

# FAQ

## General Questions

### How should I take Lucidia?

#### **Recommended usage during allergy season:**

Take 3 capsules as needed on an empty stomach. Take as needed throughout the day but do not exceed 12 capsules per day. Within 2 days of taking Lucidia, you may need less frequent doses (maybe one to two per day) and possibly smaller doses (2 capsules). Please see How to Maximize Benefits of Lucidia.

#### **For pre-allergy season, mucous reduction, immune support, maintenance:**

Two capsules 1-2 times daily on an empty stomach or as recommended by your health care practitioner.

Negative side effects of Lucidia are rare and benign. Please report any adverse effects to us by email or phone. If you are pregnant or nursing, please check with your health care practitioner before taking Lucidia. If it is your first time taking Lucidia, start with one capsule to ensure that you are not allergic to stinging nettles which are in Lucidia. Some may experience a mild red skin rash if allergic to nettles. This rash would appear within one hour of consumption. If you find that you are allergic to nettles, stop usage. Children who are not allergic to stinging nettles may take Lucidia.

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**Is Lucidia certified for uniformity, cleanliness and free from environmental contaminants?**

Yes, Lucidia is GMP certified which entails the following:

**"Good manufacturing practice"** or **"GMP"** is part of a quality system covering the manufacture and testing of active pharmaceutical ingredients, diagnostics, [foods](#), [pharmaceutical](#) products, and [medical devices](#). GMPs are guidelines that outline the aspects of production and testing that can impact the quality of a product. Many countries have legislated that pharmaceutical and medical device companies must follow GMP procedures, and have created their own GMP guidelines that correspond with their legislation. Although there are a number of them, all guidelines follow a few basic principles.

- o Manufacturing processes are clearly defined and controlled. All critical processes are validated to ensure consistency and compliance with specifications.
- o Manufacturing processes are controlled, and any changes to the process are evaluated. Changes that have an impact on the quality of the drug are validated as necessary.
- o Instructions and procedures are written in clear and unambiguous language. ([Good Documentation Practices](#))
- o Operators are trained to carry out and document procedures.
- o Records are made, manually or by instruments, during manufacture that demonstrate that all the steps required by the defined procedures and instructions were in fact taken and that the quantity and quality of the drug was as expected. Deviations are investigated and documented.
- o Records of manufacture (including distribution) that enable the complete history of a batch to be traced are retained in a comprehensible and accessible form.
- o The distribution of the drugs minimizes any risk to their quality.
- o A system is available for recalling any batch of drug from sale or supply.
- o Complaints about marketed drugs are examined, the causes of quality defects are investigated, and appropriate measures are taken with respect to the defective drugs and to prevent recurrence.
- o Referenced from [Wikipedia](#)

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**Does Lucidia contain any artificial stimulants or substances?**

No, Lucidia contains only all natural ingredients. There are no artificial stimulants or substances. In fact, the Reishi mushroom is organically growth here in the United States in a top quality environment .

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**Can I take Lucidia if I have any heart problems? Diabetes? Hypertension?**

As with any serious health condition, check with your health care practitioner before adding Lucidia to your supplement regime. Ingredients in Lucidia have shown to support cardiovascular health and mildly regulate blood pressure.

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**Is it safe for children? What is the dosage?**

Lucidia is safe for children. Recommended doages for children ages 2-3 is 1/2 capsule 3 times per day. Children 4-6 3/4 capule 3 times per day. Children ages 7-10 one capsule.

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**What is the shelf life of Lucidia?**

After opening, Lucidia will hold its potency for one year. After that, if stored in a cool dry place, Lucidia is still safe to take and may still be effective.

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**Can I take it if I'm pregnant or breastfeeding?**

As with all supplements and medications, check with your health care practitioner before using Lucidia if pregnant or breastfeeding.

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**Is Lucidia addictive or habit-forming?**

No, Lucidia is not addictive or habit-forming.

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**How many capsules are in one bottle of Lucidia?**

There are 60 capsules per bottle.

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**Can I take Lucidia with other medications for allergies?**

Lucidia can be taken with other allergy medications.

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**How do I properly store Lucidia?**

Store Lucidia in a cool, dry location, away from direct sunlight.

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### **How does Lucidia compare to other allergy relief medications?**

In contrast to other allergy relief medicines, Lucidia will not make you drowsy or foggy headed. Lucidia does not mask or suppress allergy symptoms, but rather, it clears and cleans the blood and your body of allergens. For instance:

- Reishi mushroom supports and enhances your immune system.
- Stinging nettles helps purify the blood and fortifies it with minerals, iron and chlorophyll to strengthen the body's resistance. It is also a natural antihistamine for immediate relief.
- Quercetin reduces inflammation in the sinus cavities and inhibits the release and production of histamine. In addition, it breaks down mucous.
- Bromelain exerts anti-inflammatory and anti-allergic activity, it potentiates the benefits of quercetin and breaks down mucous and waste from undigested food or food allergies.
- N-acetyl cysteine protects the liver and detoxifies it from chemical exposure and oxidation by increasing glutathione levels.

Common side effects for most other prescription and over-the-counter allergy relief medications include:

- stomach pain
  - stomach or intestinal upset
  - heartburn
  - tiredness
  - fever
  - stuffy nose
  - cough
  - flu
  - upper respiratory infection
  - dizziness
  - headache
  - rash
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### **Are there any dangerous side effects?**

Reishi mushroom is a very safe supplement that has been used for thousands of years. Rare possible side effects from reishi include dizziness, dry mouth, stomach upset, nose bleed, sore bones, gastrointestinal distress or irritated skin.

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### **What if I'm not satisfied?**

What is most important to us is your satisfaction. If, for whatever reason you are not satisfied, please call us at 1-866-642-9111 to arrange shipping the unused capsules back to our facility and provide you with a full refund. The buyer is responsible for the return shipping & handling costs to ship Lucidia back to Artemis Therapeutics.

As we are continually trying to improve, we may ask for your honest feedback. This in no way impacts the status of the refund as Artemis Therapeutics strictly follows the no-questions-asked return policy.

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### **Order Placement**

#### **If I don't want to order on-line, is Lucidia sold in stores?**

We are currently in the process of setting up a distribution network. We are careful to select distributors whose philosophies align with our overall vision. When we have established this network, we will post all of the information on this website. Please check back frequently or [send us an e-mail](#) and we'd be happy to let you know when this information is posted.

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### **Shipping**

#### **How much is Shipping?**

Shipping is handled by USPS Priority Mail. Shipping cost will be shown during checkout.

Please contact us for quote on expedited delivery costs.

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#### **How soon will it reach me once I place the order?**

The order will in most cases be processed the same day depending on current volume of orders. Transit time will be per standard USPS Priority Mail terms (~3 to 5 days) for orders within the USA. Transit time for orders shipped outside USA will vary per USPS First-Class Mail International.

Please contact us for quote on expedited delivery.

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### **Distribution**

FAQ::Lucidia Natural Allergy Relief by Artemis Therapeutics. Extraordinary by Nature.

**How do I become an approved distributor of Lucidia?**

Please [fill out this form](#) to provide us with your contact information so that a Sales Representative can contact you to collect more details. Or feel free to call us directly at our toll free number 1-866-642-9111.

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**Share your excitement for Lucidia with your friends!**

**How can I easily link to your website?**

Copy this code into an HTML widget of your favorite blogging application.

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<div align='center'><a href="http://www.lucidialife.com"></a>
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It should look like this:

