



Transform your Life with the ViSalus Body by Vi™ 90-Day Challenge

Want to lose weight, tone up, or just get healthy? Join the Body by Vi™ 90-Day Challenge, and you will not only help yourself, but others too.

Many of us are looking for a simple solution, an easy way to get in shape! Most of us have tried fad diets that left us bored, hungry, or spending hundreds of dollars on special foods. Or we bought exercise videos that didn't tell us anything about nutrition and aren't targeted to special needs.

Now, ViSalus™ has created Body by Vi™, combining our unique and life transforming products along with our online and offline support tools. No one else can offer the same comprehensive program that includes a simple nutritional plan with recipes, menus, exercise tips and programs, and online community support. If you'd rather not get weighed in public, or eat expensive foods, or be forced to go to the gym, this is the program for you.

Body by Vi™ includes all of the tools, support, and products you need for an entire month! Our program allows you to join others online and learn exercise tips, recipes, menu planning and more. No one else provides the powerful combination of nutrition, support, education, and exercise like ViSalus™!

1. 30 days and 60 meals of fun, flavorful, body-shaping energy! Includes our Shape-Up™ Health Flavor Mix-Ins, so you can personalize your shake flavors with powerful nutrient benefits and rich flavor.
2. Nutritional support to help you curb hunger, burn fat, and feel great from head to toe.
3. Optimal support with a robust Omega Vitals blend that supports heart health, cognitive function, joint health, and more!
4. Healthy energy and hydration, to help your body fight fatigue and stay energized.
5. Online and offline tools to help you stay on track, meet new friends, learn new ways to eat, and get all the support you need at your fingertips anytime day or night!

KITS TO FIT EVERY BUDGET

Balance Kit Only \$49
Save \$28 off normal retail prices.

Shape Kit Only \$99
Save \$45 off normal retail prices.

Core Kit Only \$199
Save \$88 off normal retail prices.

Transformation Kit Only \$249
Save \$100 off normal retail prices on all of the products included, and get maximum nutritional support.

See reverse for kit contents.

The Challenge is simple; the results are Transformational:

1. Join the challenge online, register today!
2. Get our specially priced Body by Vi™ Transformation kit – One kit lasts 30 days, and has 60 meals!
3. Have others join, and get your product free! Work out together, and keep on track.
4. Send us your before and after pictures, your testimonial and enter to win prizes!

Simply use the products twice a day, whether you exercise or not, and you'll be amazed at how fast you can transform your life with ViSalus™!



Body by Vi™ 90-Day Challenge



Balance Kit

\$49

Balance your nutrition with this once-daily boost to your health.

Vi-Shape® Nutritional Shake Mix:

Help shape your body with perfect nutrition. 30 servings, so you can be assured you get a healthy way to start your day.

Shape-Up™ Health Flavor Mix-Ins:

Add to your shake for fun, variety, and health benefits! With five flavors, you can mix and match for almost infinite variety, fun, and extra nutrition each meal! (5 servings)



Shape Kit

\$99

See results and help shape your body with 60 power-packed meals.

Vi-Shape® Nutritional Shake Mix:

Help shape your body with perfect nutrition. (60 servings)

Shape-Up™ Health Flavor Mix-Ins:

Add to your shake for fun, variety, and health benefits! With five flavors, you can mix and match for almost infinite variety, fun, and extra nutrition each meal! (10 servings)



Core Kit

\$199

Support your active lifestyle with balanced nutrition and an advanced anti-aging and energy system.

Vi-Shape® Nutritional Shake Mix: Help shape your body with perfect nutrition. (30 servings.)

Shape-Up™ Health Flavor Mix-Ins: Add to your shake for fun, variety, and health benefits! (5 servings)

ViSalus NEURO™ Smart Energy Drink Mix: Two great flavors, one powerful way to get energy for your brain and body, without the jitters or high caffeine of 'average' energy drinks! Mixes into any beverage to help you get on-the-go nutrition and energy support. (30 servings)

Vi-pak® complete health system: Molecularly-distilled Omega Oils; chelated Multi-Mineral & Vitamin with benefits from glutathione, resveratrol, and more; Supercharged Antioxidant to help protect your cells from aging with a powerful blend of 26 of nature's richest sources; and our patented Anti-Aging & Energy formula to help support cellular repair. (30 servings)



Transformation Kit

\$249

Ultimate shaping and nutrition support to help you transform your body and feel maximum results.

Vi-Shape® Nutritional Shake Mix: Help shape your body with perfect nutrition. 60 servings.

Vi-Slim® Metab-Awake Tablets: Nutritional support to help you burn fat faster, without jitters or stimulants. (30 servings)

Vi-Trim® Clear Control Drink Mix: Add to your shake or any beverage to keep hunger at bay and help prevent diet sabotage. (30 servings)

Shape-Up™ Health Flavor Mix-Ins: Add to your shake for fun, variety, and health benefits! (10 servings)

Omega Vitals™: Help your joints, your skin, your hair, your heart and every cell in your body with our exclusive blend of life enhancing oils, including evening primrose, pumpkin seed, and molecularly distilled fish oils. (30 servings)

ViSalus NEURO™ Smart Energy Drink Mix: Get healthy energy. Nutrition for body and your brain! (30 servings)



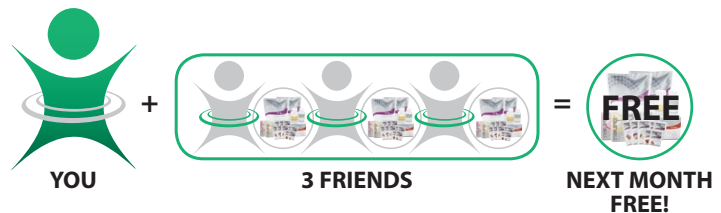
Refer 3—Get Your Next Month Free!

The Body by Vi™ Challenge is transforming lives across the country, helping people achieve their health and fitness goals in as little as 90 days thanks to delicious and effective products, and an easy to follow program to support your success.

Promoting the Challenge has its rewards as well, including the ability for both ViSalus Customers and Distributors to receive your Body by Vi™ Challenge Kit for FREE month after month! Studies have shown that the odds of you achieving your Challenge goal go up dramatically when you take the Challenge with others, and if it can help you get your products for free, what have you got to lose??

Am I qualified to get my Challenge Kit for FREE next month?

If you can check YES to each of the questions below by the end of each calendar month, ViSalus will send your Challenge Kit for FREE the following month!



- ☐ **Do I have a personal Body by Vi™ Challenge Kit order on Auto-Ship?**
- ☐ **Do I have at least 3 personal Challenge Kit Customers this month?**
(Note: Distributors' orders do not count toward 3 For Free program)
- ☐ **Is the total Challenge Kit Qualification Volume (QV) of my 3 or more personal customers at least 3 times the QV of the Challenge Kit I have on Auto-Ship?**

Your Kit on Auto-Ship	Is FREE next month if you have
\$49 Balance Kit	A minimum of 3 personal Challenge Kit Customers with a combined total of at least \$147 in Challenge Kit QV
\$99 Shape Kit	A minimum of 3 personal Challenge Kit Customers with a combined total of at least \$297 in Challenge Kit QV
\$199 Core Kit	A minimum of 3 personal Challenge Kit Customers with a combined total of at least \$597 in Challenge Kit QV
\$249 Transformation Kit	A minimum of 3 personal Challenge Kit Customers with a combined total of at least \$747 in Challenge Kit QV

*Program is a benefit for those on the Body by Vi™ Challenge and is therefore reserved for Challenge Kits only. Additional add-on products do not count toward program volume, nor can you get them for free. Personal Customers who are also qualified to get their product for free, can count as one of your 3.

Visit www.visalus.com or call 877-VISALUS for more information.

Body by Vi™

CHALLENGE

ViSalus Body by Vi™ Challenge Prizes and Rewards

Sure, the body you've always wanted is a prize worth celebrating, but we didn't stop there... By sharing your success with the Body by Vi™ Challenge, you can win a Hollywood Transformation Vacation, a Luxurious Cruise, and more!

Anybody can get their personal Body by Vi™ product for FREE simply by getting 3 friends to join you on the challenge.

We will constantly be recognizing and rewarding success stories with prizes, free product, or chances to win other rewards, but if you're serious about your transformation, it's all about the Body by Vi™ Challenge Grand Prize!

Grand Prize Winners:

(1 Male, 1 Female, AND 1 Couple)

Hollywood Transformation Vacation!

Win the vacation and makeover of a lifetime...

- Round Trip Airfare to Hollywood, California.
- Luxury Hotel Accommodations
- VIP Welcome Reception & kickoff toast with the creators of Body by Vi™.
- Spa/Salon Day – Let us pamper you from head to toe; from hair and makeup to massages, facials, shaves and more.
- A New Look – As selected with assistance from a Beverly Hills personal shopper.
- Night on the Town Hollywood Style – Enjoy a fabulous dinner with our winners before a night on the town in L.A.
- Personal Concierge to help coordinate your vacation plans from start to finish.
- Become a Body by Vi™ Spokesperson featured in ViSalus marketing videos, literature, and Web & Print Ads!



Vi-Cruise for 2!

Our Grand Prize Winners will ALSO receive... A Vi-Cruise for 2. Hit the high seas, relax in the sun, and show off your new beach body on some of the world's most beautiful beaches! Enjoy a luxurious cruise courtesy of ViSalus and Body by Vi™!

OVER
\$100,000
IN PRIZES

How to Enter for a chance to win in the Body by Vi™ Challenge

1. Log into Vi-Net
2. Click on any of the black Body by Vi™ Banners
3. Click on the big purple Enter to WIN button on the right
4. Follow the instructions to upload Before/After photos, enter your results, and answer a few brief questions
5. See our winners announced at our next National Event!





Body by Vi™ CHALLENGE



The 90-Day Transformation Challenge Sweeping the Nation!

Have you heard the buzz about the **Body by Vi™ Challenge** yet?! Thousands of people have already joined the challenge that helps you transform your body with great products and superior tools and support. We want to congratulate everybody who is on the path towards winning a share of **over \$100,000 in prizes**, and those of you who are receiving their products for free simply because they shared the challenge with others.

Here are just a few of our Success Stories. See hundreds more in Vi-Net now, and be sure to share your own!



I just recently started on the Challenge and I can't believe how quickly I lost my first 10 pounds! My goal is to lose 20 more pounds by the end of my 90 days.*

Lisa Cisneros, Anaheim, CA

I have lost 40 pounds on the Body by Vi Challenge, and as a result of that weight loss, my knee is feeling better than it has in years. My goal is to lose another 25 pounds by the end of my Challenge!*

Derrick Jurado, Pico Rivera, CA



My wife lost 35 pounds on the Challenge and couldn't be happier. I am still on the Challenge and have lost 50 pounds in just over 100 days. We love how we feel!*

Mitchell O. Pratt, Ph.D., Provo, Utah



I am loving the Challenge! I have lost over 10 pounds, but it isn't just about the weight, it's about looking and feeling great too!*

Pam Eye, Chatsworth, CA



I owe my health to ViSalus and the amazing products that make up the Body by Vi Challenge. I am running 1 mile every day for 90 days, and drinking 2 shakes a day, too.*

James Cordova, Lehi, UT



**Visit www.BodyByVi.com
to get started today!**

* Results not typical. Healthy weight loss is 1–2 lbs. per week. Results vary based on how much weight you have to lose, diet, exercise, and adherence to the program.

