



H A V V N <sup>TM</sup>

## HAVVN Skin Care

### Where can I find the ingredients in the HAVVN DNA product?

The ingredients are listed on HAVVN.com and on the back of every HAVVN DNA Skin Care box. For ingredients online, go to the product section of [www.HAVVN.com](http://www.HAVVN.com) and click on the tab entitled “Ingredients.”

### Why are there two ingredient lists on the back of the HAVVN DNA?

All of HAVVN Skin Care ingredients are safe and natural. We provide the common names of these ingredients in the first list on the back of the HAVVN DNA System box so that the average customer can see the natural ingredients. Regulations require us to list the ingredients with their technical scientific names. While these technical names are the same ingredients we list in the common names, they can be confused with chemicals by the average person reading the list.

The following is a list of the common names for our ingredients with their technical names:

Common Name

Technical Name

Common Name	Technical Name
Filtered Spring Water	Water (Aqua)
Grape Seed Oil	Vitis Vinifera (Grape) Seed Oil
Sunflower Seed Oil	Helianthus Annuus (Sunflower) Seed Oil
Cocoa Seed Butter	Theobroma Cacao (Cocoa) Seed Butter
Lanolin	Lanolin Cera (Lanolin)
Herbal Wax	Cetearyl Alcohol
Pomegranate Seed Oil	Punica Granatum (Pomegranate) Seed Oil
Raspberry Fruit Extract	Rubus Idaeus (Raspberry) Seed Extract
Spirulina Extract	Spirulina Plantensis Extract
Elderberry Fruit Extract	Sambucus Nigra (Elderberry) Extract
Radish Root Extract	Leuconostoc (Radish Root) Ferment Filtrate

Rosemary Leaf Extract	Rosmarinus Officinalis (Rosemary) Leaf Extract
Beeswax	Cera Alba (Bees Wax)
Zeolite	Zeolite
Tinosan SDC (All natural preservative)	Citric Acid, Silver Citrate
May Chang Essential Oil	Litsea Cubeba Fruit Oil
Lemon Grass Essential Oil	Cymbopogon Martini Oil. Citral, Limonene. Linalool. Geraniol.
Sesame Seed Oil	Sesamium Indicum (Sesame) Seed Oil
Joboba Seed Oil	Simmondsia Chinensis (Jojoba) Seed Oil
Blackseed Oil	Nigella Sativa (Blackseed) Oil
Tocopherol (Vitamin E)	Tocopherol
Lavendar Essential Oil	Lavandula Angustifolia (Lavendar) Oil
Sweet Bay Essential Oil	Laurus Nobilis Oil. Linalool. Limonene.
Rapeseed Oil	Brassica Campestris (Rapeseed) Oil
Seabuckthorn Extract	Hippophae Rhamnoides (Seabuckthorn) Fruit Extract
Black Currant Seed Oil	Ribes Nigrum (Black Currant) Fruit Oil
Carrot Seed Oil	Daucus Carota Sativa (Carrot) Seed Oil
Astaxanthin	Haematococcus Pluvialis Extract
Rosewood Essential Oil	Aniba Rosaedora (Rosewood) Wood Oil. Linalool

### **What makes the HAVVN DNA Skin Care line 100% natural?**

HAVVN Skin Care is a revolutionary breakthrough product line containing ZERO harmful chemicals. The formulator, Dubravka Pavelic, created a proprietary process to combine oil based ingredients with water based ingredients without the use of any harmful chemicals. Other products claiming to be all-natural are using either a chemical to emulsify the oil and water into a cream base, are only using an oil base; or their products simply do not stay combined effectively. In addition, HAVVN does not use ANY synthetic substances. Its ingredients nourish and activate youthful benefits from within the skin. HAVVN NEVER uses any harmful chemicals.

### **Can I use other facial products with the skin care?**

Yes. Other products can safely be used with HAVVN DNA. However, for your skin's health, choose products with ingredients that are natural.

### **Should I use the creams at a certain time of day?**

HAVVN Day was formulated for use during the day and HAVVN Night was formulated to work through the night while you sleep. Use Activating cream in the evening after cleansing. Wait about 10 minutes before applying Night cream. Activating cream may be used during the day as needed. Using HAVVN DNA in this way will give your skin the nourishment it can't get from any other skin care treatment on the planet. These are only meant to be guidelines. Pay attention to how your skin responds to the different creams. If you feel that your skin responds better if you use them a little differently, go for it.

### **Does HAVVN DNA have SPF?**

We have been "conditioned" to think about sun protection in terms of "SPF." SPF is a measure of a product's or an ingredient's ability to deflect UVA and UVB rays over a certain period of time. The FDA has approved certain ingredients that have these properties, most of which are synthetic in source. If these specific ingredients aren't used, you cannot legally make SPF claims.

Because HAVVN DNA does not contain synthetic ingredients, it does not contain an "SPF" rating. HAVVN DNA does contain natural ingredients that are shown to have varying degrees of "SPF" protection. However, it is important to remember that sun protection is important from a cellular level, not simply the epidermis level. For example, Astaxanthin has been shown in clinical studies to attenuate the damage UV rays have on genes that contribute to wrinkles and sagging.

While additional testing is required to confirm the hypotheses, Dubravka believes that by addressing sun protection in this way also allows the skin to build up its natural protection in the melanin. Melanin is a photoprotectant and can dissipate a great deal of absorbed UV radiation as heat. Dubravka also believes that the best way to protect the skin is to stay out of direct sunlight as much as possible, and certainly between the hours of 11am and 4pm. HAVVN DNA is not ever meant to replace sunscreen as a protection from UV rays.

### **What is the difference between the Day cream and Night cream?**

The Day cream is a light nourishing cream with a make-up base and mild sun protection properties. The Night cream is a heavier replenishing cream, designed to provide moisture and nourishment to the skin through the night. HAVVN Night should be used after make-up removal and cleansing the face prior to sleeping. They are both calibrated to work most effectively with your skin's metabolism at those times of day. What is important is that studies have shown that all three creams are most effective when used together.

### **HAVVN Night is more oily than I am used to, is that normal?**

HAVVN Night is designed to provide intense moisture and nourishment to the skin throughout the night. The oils selected for this product are important delivery systems for the active ingredients of the product. In fact, Dubravka says the oils themselves are active ingredients. Leaving the cream on throughout the night, you will find that it is absorbed by morning. Your skin will feel noticeably softer and look younger by morning. If any of the creams make your skin oilier than you would like, wait ten minutes, then blot off the excess with a cotton round.

### **Why is the product more “greasy” than products I am used to?**

The term “greasy” is based off of the American perception and marketing practices toward oil-free and low-fat products. Our body and skin actually need fats and oils for proper metabolism and other healthy functions. Oil-free and low-fat products are harmful to our bodies because of the homogenization process they go through, which change the original molecules and make them smaller than molecules found in nature. Creating these smaller molecules causes problems within our bloodstream as the smaller molecules stick to blood vessels, making them narrow, thus causing additional health problems. Good fats and oils in regular quantities are needed in our bodies. Our creams range in terms of “greasiness” based on their function. The Night and Activating creams are “greasier,” meaning they contain more oils, because of their nourishing function, while the Day cream is lighter because the skin's metabolism is lower in the day.

### **If I have acne already or breakout while using HAVVN DNA, should I discontinue use?**

It is not necessary. We suggest you examine what you are putting into your body. Studies are showing that acne is often connected with toxins from within the body. As you feed your skin and body with HAVVN DNA and HAVVN's other products it may start to release toxins, sometimes through acne. The all natural ingredients in HAVVN DNA will help enable your skin become toxin free. Most people find that acne improves or disappears with continued use. It is also common that any change in skin care regimen or product use can cause a short-term, temporary breakout.

### **What can I do if the skin care makes me break out?**

If you experience a break out when using HAVVN DNA, we suggest you continue usage and evaluate your intake of food. Often times, breakouts are affected by yeast and bacteria in your body. A simple blood test provided by your doctor will determine if this is the cause. In addition, educating yourself about what you are or are not eating is important in determining the cause of a breakout.

We find that if you continue to use the product, the skin will find a healthy balance and establish a healthy appearance.

### **How long will it take for my skin to rid itself of toxins?**

The detox period will be different for each person, depending on your lifestyle, nutritional habits, and the other personal care products you use. The detox period relies heavily on the condition of your body. Also, your body may cleanse faster as you regularly take the other HAVVN products as well.

### **Is it bad to use the skin care on my hands?**

No. Your hands show the signs of aging as much, if not more than your face.

### **Can the skin care hurt me in anyway?**

No. HAVVN DNA is all-natural, and we take extra care in selecting and qualifying the ingredients used in the products. It is always possible that some will have allergies to certain natural ingredients. If you have known allergies, we recommend you consult our ingredient lists.

### **What if a child eats the skin care? Can it hurt them?**

Because the product is made from 100% natural ingredients, the product is 100% safe if eaten and is not an eye irritant.

### **How long does the skin care product last before the molecules in the product start to separate or break down?**

The products are most effective if used within 18 months of production.

### **If the creams are all natural, can I eat them?**

Because the ingredients are all-natural and not harmful, the product can be ingested. They are all natural and won't sting if placed in your eye either. However, there is no additional benefit to consuming the creams.

