

# GBG Frequently Asked Questions

**Q: Are there any contaminants, allergens, or pesticides in the vitamin?**

*A: We are proud to state that GBG's 10-in-ONE Liquid Multi Formula is manufactured under the strictest guidelines of GMP – Good Manufacturing Practices Certification – which conforms to a rigorous certification program of the National Nutritional Foods Association. This ensures the highest standards of quality and purity throughout the manufacturing process and packaging of this nutritional supplement. The raw materials in our product meet these standards. There are no allergens as per the required FDA labeling laws. This supplement does not contain soy, tree nuts, wheat, fish, dairy, eggs or crustacean shellfish. If you have a specific allergy, however, please read the label carefully before taking GBG's 10-in-ONE.*

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**Q: Do the vitamins contained in 10-in-ONE Liquid Multi Formula allow the body to excrete whatever vitamins it does not need, rather than storing them in your body?**

*A: Vitamins are divided into two groups: water-soluble (B-complex and C) and fat-soluble (A, D, E and K). Unlike water-soluble vitamins that need regular replacement because they are eliminated from the body rapidly, fat-soluble vitamins are stored in the liver and fatty tissues, and are eliminated much more slowly than water-soluble vitamins. The amount of vitamins and minerals in 10-in-ONE fall below the Lowest Observed Adverse Effect Level (LOAEL) according to the Council for Responsible Nutrition, so there should be no concern or fear of excess.*

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**Q: Can I duplicate the GBG Multivitamin and Mineral Formula?**

*A: Although possible, it would require taking many, many vitamins, minerals and other nutrients in pill form each day and also be impractical since the cost to attempt to duplicate the incredible 10-in-ONE formulation would be excessive.*

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**Q: What about the sweeteners in the product?**

*A: 10-in-ONE contains both Stevia and Sorbitol used as sweeteners to aid in producing its delicious taste. Stevia is a non-caloric natural sweetener that does not adversely affect blood sugar levels in the body. Stevia has been shown to be effective in weight management programs. Sorbitol is a naturally occurring sweetener that does not provoke an insulin response. It is used in a minimal amount in the formulation. Both of these sweeteners dramatically enhance the flavor of the product.*

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**Q: Why do you have preservatives in the product?**

*A: 10-in-ONE contains many wonderful ingredients, but in order to maintain product stability and shelf life, a minimal amount of preservatives are used. These preservatives have been scientifically tested and accepted by the FDA as safe in thousands of products.*

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**Q: Why are there more than 100% of the RDA levels for some of your vitamins and minerals?**

*A: Scientific evidence suggests that there is a considerable difference between the level of a nutrient that is necessary to prevent a vitamin deficiency disease and the level necessary to function optimally. There are significant studies showing, as an example, that the levels of vitamin C to optimize wound healing, reduce recovery time after anesthesia, promote growth rate, aid in preventing bleeding gums, and affect male sperm motility is at least ten times higher than what is needed to prevent scurvy, a vitamin C deficiency disease.*

*10-in-ONE is the incredible product it is for the very reason that GBG's goal is to help to bring higher levels of health to those who take it because the majority of the population does not get sufficient levels of necessary nutrients.*

*The percentages represent the Daily Allowance which is based on a rather low level of Recommended Dietary Allowance (RDA), not what the body can absorb or necessarily needs. As an example, the RDA for Vitamin C is currently 60 mg per day, but it is not uncommon for dosages up to 2,000 mg per day to be taken and to be considered safe. This would represent over 3,000% above the RDA for Vitamin C but would be most appropriate for people undergoing stress or who smoke. It is also important to understand that most vitamins have very low toxicity rates in any case.*

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**Q: Why are there less than 100% of the RDA levels for some of your vitamins and minerals?**

*A: We have a commitment to bring you the best nutritional formulation in the marketplace today. However, the fact is that many vitamins and minerals have significant taste challenges. If we made every ingredient 100% or more, we would need to add significant sweeteners in order for the 10-in-One to be palatable.*

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