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ViSalus Body by Vi™ FAQs:

1. What is “Body by Vi™?”

ViSalus Body by Vi™ is an innovative solution to getting into better shape, no matter if you want to slim down, tone up or build muscle. No other program is as comprehensive, or as easy!

ViSalus™ has created Body by Vi™, combining our unique and life transforming products along with our online and offline support tools. No one else can offer the same comprehensive program that includes a simple nutritional program with recipes, menu plans, exercise videos and programs, and online community support. If you'd rather not get weighed in public, eat expensive foods, or watch endless exercise videos that aren't targeted to your specific needs, then this is the program for you!

Body by Vi™ was designed to fit within the reality of your life. We have sensible meal plans that allow you to 'cheat' now and then, along with reminders you can send to your email or phone to help keep you on track with your supplements, and fast, fresh, and fun recipes.

Body by Vi™ is a 90-Day challenge that helps people transform their lives. And the products are bundled to maximize results and nutrition. Combine that with special prices that shave up to \$100 off normal retail prices, and there is no reason not to join!

2. What is in the kit?

There are four kits in the Body by Vi™ program.

- A. The most preferred kit is the “Transformation” Kit, which gives you the best value and the most product and tools to help you towards your total body transformation. This kit combines 2 pouches of Vi-Shape® Nutritional Shake Mix (60 servings for 2 meals per day, for 30 days), 1 bottle of Vi-Slim® to help burn fat and support lean muscle, 1 box of Vi-Trim® to control hunger, a sample assortment of our Shape-Up™ Health Flavor Mix-Ins for variety, convenience and flavor, Omega Vitals to provide essential oil benefits, and 2 boxes of ViSalus NEURO™ (1 of each flavor) to assist in energy and hydration.
- B. The “Shape” Kit is for someone looking to use the Vi-Shape® shake from our TSS Program to help them slim down or tone up. This kit combines 2 Vi-Shape® Nutritional Shake mix pouches to provide 60 balanced meals over 60 days. It also includes a sample assortment of Health Flavor Mix-Ins for variety and nutritional support.
- C. The “Balance” Kit is for someone that wants to embark on the journey to healthier eating habits. This kit has 1 Vi-Shape® Nutritional Shake mix to provide 30 balanced meals over 30 days. It also includes a sample assortment of our Health Flavor Mix-Ins for variety and added nutrition.
- D. The “Core Kit” is for those that want to live healthier and help maintain weight. Save \$105 off normal retail prices. The Core kit provides one 30 Serving Vi-Shape® Nutritional Shake Mix to help provide balanced nutrition to start your day. Starting your day with the shake for breakfast helps fuel the body, and helps maintain healthy blood sugar levels. It also includes a sample assortment of Health Flavor Mix-Ins for variety and nutritional support. There are 2 boxes of ViSalus NEURO™ (one of each flavor) to help you maintain healthy energy and stamina. We then combined this with the life enhancing Vi-pak® for cellular support and defense against aging free radicals, with omega rich oils, glutathione, grape seed extract and more to help you live healthier, and live younger. Once you are at your desired goal, this “Core” Kit can help keep you vitalized.

3. Does purchasing a kit provide more value?

Yes. Because we want everyone to experience the life enhancing transformation, the “Transformation” Kit has the largest value by saving you over \$100 off of normal retail prices from ordering the products individually. The “Shape” Kit saves you over \$45 from normal retail, and the “Balance” Kit saves over \$28 from normal retail prices.

ViSalus Body by Vi™ FAQs:

4. Is it expensive?

No. In fact, it can SAVE you money. The program provides 2 full meals, and all the nutrition you need to be healthy and help transform your body. The cost per day for the program is less than many people spend on ONE fast food lunch, or breakfast on the go. And it provides much more nutrition and health support, for maximum transformation.

5. Do I need to exercise?

The program is designed to help you lose weight, even if you don't exercise. However, to really transform your body and get in great shape, we do recommend exercise. This is why we provide two types of exercise plans – one for the person just getting started, and one for the person that wants a firmer physique.

6. Can I buy the products separately, and not in the kit?

For the best value, the kits provide savings from \$28-\$100 off normal retail prices. Should you wish to add more products, you can always do so.

7. Can I use only water for the shake?

The shake is great mixed in water for a low calorie, nutrition rich snack. For meals, we suggest that it be blended with non-fat milk, or soy milk for extra protein and nutrient support.

8. Who should take this product?

Anyone that desires to have a better shape, to lose weight, to get fit, or to build lean muscle!

9. What are the primary benefits of the Vi-Shape® shake mix?

- » The shake mix provides complete nutrition – fast
- » Helps control appetite
- » Provides bone-healthy calcium
- » Provides heart healthy, low fat protein
- » Helps promote & maintain lean muscle mass
- » Supports protein digestion and nutrient absorption
- » Helps support healthy energy levels while cutting calories
- » Provides fiber benefits for health protection
- » Includes two unique fibers for health, and for hunger control
- » Supports a low glycemic lifestyle
- » Supports healthy metabolism

Each protein has been specially processed to remove fat, remove lactose, and remove carbohydrates. In addition, we have processed the soy to remove the isoflavones, so there is no estrogenic affect. The “shake mix that tastes like a cake mix” is hard to beat. Try your own taste test! Look at the comparison chart and see how other shakes use more salt, fat and sugar.

10. What are the primary benefits of the Vi-Slim® metabolism boosting tablet?

- » It helps burn fat
- » Boosts your thermogenic system
- » Helps wake up a tired metabolism
- » Supports healthy blood sugar levels
- » Supports natural insulin function
- » Supports energy while dieting
- » Promotes lean muscle mass
- » Has antioxidant properties
- » Helps inhibit fat production

11. What are the primary benefits of the Vi-Trim® appetite control drink mix?

- » Helps control hunger between meals
- » Helps alleviate the stresses of dieting
- » Supports healthy blood sugar levels
- » Boosts metabolism and excretion of fat

ViSalus Body by Vi™ FAQs:

12. What are the primary benefits of the Shape-Up™ Health Flavors?

Each packet is not just a flavor, they are concentrated nutrition! **Chocolate Cardia Care** has polyphenols, which are great antioxidants and support heart health. Each packet has about the equivalent of 6–8 bars of dark chocolate for only a few calories. **Banana Energy Charge** has guarana power to provide a burst of energy that lasts. **Strawberry Phyto Power** has the equivalent of 50 strawberries worth of phytonutrient protective power. **Peach Complexion Care** has glucosamine, biotin, collagen and more to support healthy skin and healthy joints. **Orange Everyday Defense** has immune and detox supporting ingredients.

13 What are the primary benefits of the Vi-pak®?

Studies show that almost 85% of us do not get enough omegas from our diet, and therefore don't get the head to toe support we need. Combine that with the other nutritional deficiencies, stressful lives, pollution, and other stressors and you can see why the Vi-pak®:

- » Supports a healthy heart
- » Supports proper immune function
- » Supports cellular recovery
- » Supports cellular energy
- » Supports healthful sleep
- » Supports cognitive function and memory
- » Supports healthy organ function
- » Supports free radical defense

14. What are the primary benefits of ViSalus NEURO™?

Most energy drinks are high sugar, high caffeine, high taurine which can make you feel jittery, not alert. Our product is low caffeine, and combines unique nutritional ingredients to help you feel more awake, alert, and refreshed.

- » Supports energy levels
- » Supports stamina and endurance
- » Supports healthy cognitive function
- » Supports vein health and healthy oxygen transfer



Vi-Shape® Nutritional Shake Mix



“Fast food” made healthy

Cutting calories while getting proper nutrition can be hard, expensive, and time-consuming. Vi-Shape™ offers you a fast ‘ideal meal’ that can save you money while providing amazing nutrition.

To make a meal, mix 2 rounded scoops of the Vi-Shape® shake mix into non-fat milk or soy milk and blend. Mix with water for a protein snack. For added flavor and nutrition, you can also blend in fresh, frozen or canned fruits. Try our Shape-Up™ Health Flavor mix-ins for flavor and added nutrition.

Why is our shake better than others?

1. A unique, concentrated and absorbable blend of proteins processed to remove fat, lactose, carbohydrates and isoflavones to provide pure, concentrated protein. When mixed with milk or soy milk, we provide 20-22 grams of protein, the right mix to burn fat and build lean muscle.
2. Low sodium. Lower than other brands!
3. Contains a serving of whole milk, for bone healthy calcium.
4. Contains a full serving of fruit or vegetable fiber, without gas.
5. Contains digestive aids and enzymes, including prebiotic activity for maximum nutrition absorption.
6. Smells and tastes like cake mix! No grit! No metallic aftertaste.

What's in Vi-Shape®?

1. A unique blend of proteins that work quickly and provide long-lasting nutrition to help you burn fat and build lean muscle.
2. Heart healthy **non-GMO soy protein**. (No Isoflavones)
3. **Fibersol™**, a new patented fiber blend that helps keep you feeling full, providing benefits of fiber without gas that can be caused by other types of fiber.
4. **Aminogen™** to help your body maximize protein and nutrient absorption.
5. **23 Vitamins and minerals**, along with other ingredients that help you burn fat.

SUPPLEMENT FACTS

Serving Size: 2 rounded scoops

Ingredient	Amount	% Daily Value
Calories	90	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	15 mg	5%
Sodium	75 mg	3%
Potassium	125 mg	4%
Total Carbohydrate	7 g	2%
Dietary Fiber	5 g	22%
Sugars	<1 g	
Protein	12 g	24%
Vitamin A		30%
Vitamin C		30%
Calcium		30%
Iron		5%
Vitamin D		30%
Vitamin E		30%
Vitamin K		30%
thiamin		30%
Riboflavin		30%
Niacin		30%
Vitamin B6		30%
Folate		30%
Vitamin B12		30%
Biotin		30%
pantothenic acid		30%
Phosphorus		30%
Iodine		30%
Magnesium		30%
Zinc		30%
Selenium		30%
Copper		30%
Manganese		30%
Chromium		30%
Molybdenum		30%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Saturated Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g
Calories per gram: Fat 9 • Carbohydrate 4 • protein 4		

Other Ingredients: Soy Protein Isolate, Digestive Resistant Maltodextrin (from Fibersol™), Whey Protein Hydrolysate, Whey Protein Concentrate, DiCalcium Phosphate, Sunflower Oil, Natural and Artificial Flavor, Medium Chain Triglycerides, Maltodextrin, Gum Arabic, Xanthan Gum, Sodium Caseinate, DiMagnesium Phosphate, Magnesium Oxide, Soy Lecithin, Mono and Diglycerides, Patented Protease (from Aminogen™), DiPotassium Phosphate, Sucralose, Ascorbic Acid, Vitamin E Acetate, Chromium Amino Acid Chelate, Molybdenum Amino Acid Chelate, Selenium Amino Acid Chelate, Biotin, Vitamin A Palmitate, Niacinamide, Potassium Iodide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Cyanocobalamin, Manganese Sulfate, Cholecalciferol, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Phytomenadione and Folic Acid.