### **Will we ever have a cleanser or body lotion or other skin care products?**

Over time we will release more products in the HAVVN Skin Care line. At the current time, we do not have an official timeline when they will be released. Check our website for future product releases as we have many amazing products currently in development.

### **How much of HAVVN DNA Skin Care do I use on my face?**

You can use the creams as much as your skin needs. Your skin will let you know how much nourishment it needs. Don't be afraid of applying too much cream, your skin will only absorb what it needs. Also, the cream can be used on the eye area without worrying about getting the cream in your eyes.

## HAVVN GO Nutrition

### **Why is HAVVN GO Nutrition in a stick pack?**

HAVVN chose to create a stick pack product as a result of our scientific partnership with the UC Davis Center for Excellence in Nutrigenomics and the identification of the importance of offering nutrition that is optimized for healthy gene expression. The more we learned about the science of Epigenetics, the more we realized the need for a gene targeted supplement that was environmentally friendly and supported business building activities such as duplication and sampling. A stick pack product was the perfect solution. It enables HAVVN to deliver potent and specialized ingredients, developed by leading experts in the field of Nutrigenomics, in a way that amplifies the effectiveness of the ingredients.

In addition, the stick pack has minimal waste and the portability of a single serving make it a perfect business building tool.

### **Does HAVVN GO have the same ingredients as HAVVN JUS?**

HAVVN GO and HAVVN JUS share many common ingredients, but also have unique ingredients. Please consult our ingredient lists found in the individual product sections of the [www.HAVVN.com](http://www.HAVVN.com) website.

### **What is the difference between HAVVN GO Nutrition and HAVVN JUS?**

While HAVVN JUS has some Nutrigenomic benefits, it is designed to be foundational nutrition. HAVVN GO was developed by leading experts in the field to specifically target longevity and anti-inflammatory genes in order to extend your Youth Span across your lifespan. This is accomplished by activating the gene networks associated with longevity and youth.

In addition, HAVVN GO is formulated with specific ingredients to boost natural, cellular energy and to enhance mood; extending Youth Span in the way you feel immediately as well as on the inside at the genetic level.

Both HAVVN GO and HAVVN JUS provide general nutrition with nutrients and antioxidants. GO Nutrition is a significant source of vitamins and a good source of fiber.

### **Do the HAVVN GO and HAVVN JUS have to be taken together?**

No. We suggest taking both products because they each provide specific benefits, but they do not have to be taken in unison.

### **Can HAVVN GO be taken on an empty stomach?**

You may drink a HAVVN Go with or without food. Some people with sensitive stomachs may still prefer to take the GO stick pack with food or sip it slowly over an hour.

### **Should HAVVN GO be taken at the same time every day?**

No. This is a matter of personal preference. Some people find the GO stick pack to be helpful in getting started in the morning, while others find it most useful for an afternoon boost. Many people enjoy the GO stick pack as part of their workout regime. Experiment and find what works best for your schedule and lifestyle.

### **Can I take HAVVN GO if I'm pregnant?**

Many pregnant and lactating women enjoy the GO Stick Pack. However, we always advise consulting your doctor before taking any supplement during pregnancy or breast feeding.

### **How many GO stick packs are recommended to be taken each day?**

While a single serving of the HAVVN GO is designed to be an efficacious daily dose, many people enjoy the added benefits of natural energy and mood enhancement more than once a day. Due to the fat soluble vitamins found in the GO stick, it is not recommended to consume more than three sticks a day on a regular basis.

### **Should I consult my physician before taking HAVVN GO?**

Generally we always recommend consulting your physician before taking a supplement. If you take any medication, you should always check with your doctor before taking any supplements. HAVVN GO Nutrition has a unique patented ingredient called BioPerine that increases the bioavailability of many of the ingredients found in the GO stick. BioPerine has been shown to also increase the bioavailability of some medications.

### **Can I sell HAVVN GO individually?**

You can give and sample individual stick packs, but they are not labeled for individual resale.

### **Does HAVVN GO have an expiration date?**

The expiration date is two years from the manufacture date. The expiration date is printed on each pack in the following format, "EXP MM.YY."

### **How many stick packs are in a box?**

30

### **Will the HAVVN GO affect the medication I am on?**

If you take any medication, you should always check with your doctor before taking any supplements. HAVVN GO has a unique patented ingredient called BioPerine that increases the bioavailability of many of the ingredients in the GO Stick. BioPerine has been shown to also increase the bioavailability of some medications.

### **Why powder?**

Powder was the best delivery system to accomplish all the goals of this product. Several of the ingredients remain more stable and efficacious if left in a protected, dry state until consumption.

