



ROOT Brands

Frequently Asked Questions

What are 'Heavy Metals' and why are they a problem?

Heavy metals are environmental toxins that have found their way into our air, water, food, cleaning products, shampoos, makeup, dental fillings, paints, cars, furniture, carpets, even baby foods. They are highly toxic and have no biological function in the human body. Exposure to these toxins is known to be a contributing factor, if not the root cause of, constant fatigue, sleep problems and brain fog and illnesses such as ME, MS, fibromyalgia, IBS, Crohns, psoriasis, eczema and neurological issues such as anxiety, depression, dementia and Parkinsons. Heavy metals enter your bloodstream through your skin, gut and lungs then travel through the body and penetrate the cells of tissues and can remain stored in the liver, kidneys, thyroid, gut and brain for years. Metals like mercury can lay dormant and symptoms may not manifest until long after exposure.

What is Clean Slate?

It is now possible to safely bind up and eliminate these metals and pollutants to boost your immune system. Clean Slate is a unique detoxifier that cleanses the body of 1000's of environmental toxins at a cellular level. The nano cage-like structures in this patented formula binds to toxic heavy metals, such as mercury, aluminium, lead, arsenic,

thallium, cadmium, arsenic, glyphosate and other pesticides, fluoride, allergens, flame retardants, even mold and fungus spores, then safely eliminate them through your urine. Think of Clean Slate as your internal housekeeper. Just as you take out the trash from your home, you should be taking out the toxins that have accumulated in your body since birth.

What are the ingredients of Clean Slate?

Bioavailable Silica (Orthosilicic Acid) derived from Zeolite (Clinoptilolite), Vitamin C, Trace Minerals from the Great Salt Lakes.

How Does Clean Slate Work?

Clean Slate is a unique proprietary formula unlike any other. It is a patent-pending technique to produce a liquid solution derived from Zeolite (Clinoptilolite) with a high content of Bioavailable Silica. Clean Slate's special nano cage-like crystals go to work cleansing the body of 1000's of environmental toxins at a cellular level. The negatively charged crystals naturally attract the positively charged toxins and pull them out of the body safely and effectively.

When removing toxins from cellular binding sites, it is important to replenish the body, so 75 trace minerals have been added from the purest source, the Great Salt Lakes and Vitamin C for stability and cell permeability.

What are the potential benefits of taking Clean Slate?

When the body starts to get cleaned up, the magic happens and it is able to start rebalancing and regenerating itself. We never make any claims, but there are many potential benefits to this detox:-

- Your energy levels may improve.
- Your sleep may be deeper and more restorative.
- Any mood swings, anxiety or depression may improve.

- You may experience weight loss due to the removal of toxins from fat tissue, particularly around the tummy area.
- You may see improved hair and nail growth.
- Your cognitive function may be sharper and more enhanced.
- Your vision and hearing may improve.
- Blood pressure levels may normalise.
- Sugar levels may regulate better.
- There may be a general improvement in liver and kidney function.
- You may see an improvement to cardiovascular health.
- You may find inflammation or pain in your joints will improve.

What is the Zeolite in Clean Slate?

There are over 80 different types of Zeolites but the most powerful detoxifier is Clinoptilolite, a naturally occurring volcanic mineral which has been used for thousands of years. ROOT source Clinoptilolite only from the purest mines in the world. Clean Slate is different to any other detoxifier because of its patented proprietary process which takes the raw materials through three days of fracking and polarisation. This cleans and breaks apart the honeycomb structure of the Clinoptilolite into much smaller fragments, resulting in a bioavailable form of silica or orthosilicic acid. Silica has a huge number of benefits for the body, including bone health, strengthens heart tissue, joints, nails, hair, boosts collagen and helps the body use calcium.

Should I expect any side effects?

Most detox products create side effects or the body becomes depleted or dependent on them but Clean Slate is different. Most people do not experience any negative side effects, but if you do, this is known as a "Herx reaction". It could be as subtle as a headache, itchy skin or changes to the colour of your urine. If this happens, don't worry as it is a sign that the cleansing process has begun and your immune system is working properly. Just make sure you drink plenty of water.

Who can use Clean Slate

No matter what age you are, Clean Slate is recommended as a foundational detox. We are all extremely toxic! It's just a matter of how much we have accumulated over the years. Although on the label it is 'recommended for adult use', it is safe for newborn babies and children. It is even safe for pregnant Mums.

How do I take Clean Slate?

- Clean Slate is a powerful detoxifier, so it's important to follow dosage guidelines carefully and take your time.
- Take it orally (under the tongue) or in a glass of water.
- Start slow with 1 x single drop for the first couple of days.
- Increase by 1 x drop at a time, building up to the maximum dosage of 10 x drops twice daily (am + pm).
- Ideally you want to take it in line with your circadian rhythm (every 12 hours).
- Hydrate, hydrate, hydrate! Drink lots of water through the day.
- Clean Slate can be taken on an empty stomach or with meals.
- If you experience any side effects such as headaches or itchy skin, reduce your dose by 1 x drop and drink more water.
- Clean Slate can be taken by pregnant women, newborn babies and any age up to the elderly.
- Don't forget your pets, you can put 1-2 drops in their food every day to keep them in great health.

How long should I use Clean Slate?