Contains: Milk and Soy

Allergen Warning: Manufactured on equipment that processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

** Daily Value (DV) not established.

ViSalus Vi-Shape® Competitor Comparison

	ViSalus Vi-Shape®	Herbalife Formula 1	Shaklee Cinch (whey)	Monavie RVL	Pharmanex Body	Melaluca Proflex 20	Isagenix Isalean (kosher)	Zii NutriVeda	Slimfast Powder	Myoplex Original	Met RX Original
Cost per serving (powder)	\$1.50	\$1.25	\$3.64	\$2.50	\$3.64	\$1.15	\$3.22	\$3.57	\$1.25	\$3.65	\$3.05
Fat (g)	1	1	2.5	4	2.5	4.5	5	0	3.5	6	2
Saturated Fat (g)	0	0	0.5	1.5	0	1	1	0	0.5	1.5	0
Sodium (mg)	75	140	200	180	180	75	115	Not Listed	140	250	360
Sugar (g)	<1	9	16	7	24	2	16	5	11	1	2
Carbohydrates (g)	7	13	24	29	21	11	27	17	18	22	20
Serving of Fiber ² (>5g)	YES	NO	YES	YES	YES	YES	NO	NO	NO	NO	NO
Grams per serving	5	3	5	12	8	5	4	3	4	3	1
Prebiotic Fiber	YES	NO	YES	NO	YES	YES	NO	NO	NO	NO	NO
Cholesterol % of Daily Value	5%	0%	2%	13%	2%	3%	10%	Not Listed	1%	17%	7%
Cholesterol (mg)	15	0	5	40	5	10	30	Not Listed	5	50	20
Protein ¹ (g)	12	9	16	18	15	20	23	20	2	42	38
Calories Powder	90	90	180	190	160	150	240	153	110	300	250
Calories Mixed in Skim Milk	170	170	270	280	250	240	330	243	200	390	340

1 ViSalus uses a proprietary Tri-Sorb™ protein blend. Some brands use less expensive sources.

2 Fiber and prebiotic fiber can help dieters stay full and support digestive health.

Information obtained in February 2011 from product nutritional labels provided on third-party product websites.

For complete nutrition information consult product labels.

This chart compares vanilla flavored protein powder mixes.

Tri-Sorb™ is a proprietary blend of 3 high-quality proteins, along with digestive enzymes for maximum absorption to support lean muscle.



See how the Vi-Shape® Nutritional Shake Mix stacks up against the nutrition found in everyday foods.










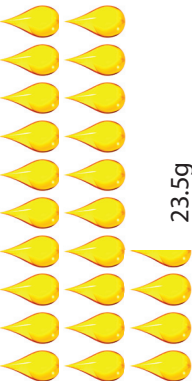







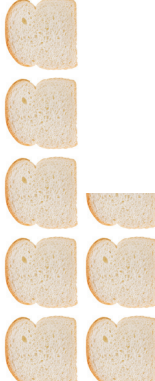
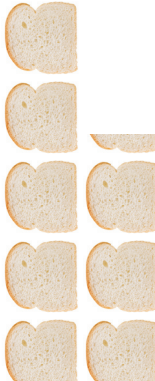
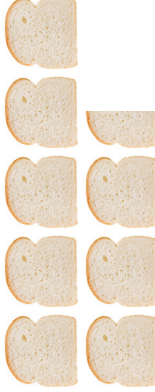
Get balanced, healthy nutrition for a fraction of the cost and time.

**Simple
Nutritious
Delicious**

ViSalus Vi-Shape® Nutrient and Calorie Comparison

1 Serving Vi-Shape® Nutritional Shake Mix in milk (Shake mix = \$1.50)		\$1.85	170
Equivalent nutrients for 1 Serving of Vi-Shape® as found in everyday foods		\$102.94	8,674
Vi-Shape® Shake Nutrients	Food Equivalents	Food Retail Price	Food Calories
Vitamin E	1.5 cups Chopped Broccoli	\$1.48	46
Vitamin D & Protein	13 Whole Eggs	\$2.38	1,014
Vitamin A	5 Medium Peaches	\$4.00	190
Vitamin B12	2.5 Chicken Breasts	\$3.74	355
Calcium (Shake mix without milk)	1.5 cups Frozen Yogurt	\$2.63	390
Magnesium	1.5 cups Bran Flakes	\$0.35	192
Vitamin B6	18 oz. Tomato Juice	\$1.26	93
Folic Acid	1.5 cups Shredded Romaine Lettuce	\$1.79	12
Zinc	5 oz. Cheddar Cheese	\$3.68	565
Niacin	3 cups Cooked Lima Beans	\$3.24	570
Pantothenic Acid	15 Slices Whole Wheat Bread	\$0.94	975
Riboflavin	20 Spears of Asparagus	\$3.99	20
Selenium	1 cup Brown Rice	\$0.82	216
Copper	2 cups Sliced Mushrooms	\$4.98	30
Chromium	30 Apples	\$27.00	1,900
Manganese	5 cups Chopped Celery (~10 stalks/whole)	\$16.90	70
Molybdenum	3.5 Medium Tomatoes	\$5.25	77
Digestive Enzymes	3 Pineapples	\$11.97	1,359
Fiber	30 Prunes	\$6.54	600
Total		\$102.94	8,674

ViSalus Vi-Shape® Breakfast Comparison

	Vi-Shape®	McDonalds	Starbucks	Jamba Juice
	1 Serving Shake Mix with milk, fruit, and Strawberry Mix-In	McMuffin Meal, Coffee, Small OJ	Coffee, Bagel, Small OJ	Protein Berry Smoothie
Cost	\$2.50	\$5.94	\$7.95	\$5.25
Calories	225	610	810	480
Sugar	 13g (from milk and strawberries)	 44g	 44g	 85g
Sodium	 205mg (75mg from Shake Mix)	 1,260mg	 818mg	 170mg
Fat	 1g	 23.5g	 11.6g	 1.5g
Fiber	 9g	 Less than a serving	 Less than a serving	 7g
Carbohydrates	 31g (only 7g from Shake Mix)	 90g	 99g	 101g

ViSalus Vi-Shape® FAQ

1. What is unique about the Vi-Shape® Nutritional Shake mix?

There are so many unique benefits, and ingredients, so here are a few:

- a. It tastes amazing. We call it the “Shake mix that tastes like a cake mix”. If you do a blind taste test vs. other shakes, you’ll see that many have either a gritty texture, can have a bitter or metallic after taste that lingers. Other shakes can smell bitter, or like chemicals. Ours is different because of the unique, high quality ingredients that we use.
- b. Our shake is lower in sodium, fat, and carbohydrates than other shakes. Many companies will use sodium to make the bland ingredients taste better, fat to make flavor carry, or add sugar to mask bitter notes. You can see from our comparison chart that we surpass the competition, due to our high quality.
- c. Our shake is diabetic friendly. Many shakes use sugar, fructose, or other sweeteners that can spike blood sugar. This may result in low energy, hunger, and more. Ours has no added sugar, and is diabetic friendly.
- d. We use 3 specially processed proteins. This provides fast, and long lasting hunger control, and can also help maintain lean muscle while targeting fat. Our shake has been specially processed to remove lactose, remove fat, remove carbohydrates, and remove isoflavones from the soy that can impact estrogen. Therefore, body builders, those sensitive to hormones can use our shake.
- e. We include ingredients that other shakes don’t. We include digestive enzymes to help maximize protein absorption, prebiotics to support the bodies detox process and digestive health, vitamins, minerals, calcium, and more.
- f. Affordability. There is simply no other shake that matches what we offer, for the price! By having a shake a day you can not only help fuel your body with powerful nutrients, but you can save money too.

2. What are the primary benefits of the Vi-Shape shake mix?

- › The shake mix provides complete nutrition – fast
- › Helps control appetite
- › Provides bone-healthy calcium
- › Provides heart healthy, low fat protein
- › Helps promote & maintain lean muscle mass
- › Supports protein digestion and nutrient absorption
- › Helps support healthy energy levels while cutting calories
- › Provides non-gassy fiber benefits for digestive health
- › Includes two unique fibers for health, and for hunger control
- › Supports a low glycemic lifestyle
- › Supports healthy metabolism
- › Gluten free. Lactose free. Low sodium, diabetic friendly. Low sugar. Tastes amazing!

3. How does the Shake help me lose or maintain weight?

The shake can help you lose, or maintain weight depending on how you use it. To lose weight, we recommend using it in place of 2 meals per day, along with sensible snacks (like the ViSalus Nutra-Cookie™), and meal. You can use it for any 2 meals. To maintain weight, we recommend that you have 1 shake per day, and ideally for breakfast. Why is this?

Well, if we compare the shake blended with non-fat milk (or soy milk or rice milk) and fruit, the shake will provide 20-25 grams of protein, a full serving of fiber, calcium, prebiotics, digestive enzymes, vitamins, minerals, and more, all for around 240 calories. If we compare that to an ‘average’ breakfast of a bagel with cream cheese, small orange juice and coffee with non-fat milk, you can see we provide more nutrition for less calories. The ‘average’ breakfast can add up to around 720 calories, and a whopping 880mg of sodium. So by having a shake, you’ll fuel your body, help keep your blood sugar level, and save calories to help you keep the weight off. We also recommend it for those people that don’t eat breakfast (almost 40% of adults don’t eat breakfast). By not eating breakfast, the metabolism can slow and you may end up eating more calories per day while slowing the body’s fat burning

ViSalus Vi-Shape® FAQ

system. Your body is like a car, it cannot run without fuel and it cannot be 'trained' to do without. So the shake once a day helps keep the metabolism going, keeps you energized, and helps cut calories. Twice a day and you'll see greater results.

And we also recommend Vi-Slim® to help burn calories without jittery feelings or stimulants, and Vi-Trim® added to the shake to help keep hunger at bay. These two products add powerful added support and can be bought separately, or as part of the Body by Vi™ Transformation kit.

4. Can the shake help me gain weight?

Absolutely! For those who want to gain weight, or even add muscle, the Vi-Shape™ Nutritional Shake mix can help. Simply add a shake as a beverage with any meal, or use between meals. For those who exercise, having a shake mixed in water within 30 minutes of finishing a workout will find that it may help the muscles recover easier.

5. Is it nutritionally sound? Is it safe?

The shake is nutritionally very sound, and based on incredible science. It is based on healthy nutrition, and getting the daily requirements your body needs to feel healthy. However, those who are pregnant or lactating, gastric bypass patients, ulcer patients, and anyone known to have a medical condition should consult a physician prior to taking this product or any nutritional supplement.

6. Can I use only water for the shake?

The shake was designed to mix in water as a healthy snack, for after a work out, or to be mixed in milk/soy milk as a healthy meal (milk and soy milk provide more protein, and more calories). The goal is to not cut too many calories, or the body can feel that it is in starvation mode and slow the metabolism further. The U.S. government recommends that we consume a minimum of 1,200 calories per day. So if you do use the shake mixed in water, you may want to use 3 scoops instead of 2, or make sure you have a Nutra-Cookie along with the shake mixed in water to provide adequate calories.

7. I've tried other shakes, and they don't taste as good. Why is that?

Our formula uses the highest quality proteins available today, and we worked very hard to ensure it would taste great. This is because we believe in proper nutrition. It's our company philosophy to make the best products we can.

8. Why soy protein? Does it impact estrogen?

Soy is an excellent source of protein that delivers healthy heart benefits. Regular consumption of soy has been linked to helping reduce c-reactive proteins in the body, which benefit a healthy heart. Our soy protein is non-GMO (non Genetically Modified). It has been specially processed to remove the isoflavones, which are the active compound in soy that can affect estrogen.

9. Who should take this product?

Anyone interested in losing or maintaining weight, or who want to balance their daily nutrition with a perfect meal. We encourage those on serious medications, women who are pregnant or lactating, or those who are not in good health to consult a physician before starting our program, or any weight management program or nutritional supplement. The shake (with your doctor's permission) is safe to use 1 scoop for children 4-12 for additional protein.

10. Why are the proteins unique?

Our proteins are high quality, concentrated forms of nutritional protein. They have been specially processed to remove fat, remove lactose, and remove carbohydrates. We also removed the isoflavones from the soy, to alleviate estrogenic activity concerns. This special processing leaves a purely great-tasting shake mix. This is why we call it "the shake mix that tastes like cake mix.™"

ViSalus Vi-Shape® FAQ

11. How many can I drink or use per day?

We recommend 1–2 servings per day of each product. However, you can take up to 3 packets of the Vi-Trim®, and you can use the shake for all meals if you desire. We recommend no more than 4 tablets of the Vi-Slim® per day.

12. Why artificial sweeteners?

We use sucralose for taste, and also to keep our products diabetic friendly. It is unfortunate that there is so much confusion and misinformation about sweeteners. Sweeteners have received bad press, primarily because of aspartame, which degrades when heated (it is safe when cold) and tastes bad. People that are allergic to artificial sweeteners tend to be allergic to aspartame.

Sucralose has been found safe both in hot and cold applications, and has had over 110 peer reviewed studies completed. This is why Sucralose has been approved by over 80 countries globally. I like to say that many people feel the FDA approved drugs too easily (i.e. Vioxx, Phen Phen), so that if you trust other countries more (several globally are more stringent), then looking abroad is a good benchmark as well. We use a very small 0.03 grams per serving, which is about 1/3 of the amount in a diet cola.

We know that several people would prefer we use Stevia or Xylitol because they are natural. Xylitol is a natural sugar alcohol. Unfortunately it causes diarrhea in approximately 20% of the population! To get the same amount of sweetness in NEURO, we would need about 1 tablespoon, which can be toxic or fatal to a 40 pound dog. It also has not been approved globally.

Stevia is a sweetener derived from a plant. It has only recently been approved in the U.S., and is still in process of being reviewed globally. There have been some concerns on liver toxicity, and so there may be more studies needed. The manufacturers of Stevia have recently published some safety data, and many countries are now re-looking it as a sweetener. It does impart a licorice type flavor, that some people do not like. We have been trying to work with stevia in some new formulations, but are struggling to make them taste good.

I've been asked a lot about agave recently. Agave is nothing more than high fructose syrup...about 90% fructose. Fructose has many properties but one bad one is that it increases appetite and this is exactly opposite of what we want in a weight management product.

We do strive to make our formulas as natural as possible, while balancing taste, texture, safety, efficacy and stability. We are looking at some promising natural sweeteners coming on the market (there is one from Japan that is very promising). Our hope is that we will be able to replace sucralose to alleviate those concerns, but for now have not found a suitable substitute that tastes as good, has as much research, and has global approval.

13. Why one flavor?

Our Sweet Cream flavor was designed to be mixed with fruit, yogurt, juice, or even into oatmeal if you want to add more protein to your diet! We also have our Shape-Up™ Health Flavors Mix-Ins, to help add flavor and nutritional benefits to the shake. Other companies may make you buy multiple canisters of product, which just sits there on your counter. We wanted to help control costs, and add fun to your day with our Health Flavors. Be sure to look in our program guide for many recipes to create nutritious and flavorful shakes! Or, add in our Health Flavors, use one, or create your own mixture of 2 or more for on the go variety.

14. Why a shake powder mix, and not ready to drink in a can?

The powder provides the best opportunity for you to mix it as you like, into non-fat milk, flavored or plain soy milk, low fat/low sugar yogurts, cottage cheese, or water.



“Awaken” your metabolism and help your body burn fat naturally!

A sluggish metabolism can occur when you cut food intake, yo-yo diet, lack exercise, and even happens with aging.

Vi-Slim® Metab-Awake Tablets offer a healthy boost to your metabolism that will burn fat and promote lean muscle mass without leaving you jittery. You can increase your daily amount of calories used by as many as 85–125 calories, which equates to about 10–15 pounds of weight per year.

Why is our formula better than others?

1. Ephedra and stimulant free. Won't cause jitters that other brands can.
2. Helps your body's natural fat burning process.
3. Can help you lose up to an extra 10–15 pounds per year.
4. Can be used to lose or maintain weight.
5. Contains Yerba Mate extract, a powerful herbal antioxidant.

What's in Vi-Slim®?

1. Proprietary Ephedra-free formula.
2. Contains the only patented, clinical research validated form of **Coleus Forskohlii** extract in the world! This patented phytonutrient extract has been clinically proven to help promote lean body mass, and enhance mood.
3. **Yerba Mate** and **Cocoa Extract** to get your metabolism running, suppress appetite, and enhance mood.
4. **Green Tea** for natural extra fat burning!
5. **ForsLean™** clinically proven to burn fat and promote lean muscle mass
6. **Chocoamine™**, a cocoa extract that helps boost your metabolism and increase energy
7. **Evodiamine extract** increases metabolic rate and helps burn fat.

SUPPLEMENT FACTS

Serving Size: 2 tablets

Ingredient	Amount	% Daily Value
Herbal Blend	900 mg	*
Theobroma Cocoa Extract, Green Tea Extract, Coleus Forskohlii Extract (Forslean®)**, Yerba Mate Extract, Evodiamine (Evodiae Fructus, Evothin™***)		

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Magnesium Stearate, Silicon Dioxide And Cellulose (Coating).

Directions: Take 2 tablets twice per day to lose weight or once per day to maintain weight. Take tablets with water or your favorite beverage. Do not exceed more than 4 tablets per day within a 24 hour period.

Keep in a cool dry place. Keep out of the reach of children

* Daily Value (DV) not established.

**ForsLean is a registered Trademark of Sabinsa Corporation. Patent #5,804,596

*** Evothin™ Evodiamine 98%.

Did you know...

Men can eat more food, and lose weight more quickly than women, because they have more muscle. Healthy women have at least 5-10% more fat than men, making it harder for us to lose weight. Each pound of muscle burns 35-50 calories per day, versus a pound of fat burning 7 calories. Women as a result also tend to have lower bone density. So it is important to exercise when dieting, so that we burn fat, maintain or increase our lean muscle mass and improve our overall health.

ViSalus Vi-Slim® FAQ

1. What are Vi-Slim® Supplements?

Vi-Slim® is our proprietary, specially designed supplement to support a healthy metabolism. While exercise may be a good way to boost our metabolism and help the body burn fat, the majority of adults do not have the time to do strenuous exercise. And, as we get older our metabolism may slow. ViSalus created a supplement that can help you boost your metabolism to help the body burn fat. While other products on the market use harsh stimulants, or high levels of caffeine, ViSalus does not. Vi-Slim combines herbs and ingredients to help your body burn fat, naturally. By adding Vi-Slim, you can help your body burn an extra 85-125 calories per day. While this may sound slow, it can add up to an extra 10-15 lbs. of fat loss per year!

2. What are the ingredients in Vi-Slim® that are in the product that are so unique?

- » Clinically proven ForsLean™ (Coleus Forskohlii) burns fat and promotes lean muscle mass. Well-known Ayurvedic herb.
- » Yerba Mate extract which suppresses appetite, stimulates energy release and enhances mood. Powerful herbal antioxidant.
- » Chocoamine™ a cocoa extract that helps boost your metabolism, improve your mood and increase your energy—naturally!
- » Green Tea Extract for thermogenic activity (burns calories)
- » Evodiamine extract (Evodia fructus) increases metabolic rate and helps burn fat. Well-known Chinese herb.
- » Non-Jittery Proprietary Formula – No added caffeine, no dangerous or harsh stimulants.

3. What are the primary benefits of Vi-Slim®?

- » It helps your body burn fat
- » Boosts your thermogenic system
- » Helps wake up a tired metabolism
- » Supports healthy blood sugar levels
- » Supports natural insulin function
- » Supports energy while dieting
- » Promotes lean muscle mass
- » Has antioxidant properties
- » Helps inhibit fat production

4. Who can use Vi-Slim®?

As with all products, we recommend that if you are pregnant or lactating, are a minor or child, have a serious medical condition such as cardiovascular disease, or have had a gastric bypass, that you speak to your physician before using this or any weight loss or nutritional supplement product. The products are intended to be used by many people. We do not recommend children under 18 needing the Vi-Slim® metabolism booster, as they tend to have very active metabolisms as they are growing.

5. How many can I take per day?

Take 1–2 tablets, once to twice per day. Do not exceed 4 tablets per day. Taking more than the maximum will not add additional benefits. If you experience gas, or stomach rumbling, this is normal. However, if you want, you can build up to the 4 tablets per day starting with 1 tablet twice per day for a week, then moving to 4 tablets.



Take hold of your hunger.

Curbing hunger while trying to diet and cut calories can be a challenge. This product conveniently comes to the rescue any time those hunger pangs begin, giving you a natural solution to the stress of dieting. No more fighting hunger alone; now you have a proven product to help you fight the snack attacks when you want to.

Vi-Trim mixes clear, and is virtually flavor free and odorless! Mix this powder into water or your favorite beverage to help calm hunger between meals, or mix into your Vi-Shape® Nutritional Shake Mix or foods like soup.

Why is our formula better than others?