### **What are the individual packages made of?**

The packages are made from several materials adhered together to form a thin film. The material that is in contact with the product is called Surlyn and is FDA-approved for direct food contact. The other layers consist of foil and plastics designed to provide barriers for light, vapor, and moisture.

### **How was HAVVN GO created and by whom?**

HAVVN GO was created from a collaborative effort of industry leading Nutrigenomic experts, including by Dr. Raymond Rodriguez, nutrition experts, and an experienced formulation team.

### **Can I mix the GO stick pack with liquids other than water?**

Of course, experiment and find your favorite. However, it is not advised to mix HAVVN GO with carbonated water or sparkling water as the ingredients will combine and create large amounts of foam and bubbles.

### **How many calories are in a GO stick pack?**

When mixed with water, the GO stick pack contains only 35 calories.

### **How is HAVVN GO sweetened?**

HAVVN GO contains no added sugar. Each stick pack contains 3g of naturally occurring sugars. The flavor system of HAVVN GO is made from a base called VitaFiber (that comes from tapioca), Xylitol, Stevia, and natural fruit powders.

### **Can children take HAVVN GO?**

HAVVN GO is not designed for infants. Children 3-12 years of age can take half of GO stick pack daily. Children 13-18 years old should not have more than one GO stick pack each day.

### **Why does HAVVN GO powder leave my fingers yellow if I touch it?**

One of the potent ingredients in the anti-inflammatory gene blend is Curcumin from Turmeric. The ingredient is naturally yellow and tends to stain. It will wash off hands with soap and water.

### **Is HAVVN GO acidic?**

HAVVN GO's pH value is 3.7, which makes it slightly less acidic than orange juice.

### **Where does the dietary fiber in HAVVN GO come from?**

The dietary fiber in HAVVN GO comes from a unique base called Vitafiber - an IMO (isomalto-oligosaccharide). Vitafiber is also a prebiotic - a category of functional food, defined as non-digestible food ingredients that beneficially affect the body by selectively stimulating the growth and/or activity of one or a limited number of bacteria in the colon, and thus improve host health. Numerous scientific studies showed that Vitafiber is a prebiotic and improves overall digestive health.

### **Why was Vitafiber selected?**

We selected this as our base for its many benefits. Fermentation of Vitafiber by colonic bacteria may result in production of Short Chain Fatty Acids (SCFA). SCFAs have been shown to metabolize in liver and confer many physiological benefits to the body.

In addition, it is a great addition to HAVVN GO as it is a low caloric health sweetener because of the very low content of glucose (<5%) and presence of specific bonding in carbohydrate's chains that is resistant to digestive enzymes in the lower digestive tract.

### **Does HAVVN JUS or HAVVN GO contain caffeine?**

The Green Tea used in HAVVN JUS is decaffeinated. HAVVN GO does contain 20-30 mg of naturally occurring caffeine. This is about the same amount of caffeine found in a dark chocolate bar and typically much less than is found in caffeinated beverages and "energy" drinks. Caffeine is not added as an isolated ingredient. Aside from the mild alert feeling caffeine and ginseng in small doses can provide, the energy benefits from HAVVN GO mainly come from natural cellular energy produced by ingredients such as Quercetin, CoQ10, B vitamins, and other ingredients. Many users of HAVVN GO report a feeling of sustained steady energy.

### **Why is silicon dioxide used as a flow agent?**

Silicon dioxide is natural and is the most abundant mineral in the earth's crust. It is also found naturally in many fruits and vegetables. Because it is such an abundant mineral it is also found in everyday drinking water.

Other vitamin products may contain up to 3% silicon dioxide and food products up to 2%. HAVVN GO is well below these levels.

### **Are HAVVN DNA, GO Nutrition, and JUS gluten free?**

Yes. We have tested them and test results have come back indicating that they are gluten free.

### **Why do I notice slight changes in taste from one batch to another?**

Slight flavor and color changes in the Jus and GO stick is a result of using natural products with no artificial flavoring or coloring. We see this especially in the case of JUS and GO due to the unusually high number of ingredients and complex formulations. We have many quality controls in place to ensure efficacy does not vary or drop below established standards. Our processes and controls also ensure that from an ingredient standpoint the product is identical from batch to batch.

### **What is the patent on the GO stick for?**

The GO stick is manufactured using a patent pending process owned by HAVVN that is specifically designed to protect the ingredients from environmental factors shown to reduce efficacy in certain natural substances. The factors that are taken into account and controlled using this process are exposure to light, oxygen, heat, and moisture. We have seen improved testing in the finished product that we attribute in part to our patent pending process.

Our formulas are not patented because this would force us to make our proprietary formulations public knowledge. Instead we keep our formulas confidential under the legal protection provided under “trade secret” law. Trade secrets never expire as would a patent.