without jitters.

## Q. What are adaptogenic herbs?

- A. Adaptogens are natural herbal nutrients that come from three types of plants — Rhodiola Rosea, Eleutherococcus Senticosis and Schisandra Chinensis. They are powerful antioxidants scientifically proven to help us cope with stress, support the immune system, boost mental clarity and improve endurance and recovery. Adaptogens are nontoxic and are not habit forming. They exert a normalizing influence on the body, possessing a wide range of therapeutic benefits which cause no disturbance to the normal functioning of the body. When your body stresses, it pumps the “stress hormone” cortisol into the bloodstream, which sends a message to your body that you need foods high in fat and sugar. Studies show that adaptogenic herbs suppress the production of cortisol and decrease the cravings for so-called comfort foods. Adaptogens, therefore, can actually support a weight loss program. The blend of herbs in Primorye OTG is very similar to the blend used by Russian Olympic athletes to overcome stress from their workouts and radically reduce recovery times.

## **Q. Is it possible to overdose on B vitamins?**

- A. No. B vitamins are water-soluble. Excessive amounts of these vitamins are merely excreted through the urine after your body maximizes the nutrients.

## **Q. Will the energy effects be decreased if taken daily?**

- A. No. In fact, it has been found that people respond positively to long-term use, particularly with regard to natural herbs like adaptogens. In fewer than two weeks, you'll feel the impressive long-term effects of adaptogens: sharp, strong, energetic, calm.

## **Q. What benefits will I receive from succinic acid?**

- A. Each can of OTG also contains 100mg of succinic acid, a powerful antioxidant that has been shown to stimulate neural system recovery and bolster the immune system, helping compensate for energy drain in the body and brain, boosting awareness, concentration and reflexes, thus reducing stress.

## **Q. Are the amino acids in OTG beneficial to my health?**

- A. Absolutely. Amino acids are the building blocks of protein. They are essential to human metabolism, and to making the human body function properly for good health. OTG contains four amino acids: Glutamine, Taurine, Carnitine and Tyrosine. Amino acids are key to every human bodily function with every chemical reaction that occurs. They are popular as dietary supplements and for various other uses, including fitness training, weight loss, and certain chronic diseases.

## **Q. Now that I'm drinking OTG, do I quit taking the other Primorye products?**

- A. No. Each Oxyfresh Primorye product has distinct benefits. Together, they will promote optimum wellness. Primorye Stress Relief Plus is your daily dose of stress relief with the added benefits of Aloe Vera at its base to improve absorption. Primorye GOLD is a concentrated formula for especially stressful or demanding situations. And OTG is good any time ... when you want a healthy energy boost and the proven benefits of adaptogens.

**Sharp. Strong. Energetic. Calm.**

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