1. Patent-pending blend calms hunger and assists in managing stress of dieting.
2. Contains patented, high quality ingredients clinically proven to help with weight loss.
3. Natural formula that won't affect the taste of your favorite beverages or foods.

What's in Vi-Trim®?

1. Patent-pending herb blend that mixes clear, and won't alter the flavor of beverages or foods.
2. **ChromeMate™** – A globally patented chromium complex that plays an important role in proper insulin function, maintenance of healthy blood sugar and cholesterol levels, normal energy production, and promotion of healthy body weight.
3. **CitraMax™** – An all natural, safe, and effective plant extract derived from *Garcinia gambogia* which has been clinically proven to suppress appetite, and inhibit fat production.
4. **PEA** – Assists in managing the stress of dieting, which can affect your mood.
5. **Carnitine** – Derived from an amino acid, it helps with energy production which can help you lose weight.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
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SUPPLEMENT FACTS

Serving Size: 1 packet (4.2g)

Ingredient	Amount	% Daily Value
Calcium (as hydroxycitrate)	85 mg	8%
Chromium (as polynicotinate)†	200 mg	167%
Potassium (as hydroxycitrate)	130 mg	3%
Garcinia cambogia (fruit) Extract‡	1000 mg	**
(-) Hydroxycitric Acid	600 mg	**
Acetyl-L-Tyrosine	125 mg	**
Carnitine (as carnitine fumarate)	125 mg	**
PEA (as phenylethylamine)	75 mg	**
L-Theanine	25 mg	**

Other Ingredients: Maltodextrin, natural flavor.

Directions: Add 1 packet to 8–12 ounces of your favorite beverage. Consume 1–3 servings daily.

Keep in a cool dry place. Keep out of the reach of children.

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

** Percent Daily Values (%DV) not established.

Super Citrimax® and ChromeMate® are trademarks of InterHealth N.I.

† ChromeMate® brand niacin-bound chromium (U.S. Patents 4,923,855, 4,954,492 and 5,194,615).

‡ Super Citrimax® brand (-)hydroxycitric acid (U.S. Patents 6,160,172, 6,395,296, 6,875,891 and worldwide patents pending).

Did you know...

37% of us confuse being thirsty with being hungry.

Mild dehydration can slow one's metabolism by 3%.

75% of Americans are dehydrated!

It takes 20 minutes for the brain to signal to your body that it is full. Slow down while eating, and you'll feel full with fewer calories.

Eating with friends can make you eat more! Sharing a meal with 2 friends results in an average 50% more calories being consumed. Dine with 7 or more friends, and you'll eat 2 times as much as you normally would! So enjoy eating out, but focus on the fun, be aware of this fact, and your eating habits will become healthier!

ORDER NOW
WWW.VISALUS.COM

ViSalus Vi-Trim® FAQ

1. What is the Vi-Trim® Clear Control Drink Mix?

Vi-Trim® helps calm hunger between meals, and can help prevent you from going off the program due to hunger. It is excellent between meals, or mixed into the shake for added hunger control. Traveling? Now you don't need to worry about buying sugary snacks or high sodium snacks on air planes or on the road. Simply mix Vi-Trim® into ViSalus NEURO™, the shake, or any beverage for extra support. This unique powder drink mix dissolves clear, and won't alter the taste of foods. It can be mixed into soups, cereals, or beverages. This is so unique, and so powerful, we filed a patent-application!

2. What are the primary benefits of Vi-Trim®?

Helps calm hunger between meals

Helps alleviate the stresses of dieting

Supports healthy blood sugar levels

Boots your body's natural metabolism and excretion of fat

3. What are the key ingredients in the Vi-Trim® Hunger Control drink mix?

- » Patent-pending formula to help control hunger, with
- » PEA to help manage the stress of dieting.
- » Patented form of Garcinia gambogia, clinically proven to suppress appetite and inhibit fat production.
- » Patented form of chromium clinically proven to help maintain healthy blood sugar levels, assist in energy production and promote healthy body weight.
- » L- Carnitine, derived from an amino acid, to help with energy while you lose weight.
- » L-Theanine helps with anxiety.
- » Acetyl-L-tyrosine for mood, to help make dieting easier.

4. Who can use the Vi-Trim®?

As with all products, we recommend that if you are pregnant or lactating, are a minor or child, have a serious medical condition such as cardiovascular disease, or have had a gastric bypass, that you speak to your physician before using this or any weight loss or nutritional supplement product. The products are intended to be used by many people. The Vi-Trim® for calming hunger (with your doctor's permission) may be used by teenagers.

5. How many can I take per day?

Vi-Trim® can be used 1-3 times per day. We don't recommend more than that, as we want to be sure that we do not curb hunger too much and then cut calories below healthy levels.



The ViSalus Nutra-Cookie™ is more than your ordinary protein snack, it is packed with nutrition to help your body support a healthy immune system, a healthy digestive system, a healthy heart, while fueling your body with energizing protein, fiber & other nutrients to keep you feeling full. Ideal for anyone who wants a healthy snack on the go or a boost of energy for the day ahead! Our Nutra-Cookie™ can also be a nutritious and delicious mini meal the whole family can enjoy.

Great as a Snack: Eat one Nutra-Cookie™ for a delicious protein snack with fiber to help keep you from feeling hungry between meals. It's the perfect on the go snack!

Meal Replacement: Eat two Nutra-Cookies™ in place of a meal or have one Nutra-Cookie™ with a delicious Vi-Shape® Nutritional Shake mixed with water. For added weight management support add Vi-Slim® to help boost your metabolism and Vi-Trim® to help you control hunger.

What Makes It Different?

Our cookie has 9 grams of a proprietary Tri-Sorb™ protein system designed to curb your appetite and control your hunger. A patent pending blend of proteins and branch chain amino acids are helpful for immune support and muscle health; and to support the di-sulfide bridge for cellular protein absorption.

What's in the ViSalus Nutra-Cookie™?

- 9 grams of our proprietary Tri-Sorb™ protein system
- 2.2 Servings of Fruit and Vegetable Antioxidants
- 5 grams of Fiber with Feeling of Fullness Benefits
- Prebiotics & Fiber for Digestive Health
- Non-GMO Soy (cultivated without biotechnology), specially processed to remove isoflavones



Who can eat the cookie?

The Whole Family: Great for fighting those pre-dinner cravings.

Kids: They may think it's a yummy treat, yet it is healthy and sustaining.

Sports Enthusiasts: Provides pre-workout fuel, nutrients and protein to sustain your energy levels and post-workout and can speed up recovery time.

Dieters: Sustain your appetite with a full serving of fiber.

Health Conscious: Those who want a healthy snack without wasting calories eating empty foods.

NUTRITION FACTS

Oatmeal Raisin Nutra-Cookie™

Serving Size: 1 Cookie

Ingredient	Amount	%DV	Ingredient	Amount	%DV
Calories	150		Sodium	140 mg	6%
Calories from Fat	45		Total Carbohydrate	20 g	7%
Total Fat	5 g	8%	Dietary Fiber	5 g	20%
Saturated Fat	0 g	3%	Sugars	13 g	
Trans Fat	0 g	0%	Protein	9 g	
Cholesterol	0 mg	0%			

Vitamin A 0%

Calcium 45%

Vitamin C 4%

Iron 8%

Ingredients: Raisins, Brown Sugar, Canola Oil, Soy Protein Concentrate, Whey Protein Concentrate, Oats, Sugar, Enriched Inulin, Whey Protein Concentrate Crisps, Water, Calcium Carbonate, Whole Wheat Flour, Cinnamon, Sodium Bicarbonate, Salt, Vitaberry (Grape Powder, Grape Seed Extract, Wild Blueberry Powder, Wild Blueberry Extract, Raspberry Powder, Raspberry Extract, Cranberry Powder, Prune Powder, Tart Cherry Powder, Wild Bilberry Powder, Wild Bilberry Extract, Strawberry Powder, Silica Dioxide), Vitaveggie (Broccoli Powder, Broccoli Sprout Concentrate, Tomato Powder, Carrot Powder, Spinach Powder, Kale Powder, Brussel Sprout Powder, Onion Extract, Corn Starch, Lecithin), Potato Extract.

Contains: Soy, Milk, And Wheat (Gluten).

Chocolate Chip Nutra-Cookie™

Serving Size: 1 Cookie

Ingredient	Amount	%DV	Ingredient	Amount	%DV
Calories	150		Sodium	120 mg	5%
Calories from Fat	50		Total Carbohydrate	19 g	6%
Total Fat	6 g	9%	Dietary Fiber	6 g	22%
Saturated Fat	1.5 g	6%	Sugars	11 g	
Trans Fat	0 g	0%	Protein	9 g	
Cholesterol	5 mg	2%			

Vitamin A 0%

Calcium 30%

Vitamin C 0%

Iron 6%

Ingredients: Oats, Chocolate Chips (Sugar, Processed Cocoa, Cocoa Butter, Vanilla, Soy Lecithin), Soy Protein Concentrate, Whey Protein Concentrate, Sugar, Brown Sugar, Canola Oil, Enriched Inulin, Whey Protein Concentrate Crisp, Date Paste, Water, Calcium Carbonate, Resistant Maltodextrin, Vitaberry (Grape Powder, Grape Seed Extract, Wild Blueberry Powder, Wild Blueberry Extract, Raspberry Powder, Raspberry Extract, Cranberry Powder, Prune Powder, Tart Cherry Powder, Wild Bilberry Powder, Wild Bilberry Extract, Strawberry Powder, Silica Dioxide), Vitaveggie (Broccoli Powder, Broccoli Sprout Concentrate, Tomato Powder, Carrot Powder, Spinach Powder, Kale Powder, Brussel Sprout Powder, Onion Extract, Corn Starch, Lecithin), Salt, Sodium Bicarbonate, Natural Flavor, Potato Extract.

Contains: Soy, Milk, And Wheat (Gluten).

Peanut Butter Nutra-Cookie™

Serving Size: 1 Cookie

Ingredient	Amount	%DV	Ingredient	Amount	%DV
Calories	170		Sodium	110 mg	4%
Calories from Fat	80		Total Carbohydrate	15 g	5%
Total Fat	8 g	13%	Dietary Fiber	5 g	21%
Saturated Fat	1 g	5%	Sugars	10 g	
Trans Fat	0 g	0%	Protein	10 g	
Cholesterol	5 mg	2%			

Vitamin A 0%

Calcium 45%

Vitamin C 0%

Iron 8%

Ingredients: Peanut Butter (Peanuts, Salt), Whey Protein Concentrate, Soy Protein Concentrate, Sugar, Water, Enriched Inulin, Whey Protein Concentrate Crisps, Canola Oil, Natural Flavor, Calcium Carbonate, Sodium Bicarbonate, Vitaberry (Grape Powder, Grape Seed Extract, Wild Blueberry Powder, Wild Blueberry Extract, Raspberry Powder, Raspberry Extract, Cranberry Powder, Prune Powder, Tart Cherry Powder, Wild Bilberry Powder, Wild Bilberry Extract, Strawberry Powder, Silica Dioxide), Vitaveggie (Broccoli Powder, Broccoli Sprout Concentrate, Tomato Powder, Carrot Powder, Spinach Powder, Kale Powder, Brussel Sprout Powder, Onion Extract, Corn Starch, Lecithin), Salt, Potato Extract.