Clean Slate is designed as a long-term passive detoxification which is gentle on the body. We are being bombarded with toxins on a daily basis from our air, water, food and environment so we need to protect and support our immune system on an ongoing basis. The 75 trace minerals added to Clean Slate ensures the body is continually restored and replenished. You may find that after an initial detox period, a maintenance dose of 2-5 x drops a day is the foundation to a healthy quality of life.

What is Zero-In?

ROOT have brought together a powerful blend of adaptogens and amino acids into one capsule that message the gut to produce the neurotransmitters dopamine and serotonin. The result is a combination of boost in mood, relaxation, razor sharp focus, better concentration, relaxation, mental clarity and just feeling really motivated! Also known as a natural nootropic, Zero-In is an on-the-spot capsule for when you need it. There is nothing else like Zero-In, it is completely unique in the natural health sector.

What are the Ingredients of Zero-In?

- Tumeric Root Extract
- Velvet Bean Seed
- Pine Bark Extract
- Anhydrous Caffeine
- L-Theanine
- N-acetyl L-Tyrosine
- Vitamin D3

Why is Zero-In different?

You've never had anything like this before because it has never been available before. Zero-In uses an understanding of bioscience and biotech to develop a product that was 3 years in the making. Zero-In stimulates your gut neurotransmitters to produce dopamine and serotonin. Dopamine is known to improve mood, focus, concentration, mental clarity. Serotonin is your natural "feel good factor" and helps you relax. It is popular with ADHD sufferers, teens with anxiety, menopausal women, the elderly with dementia and Alzheimer's, hardworking professionals, sports athletes who want to boost their stamina, and many more.

How do I take Zero-In?

- Take 1 capsule in the morning as needed on an empty stomach.
- One capsule can provide benefits for up to 5 hours.
- You can take 2 capsules together in the morning to provide benefits throughout the day.
- You can take up to 4 capsules in one day but this is not always necessary.
- If a smaller dose is required, break open the capsule.
- Zero-In can be taken when you've been on Clean Slate for at least 2 weeks.
- Zero-In is an on-the-spot treatment for days when you need it.

How quickly does Zero-In start working?

Zero-In will normally “kick in” 30 minutes after you have taken it on an empty stomach and will last 5-6 hours. Some people may be “dopamine deficient”, this means your body will need a chance to produce more neurotransmitters and bring you back to “normal” range so the full effect of Zero-In may take a couple of days.

What is Restore?

Restore is the third product of The Root Trinity, that works in close synergy with Clean Slate & Zero-In to restore and replenish your body. It is a powerful anti-fungal formula, anti-inflammation, anti-bacterial and helps to restore your gut microbiome. The formulation is made up of the highest quality organic ingredients, vitamins, anti-oxidants, amino acids, all of the nutrients your body needs to thrive. Restore is like a superfood in a sachet, it tastes fruity, almost like strawberry.

What are the Ingredients in Restore?

- Turmeric Root Extract, Curcumin
- Black Cumin Seed Oil
- Raspberry Keytones
- Resveratrol
- Aloe vera
- Apple Cider Vinegar
- D-Ribose
- Monk Fruit
- Citrus Extract/Citric Acid
- Xanthan Gum
- Org Evaporated Cane Juice

Who should take Restore?

Restore is very popular among those with auto-immune, leaky gut, cancer and inflammatory conditions such as Rheumatoid Arthritis or just want to super boost gut health and rebuild your micobiome. Restore has also been shown to help with weight loss. It tastes very pleasant so its easy to give to children.

How should I take Restore?

- A 30 x day pack of Restore is provided in 15 x sachets.
- Take half a sachet orally per day and save the other half for the following day.
- OR take 1 sachet per day in 3 x divided doses – so 1/3 morning, 1/3 lunchtime and 1/3 in the evening.
- You can take Restore on its own or with a drink or in a smoothie. Your opened sachets can be stored in the fridge.
- Restore is very powerful for topical use, when used for pain relief, wounds, skin conditions or face masks.

- For small children or pets: Start with a tiny amount at first, working up to a 1/3 of teaspoon 3 x times a day. It can be added to smoothies and yoghurts.

Who are Root Brands?

ROOT is a nutritional supplement company founded on an understanding of toxins and chemicals and how they harm our health and biological processes in the body. ROOT targets the underlying root cause of symptoms with natural, organic and GMO-free solutions. The focus is on providing the body what it needs to function at its best and help protect it from further damage.

Dr. Christina Rahm, the product formulator has spent decades as an inventor and creator of patents. Dr Rahm's expertise includes bioavailability of delivery systems, cellular detoxification and anti-aging.

Root's No. 1 foundational product is Clean Slate, to help eradicate 1000's of environmental toxins from the body. The full comprehensive detox is "The Root Trinity Pack" which is Clean Slate, Zero-In & Restore. You can take your detox a step further with ReLive Greens, Natural Barrier Support & Immune Defence Shield to support your immune system.

Which countries do ROOT deliver to?

Root products are becoming so popular, they are now distributing to over 80 countries worldwide and are in negotiation with another 100 countries to expand to 2024. Please refer to the website for a full list.

Where is my Package?

ROOT aren't quite Amazon-level yet. But be they have an excellent Logistics Team who work very hard to ensure products are delivered quickly. UK customers usually receive orders within 3 x days – this is because stocks are regularly flown over from Nashville, US, to special hubs in Germany and distributed all over Europe from there. Shipping

& Tax fees are payable from the US. To track your order, click on "My Account" then "Orders" and you'll see a "Track" icon next to your order.

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