Contains: Peanuts, Soy And Milk

*Percent Daily Values are based on a 2,000 calorie diet.

Allergen Warning: Manufactured On Equipment That Processes Products Containing Milk, Egg, Soy, Wheat, Tree Nuts, Peanuts And Peanut Flavor.

ViSalus Nutra-Cookie™ Competitor Comparison

	MLM Brands				Retail Brands				
	ViSalus Nutra-Cookie™	Herbalife Protein Bar Deluxe	Melaleuca Performance	Amway Sport Cookie	Slim Fast Cookie Bar Choc Chip	Clif Bar Oatmeal Walnut	Powerbar Performance	Full Bar Cocoa Chip	Hollywood Cookie Diet
Vegetable & Fruit Antioxidants	YES	NO	NO	NO	NO	NO	NO	NO	NO
Pre-biotic	YES	NO	NO	NO	NO	NO	NO	NO	NO
Immune Support Ingredients	YES	NO	NO	NO	NO	NO	NO	NO	NO
Fullness support ingredients	YES	NO	NO	YES	NO	NO	NO	NO	NO
Full Serving Fiber	YES	NO	NO	YES	NO	NO	NO	NO	NO
Protein	9 g Tri-Sorb™ Blend	10 g	4 g	6 g	2 g	10 g	8 g	5 g	5 g
Carbs	19	15	20	24	19	43	45	31	24
Calories	150	140	150	160	120	120	230	170	150



See how the ViSalus
Nutra-Cookie™ stacks
up against the nutrition
found in everyday foods.

ViSalus Nutra-Cookie™ Nutrient and Calorie Comparison

1 ViSalus Nutra-Cookie™		\$2.42	150
Equivalent nutrients for 1 ViSalus Nutra-Cookie™ as found in everyday foods			
Nutra-Cookie™ Nutrients	Food Equivalents	Food Retail Price	Food Calories
Antioxidants	1/3 cup Blueberries	\$1.49	39
	1/3 cup Brussel Sprouts	\$1.16	30
	1/2 cup Red Grapes	\$1.24	68
Immune Support	1 pound Shiitake Mushrooms	\$15.06	113
	1/8 cup Wheat Flour	\$0.15	96
Fiber and Prebiotics	8 Prunes	\$1.75	160
Protein	3 Egg Whites	\$0.55	51
Calcium	1 1/2 cup Milk	\$0.30	140
Total		\$21.70	697

ViSalus 'Shake-n-Baked' Meal Comparison

Summary:
ViSalus meals are higher in fiber and calcium, and lower fat, carbohydrates, sugar, fat, sodium, and price than many popular lunches. Plus, we have added enzymes, amino acids, antioxidants and other nutrients to support a healthy lifestyle.

	Vi-Shape® Shake Mix in 10 oz. Nonfat Milk	Vi-Shape® Shake in water plus 1 Baked Nutra-Cookie™	2 Baked Nutra-Cookies
Protein	23 g	21 g	18 g
Fiber	1 serv.	2 serv.	2 serv.
Calcium (equal to 1 cup milk)	2 c	2.5 c	5 c
Carbohydrates	22 g	26 g	38 g
Sugar	15 g	11 g	22 g
Fat	2 g	7 g	12 g
Sodium	235 mg	195 mg	240 mg
Calories	200	240	300
Price	\$1.87	\$3.90	\$4.84



COMPARE TO

	Lean Cuisine Baked Chicken & Vegetables	Subway 6" Oven Roasted Chicken Sandwich, Sun Chips, Diet Coke	McDonalds Grilled Chicken Sandwich, Medium Fries, Diet Coke
Protein	20 g	25 g	36 g
Fiber	½ serv.	1½ serv.	1⅓ serv.
Calcium (equal to 1 cup milk)	1/32 c	1/50 c	1/32 c
Carbohydrates	29 g	67 g	99 g
Sugar	5 g	9 g	11 g
Fat	5 g	10.5 g	11 g
Sodium	640 mg	885 mg	1,475 mg (61% daily allowance)
Calories	240	460	800
Price	\$5.99 (netgrocer.com)	\$6.70	\$6.38

ViSalus Nutra-Cookie™ Snack Comparison

	ViSalus Nutra-Cookie™	Chocolate Chip Cookie (large)	Medium Apple	Sun Chips (1 oz)
Calories	150	280	95	140
Protein	9 g	4 g	.05 g	2 g
Fat	6 g	12 g	0.1 g	6 g
Carbohydrates	19 g	40 g	25.1 g	20 g
Sodium	120 mg	220 mg	2 mg	160 mg
Fiber	5 g	1 g	4.4 g	2 g
Antioxidants	Yes	No	Some	No
Immune Support	Yes	No	No	No
Prebiotic	Yes	No	No	No
Calcium (equal to 1 cup milk)	1½ c	None	½ c	None

ViSalus Nutra-Cookie™ FAQ

1. What is the ViSalus Nutra-Cookie™?

The ViSalus Nutra-Cookie™ is a guilt-free 'mini-meal' (snack) that can be used to curb hunger, and fuel your body with protein, antioxidants, fiber, pre-biotics, and more! The rich and chewy cookie is packed with 9 grams of protein, a full serving of 5 grams of fiber, yet tastes like a home-baked treat! It is available in two delicious flavors of Oatmeal Raisin, and Chocolate Chip.

2. What are the benefits of Nutra-Cookie™?

- » Portable, convenient and portion-controlled snack
- » All Natural, with a great taste the whole family can enjoy.
- » Ideal part of a healthy weight management plan.
- » One cookie is a great hunger busting snack to be used between meals.
- » Two cookies, or a shake (in water) and a cookie are great meal alternatives for those days where you don't have time to stop.
- » Supports a healthy digestive and immune system with prebiotic, antioxidants, and fiber, supports a healthy metabolism with power packed protein, healthy antioxidants from fruits and vegetables.
- » Nutrition energy for busy lifestyles, with healthy antioxidant protection from harmful free radicals generated by exercise.
- » Provides low fat protein
- » Helps promote & maintain lean muscle mass
- » Helps support healthy energy levels while cutting calories
- » Provides fiber benefits for health protection
- » Supports healthy metabolism

3. Why were the cookies developed?

The ViSalus Nutra-Cookie™ was designed to be a healthy between meal snack for those on either our Body by Vi™ Weight Loss Challenge, or for those who simply want a healthier snack to help curb hunger. Eating healthy snacks between meals can help support healthy metabolism, and curb hunger so you can stick to your weight management program and lose weight. The cookies are also great alternatives to higher sugar, lower quality snacks that many adults and children eat today.

4. Are the cookies kosher?

Yes, the cookies are certified OU-D kosher.

5. Can the cookies be used by pregnant, lactating, or nursing mothers?

Yes, the cookies may be consumed by pregnant women or nursing mothers.

6. Can children use the cookies?

Yes children can eat the cookies.

ViSalus Nutra-Cookie™ FAQ

7. How do I use the cookies? What is the serving size?

One cookie is 9 grams of protein, a serving of fiber, a serving of fruit & vegetable antioxidants.
Each cookie is 150 calories.

- a. **Snack:** One cookie is a great, on the go snack! Eat between meals to help you feel full and satisfied.
- b. **Meal:** Eat two cookies in place of a meal, or have one cookie with a delicious Vi-Shape® Nutritional Shake mixed with water. By doing this you are getting between 18-20 grams of protein.

8. What is Tri-Sorb™ Protein?

Tri-Sorb is our unique blend of proteins, designed to be absorbed into the body to fuel your day. Our blend includes non-GMO soy protein (not genetically modified or bio-engineered). The soy was specially processed to remove the isoflavones, to alleviate concerns about impacting estrogen levels. We use soy because it is a complete protein, and is heart healthy too. We also use a combination of whey proteins. These proteins help you feel full, and help your body maintain healthy blood sugar levels.

9. What is the price? How does this compare to other products on the market?

There simply is no other product like the ViSalus Nutra-Cookie™, so it is hard to compare it!

Our cookie is priced at \$34.00 per box of 14 cookies, or \$2.42 per cookie. When you purchase 4 boxes for \$125.00 (as part of DS qualification) the price is now \$2.23 per cookie. The 'average' snack cookie is about \$1.79, but does not have the antioxidant, pre-biotic and fiber, or the same type or quality and amount of protein. Many cookies on the market are also higher sugar, higher carbohydrate. So when comparing the nutrition, ours simply can't be beat!

10. What's the best place to store the cookies?

To ensure the best quality, store unopened packages in a cool, dry location. As with any cookie, heat, humidity, exposure to air, and leaving the cookie package open can affect its quality. Our cookies last up to one-year in unopened packets.

11. Who should use this product?

Anyone interested in losing or maintaining their weight, and those who want a good alternative to sugary snacks or high carbohydrate/low nutrition foods.

12. How many can I have per day?

If you are on the Body by Vi™ Challenge, or trying to lose weight, then having 1-2 per day between meals is the recommended amount. If you are already at your ideal weight, or just want great nutrition, then you can have more but just need to keep in mind how many calories you are eating per day in order not to gain weight.

13. What are the cookie flavors?

Nutra-Cookies™ are available in two of the most popular flavors: Oatmeal & Raisin and Chocolate chip.



Shape-Up™ Health Flavor Mix-Ins



**Strawberry
Phyto
Power**

**Banana
Energy
Charge** 

**Orange
Everyday
Defense**

**Peach
Complexion
Care**

**Chocolate
Cardia
Care** 

Healthy Variety

ViSalus Sciences® offers the utmost in flavor, fun, and convenient nutrition with our patent-pending Shape Up™ Health Flavor Mix Ins! Getting unique flavors and having variety has never been so healthy, or so much fun before!

Our patent-pending Health Flavors allow you to enjoy Vi-Shape® Nutritional Shake Mix and have an affordable abundance of flavors with concentrated health benefits. No more buying 3 or 4 canisters of flavored shake mixes! Simply buy our Health Flavor Mix-ins and add them to your Vi-Shape® Shake for fun and healthy flavor on-the-go.

Mix and match ViSalus Health Flavors for fun, flavor! Add Health Flavors to cereal, oatmeal, milk, pudding, ice cream, coffee or other foods for healthy flavorful nutrition on the go.

Did you know:

Phytonutrients are certain organic compounds of plants and foods that help promote health and have potent medicinal properties. There are abundant epidemiological studies that suggest phytonutrients or phytochemicals from fruits and vegetables have strong health protective properties. Phytochemicals have been used for hundreds of years. For example, Hippocrates in 400 BC used willow tree bark to help with fevers.

Polyphenols are also organic compounds of plants and foods that help promote health. They were briefly known as "Vitamin P" because of their healthy benefits. Research indicates that polyphenols have antioxidant properties that may help reduce the risk of cardiovascular disease and cancer. They have also been investigated as a source of additional health benefits.

5 Great Flavors!

Strawberry Phtyo-Power

Packed with Phytonutrients, the powerful active parts of fruits, vegetables and plants. Once known as "Vitamin P", phytonutrients have many health protective properties. Each packet of Strawberry Phyto-Power has the equivalent of almost 50 strawberries of power. It tastes like a handful of rich, fresh strawberries, and includes wild blueberry, cherry, raspberry powder, grape seed extract and more.

Banana Energy Charge



Boost your energy with healthy, fresh tasting ingredients. Blended with Guarana that can provide a lift that lasts, and Green Tea which supports alertness combined with Siberian Ginseng and Cordyceps to help support stamina. Banana Energy Charge tastes like a fresh banana picked right off the tree!

Orange Everyday Defense

Supports a healthy immune function. Our unique formulation contains Astragalus Extract to support healthy immune system response, Turkey Tail, a unique mushroom with beneficial properties, Glisodin, a special melon extract, and OptiZinc®* (a highly bio-available form of zinc) to help support a healthy detoxification process.

*OptiZinc® brand Zinc Monomethionine (U.S. Patent 4,764,633) or OptiZinc® is a trademark of InterHealth N.I.

Peach Complexion Care

Promotes healthy, vibrant skin that glows from the inside out. A combination of Glucosamine Sulfate, Collagen and Biotin help provide healthy structure together with Grape Seed Extract and Pine Bark Extract promote healthy skin. Taste the creamy peach, with a hint of mango and passion fruit and Peach Complex Care can help you look and feel younger!

Chocolate Cardia Care



A concentrated blend of polyphenols from rich dark chocolate that have healthy heart benefits. Polyphenols are a potent form of antioxidants. Chocolate Cardia Care has the benefits of 6-8 bars of dark chocolate. It is creamy, rich, decadent chocolate flavor without the guilt.

SUPPLEMENT FACTS

Strawberry Phyto Power

Serving Size: 1 packet

Ingredient	Amount	% Daily Value
Proprietary Antioxidant Fruit Blend (Provides 2500 ORAC Units***)	650 mg	**
Strawberry Extract (2% Ellagic Acid), Wild Blueberry Powder, Cherry Powder, Orange Powder, Raspberry Powder, Strawberry Powder, Cranberry Powder, Grape Seed Extract		
Calories	4	
Calories from Fat	0	
Total Fat	0 g	0%
Total Carbohydrate	1 g	<1%
Dietary Fiber	0 g	0%
Protein	0 g	0%

Other Ingredients: Natural and artificial strawberry flavors, and maltodextrin.

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, gluten, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

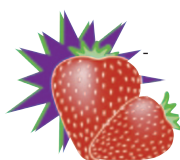
Settling may occur. Keep in a cool dry place.

*Percent Daily Values are based on a 2,000 Calorie diet.

** Daily Value (DV) not established.

*** ORAC

Oxygen Radical Absorption Capacity



SUPPLEMENT FACTS

Banana Energy Charge

Serving Size: 1 packet



Ingredient	Amount	% Daily Value
Proprietary Health Flavor Blend	250 mg	**
Dicaffeine Malate, Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Guarana Extract (<i>Paullinia cupana</i>) (seed), Eleuthero Extract (<i>Eleuthero senticosus</i>) (root) and Cordyceps (<i>Cordyceps sinensis</i>) (whole)		
Calories	10	
Total Carbohydrate	3 g	1%

Other Ingredients: Natural and artificial flavors, banana powder, maltodextrin, beta carotene (color) and silicon dioxide.

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, gluten, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

Settling may occur. Keep in a cool dry place.

There is 75 mg of caffeine per serving. This is less than a cup of regular coffee.

Not recommended for children, pregnant women, people sensitive to caffeine or people who are taking blood thinning medication.

*Percent Daily Values are based on a 2,000 Calorie diet.

** Daily Value (DV) not established.



SUPPLEMENT FACTS

Orange Everyday Defense

Serving Size: 1 packet

Ingredient	Amount	% Daily Value
Zinc (as monomethionine)†	5 mg	33%
Proprietary Health Flavor Blend	575 mg	**
Arabinogalactan, Melon Extract (<i>Cucumis melo</i>) (fruit) (superoxide dismutase bound with gliadin (wheat))‡, Astragalus Extract (<i>Astragalus membranaceus</i>) (leaf) and Turkey Tail Extract (<i>Coriolus versicolor</i>) (aerial).		
Calories	10	
Total Carbohydrates	3 g	1%

Other Ingredients: Natural and artificial flavor, orange juice powder, maltodextrin, tricalcium phosphate and beta carotene (color). Contains wheat.

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, gluten, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

Settling may occur. Keep in a cool dry place.

† OptiZinc® brand zinc monomethionine (U.S. Patent 4,764,633)

OptiZinc® is a trademark of InterHealth N.I.

‡ Isocell SA, France is the owner of U.S.

Patent Nos. 6,045,809 and 6,426,068B1 and trademark for GliSODin®

*Percent Daily Values are based on a 2,000 Calorie diet.

** Daily Value (DV) not established.



SUPPLEMENT FACTS

Peach Complexion Care

Serving Size: 1 packet

Ingredient	Amount	% Daily Value
Biotin	300 mcg	100%
Proprietary Health Flavor Blend	590 mg	**
Glucosamine Sulfate, Type II Collagen, Grape Seed Extract (<i>Vitis vinifera</i>) (seed), Pomegranate Extract (<i>Punica granatum</i>) (fruit) and Pine Bark Extract (<i>Pinus maritima</i>).		
Calories	10	
Total Carbohydrate	3 g	1%

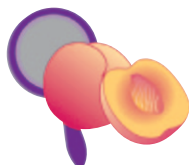
Other Ingredients: Natural and artificial flavor, maltodextrin, peach powder, passion fruit powder, beet juice powder (color) and beta carotene (color).

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, gluten, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

Settling may occur. Keep in a cool dry place.

*Percent Daily Values are based on a 2,000 Calorie diet.

** Daily Value (DV) not established.



SUPPLEMENT FACTS

Chocolate Cardia Care

Serving Size: 1 packet



Ingredient	Amount	% Daily Value
Cocoa Polyphenols (from Theobroma cacao L.)	150 mg	**
Calories	8	
Calories from Fat	0	
Total Fat	0 g	0%
Total Carbohydrate	2 g	<1%
Dietary Fiber	0.5 g	2%
Protein	0.5 g	<1%

Other Ingredients: Dutch processed cocoa, cocoa polyphenols (from Theobroma cacao L.), natural and artificial chocolate flavor, and maltodextrin.

Allergen Warning: Manufactured on equipment which processes products containing milk, egg, soybeans, gluten, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

Settling may occur. Keep in a cool dry place.

*Percent Daily Values are based on a 2,000 Calorie diet.

** Daily Value (DV) not established.



ViSalus Shape-Up™ Health Flavor Mix-Ins FAQ

1. The Vi-Shape Nutritional Shake mix tastes great and mixes with so much—why do I need Health Flavors?

Shape-Up™ Health Flavor Mix-Ins add more than just 'flavor' to the Vi-Shape® nutritional shake mix. They also provide important nutrients and other benefits that you cannot get from foods alone. For example, phytonutrients are the 'active' part of fruits and vegetables that make them so good for you. Yet most of us don't eat our daily requirement, or enough of them to get these healthy benefits. With the Health Flavors, we concentrate the nutrition for maximum benefit. For example, each Strawberry Phyto-Power packet contains the health benefits of almost 50 Strawberries each! The Chocolate Cardia Care contains polyphenols (powerful antioxidants) that are beneficial for a healthy heart. Each packet of the Chocolate contains the health benefits of 6-8 bars of dark chocolate, without the fat, sugar, calories or guilt.

2. What are the flavors, and are there other benefits too?

Each of the Health Flavors has unique, concentrated nutrition and benefits. We currently offer 5 Health Flavors:

1. **Strawberry Phtyo-Power:** Packed with Phytonutrients, the active parts of fruits, vegetables and plants. Once known as "vitamin P", they have many health protective properties. Each packet has the equivalent of almost 50 strawberries of power. Tastes like a handful of rich, fresh strawberries.
2. **Chocolate Cardia Care:** A concentrated blend of dark, rich chocolate polyphenols that have healthy heart benefits. Polyphenols are a potent form of antioxidants, and this flavor has the benefits of 6-8 bars of dark chocolate. Tastes like creamy, rich, decadent chocolate – without the guilt.
3. **Banana Energy Charge:** boost your energy with healthy, lasting ingredients. Guarana provides a lift that lasts, while green tea supports alertness, Siberian ginseng and cordyceps support stamina. Tastes like a fresh banana, but lasts longer than those on the store shelf.
4. **Peach Complexion Care:** promotes healthy, vibrant skin that glows from the inside out. Glucosamine sulfate, collagen, and biotin help provide healthy structure. Grape seed extract and pine bark extract promote healthy skin. This combination will have you feeling younger! Taste is creamy peach, with a hint of mango and passion fruit.
5. **Orange Everyday Defense:** Supports healthy immune function each day. With astragalus extract to support healthy immune system response, Glisodin, a special melon extract, Turkey tail (a unique immune supporting mushroom) and OptiZinc®* (a highly bio-available form of zinc) to help support a healthy detoxification process. *OptiZinc® brand Zinc Monomethionine (U.S. Patent 4,764,633) or OptiZinc® is a trademark of InterHealth N.I.

So these are not just flavors, they are nutrient-packed, protective care that many of us cannot get from diet alone.

3. Why aren't the Health Flavors part of the shakes, so I can just buy the shake with that flavor?

Our patent-pending Health Flavors allow greater customization, flexibility, and affordability today! Most companies have you buy different canisters of shake mix to get flavor variety. But this can add up to a lot of money, and you have a lot of product to use up. Sometimes, we don't use it up fast and it can go past the expiration date. With our Health Flavors™ you can create more flavor combinations, easier than any other shake on the market. Create a chocolate-strawberry-banana, or a banana-strawberry, a peach-orange, or an orange-banana. As you can see, the flavor combinations are virtually endless. So by having these little packets, you can create more shake combinations than we could afford to create, stock, and sell. And, this is more affordable than buying multiple canisters or pouches of shake mix.

ViSalus Shape-Up™ Health Flavor Mix-Ins FAQ

4. Do they need to mix in the shake only?

These powerful Health Flavors™ can mix into almost anything! Mix them into oatmeal or cereal for added flavor and health benefits, into pudding, sprinkle on ice cream, add to milk. Have fun with these flavors, and help your health too.

5. Why is this product unique?

No one else on the market today offers this type of product, with these flavors, in convenient daily packets. The idea is unique, and we have filed a patent on it. It's unique because of the idea, the ingredients, the benefits, the flavors, and more!

6. Who should take the product?

Anyone that is concerned about their health. These products can benefit anyone – from children to adults. So we encourage that you have fun using them, and sharing their amazing benefits.

The Banana Energy Charge Health Flavor does contain 85mg of caffeine per packet, and such is not recommended for children, pregnant or nursing women, or people sensitive to caffeine.

7. How many can you take per day?

For maximum benefits, we recommend at least 2 per day. There is no harm in taking more than that.

8. Can people with high blood pressure or on heart medications take the product?

Anyone that has serious medical concerns should always speak to their doctor before beginning new programs and products. We believe the products are safe for most people, but again encourage that people with heart disease speak to their doctors first.

9. Why these flavors?

These flavors provide a good variety, and many options for mixing and matching.

10. Will there be more flavors?

We will have 'seasonal' flavors, and benefits each year. So look for those special flavors that will come and go each year, like eggnog, or apple spice. So yes, we will have more flavors.



Based on 25 years of scientific study, including NIH (National Institute of Health) funded research, the Vi-pak[®] was created by Dr. Seidman to provide the ultimate health protection.

In today's "insta-society" of fast food and hectic lifestyles, our bodies are paying the price. From processed foods to lack of sleep and high stress, we are fast-forwarding the already short amount of time we have on this planet.

The Vi-pak[®] uses four unique supplements to provide our bodies with the nutrients needed to operate at peak levels. Combining a Multi Mineral & Vitamin Formula and Supercharged Antioxidant with a patented Anti-Aging & Energy Complex and Omega Vitals Formulation, the Vi-pak[®] is an unprecedented system for ultimate health and nutrition. Neatly divided into daily packets, you can not only protect your health with the traditional 1-month supply, but help others feel the benefits with a 3-day sample pack.

If you want the most robust blend of ingredients to fuel your body deep in the cells, this is the product for you.

Benefits of the Vi-pak[®]:

Designed to help:

- Your body's natural energy production, endurance and performance
- Support overall immune system function
- Stress and tension
- Support healthy range of motion
- Support your body's recovery process

Four-Part System

Multi-Mineral & Vitamin

A chelated blend of everything you need; nothing you don't.

Anti-Aging & Energy

A patented fountain of youth for the cellular powerhouse!

Omega Vitals

Essential oils for your body's finely tuned engine!

Supercharged Antioxidant

Unprecedented support against devastating free radical attacks.

Did you know...

Many adults are vitamin deficient
Percentage that don't get enough:

Vitamin E	93%
Magnesium	56%
Vitamin A	44%

Why is this? Our diets:

16% eat a poor diet
74% need improvement
10% eat a good diet



A chelated blend of everything you need; nothing you don't.

This supplement is chelated for maximum absorption. It combines vitamins, minerals and other ingredients in a unique formulation. The amounts of each ingredient have been carefully measured to provide the reported potential benefit. This supplement has been designed in concert with the Supercharged Antioxidant to provide the essential vitamins and minerals to promote better health at a cellular level.

Special Features:

Pine Bark is a powerful antioxidant. In nature, it protects trees from the damaging effects of the sun, weather, and other elements. In the human body, however, Pine Bark Extract serves to help protect us from damaging oxidation that takes place with our every breath.

The Multi Mineral & Vitamin works in concert with the Supercharged Antioxidant to provide a perfectly-balanced daily supply of the body's essential needs.

All of the minerals used in the Multi Mineral & Vitamin supplement have been chelated with an amino acid to enhance absorption. Other brands are not chelated so your body may absorb roughly 2% - 4% of the minerals you take in. The rate of absorption of this chelated mineral supplement has been proven to be between 35% - 40%.

All the essential vitamins and minerals offering you complete protection.

Contains natural vitamins, minerals, and enzymes with increased absorption from chelation.

Scientifically developed research driven formula for optimal health and wellness.

SUPPLEMENT FACTS

Serving size: 1 Tablet

Ingredient	Amount	% Daily Value
Vitamin A (as Beta Carotene)	1666.5 IU	36%
Vitamin C (Ascorbic Acid)	30 mg	50%
Vitamin D3 (as Cholecalciferol)	133.5 IU	33%
Vitamin E (as d-alpha Tocopherol Acetate)	33.5 mg	110%
Vitamin K (as Phytonadione)	8.5 mcg	5%
Thiamin (as Thiamine Hydrochloride)	8.5 mg	565%
Riboflavin	8.5 mg	500%
Niacin (as Niacinamide)	8.5 mg	40%
Vitamin B6 (as Pyridoxine Hydrochloride)	8.5 mg	425%
Folate (Folic Acid)	133.5 mcg	33%
Vitamin B12 (as Cyanocobalamin)	4 mcg	67%
Biotin	150 mcg	50%
Pantothenic Acid (as calcium pantothenate)	8.5 mg	85%
Calcium (as Calcium Chelate & Carbonate)	66.5 mg	7%
Iodine (from Sea Kelp)	50 mcg	33%
Magnesium (as Magnesium Chelate & Oxide)	58.5 mg	15%
Zinc (as Zinc Chelate)	1.5 mg	10%
Selenium (as Selenomethionate)	8.5 mg	12%
Copper (as Copper Oxide)	0.5 mg	25%
Manganese (as Manganese Chelate)	3.5 mg	175%
Chromium (as Chromium Chelate)	8.5 mcg	7%
Molybdenum (as Molybdenum Chelate)	3.5 mcg	5%
Potassium (as Potassium Chloride)	12.5 mg	>1%
Taurine	150 mg	*
Choline (as Choline Bitartrate)	35 mg	*
Phosphoglycolipids	33.5 mg	*
Inositol	13.5 mg	*
Betaine (as Trimethylglycine)	8.5 mg	*
Boron (as Boron Chelate)	50 mcg	*
Vanadium (as Vanadium Chelate)	3.5 mcg	*
Sage (Salvia officinalis)(leaf)	16.5 mg	*
Horsetail (Equisetum arvense)(leaf & stem)	16.5 mg	*
Green Tea Extract (Camellia sinensis)(leaf)	8.5 mg	*
Pine Bark Extract (Pinus massoniana lamb) (bark)	3.5 mg	*

Other Ingredients: Magnesium Stearate, Dicalcium Phosphate, Silicon Dioxide and Pharmaceutical Glaze (coating ingredient).

Guarantee: These supplements are made with the finest scientific and natural ingredients. None of our supplements contain any yeast, preservatives, artificial flavoring, wheat, corn or milk.

Note: Keep out of the reach of children. Store in a cool, dry place.

Directions: Take one tablet every morning and one tablet every evening with a glass of water. For optimal results, use for at least 90 consecutive days and combine with proper diet and exercise.

*Daily value not yet established.



A patented fountain of youth for the cellular powerhouse!

The Anti-Aging & Energy Formula is revolutionary in its ability to enhance mitochondrial function and improve the efficiency of energy production in the body. This cutting-edge supplement was awarded a Government Patent on its merits and on the results of clinical tests.

There is extensive scientific support that mitochondrial function declines with age, starting as early as our 20's. A leading theory on aging, the mitochondrial clock theory, is based upon a gradual decline in mitochondrial function because of DNA damage from free radicals.

This patented product combines two mitochondrial metabolites and two mitochondrial respiratory chain precursors that enhance mitochondrial function. In animal and human studies, these metabolites increase mitochondrial functions, enhance energy production and counteract some of the biochemical reactions associated with aging.

Special Features:

Alpha lipoic acid, a key ingredient of this formula, serves to enhance mitochondrial function, support better hearing, and has been used as a therapeutic agent in liver and brain disorders.

Acetyl L-carnitine is a biological compound also found in the formula which stimulates antioxidant defenses.

Coenzyme Q10 and **Glutathione** are the other key ingredients that make this formula unique, helping to effectively battle free radicals on a cellular level. The ability to slow the process of aging on a cellular level is what sets this product apart from the rest and is the reason it has produced so many remarkable success stories.

Scientifically developed and patented formula slows cell aging†

Supports increased memory and energy

Vi-pak® Anti-Aging and Energy Supplements are helping lead the way to healthier living.

SUPPLEMENT FACTS

Serving size: 1 Capsule

Ingredient	Amount	% Daily Value
Acetyl-L-Carnitine	600 mg	*
Alpha Lipoic Acid	150 mg	*
L-Glutathione	30 mg	*
Coenzyme Q-10	20 mg	*

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, and Pharmaceutical Glaze (Tablet Coating).

Guarantee: These supplements are made with the finest scientific and natural ingredients. None of our supplements contain any yeast, preservatives, artificial flavoring, wheat, corn or milk.

†Based on institutionally funded research by Dr. Michael Seidman resulting in a patented supplement proven to slow the cellular aging process at a mitochondrial level. U.S. Patent #5,977,162

Note: Keep out of reach of children. Store in a cool, dry place.

Directions: Take one capsule with a glass of water every day. For optimal results, use for at least 90 consecutive days and combine with proper diet and exercise.

*Daily value not yet established.

Healthy vs. Unhealthy Mitochondria



Unhealthy cell becoming apoptotic; disintegrating as the mitochondria order the cell to self-destruct.



Vi-pak is shown to help improve mitochondrial health and may delay onset of apoptosis.*

Artist Rendering



Essential oils for your body's finely tuned engine!

Do you eat 3–5 meals per week with salmon, mackerel, or sardines? If you don't, you may not be protecting your vital heart and body functions. The ViSalus Omega Vitals Supplement provides life enhancing oils to support health.

Omega Vitals, or Essential Fatty Acids (EFA), are so-named because they are imperative for optimal health, cognitive function and cardiovascular support.

These EFA's function as building blocks for the membranes of every cell in the body. They also produce "prostaglandin families," which are hormone-like substances necessary for energy metabolism and cardiovascular and immune health. Brain and nerve tissue consist of over 50% EFA's!

Special Features:

- A proprietary, unique blend of robust EFAs
- Assists cardiovascular function by supporting healthy blood pressure, cholesterol, and blood clotting abilities
- Supports brain function, memory and cognitive abilities
- Supports a healthy mood
- Supports the body's immune function
- Supports physical performance
- Supports healthy skin, hair, and nails
- Includes a proprietary blend of purified essential oils from molecular distilled Fish Oil, Evening Primrose, Flaxseed and Pumpkin Seed

Specially designed for head to toe health, Vi-pak® Omega Vitals Supplements are helping lead the way to healthier living with a carefully chosen blend designed to help you get healthy omega benefits daily.

SUPPLEMENT FACTS

Serving size: 1 Softgel

Ingredient	Amount	% Daily Value
Phosphatidylcholine	57.5 mg	*
Phosphatidylserine	2.6 mg	*
Natural Mixed Tocopherols	25.0 mg	*
Fish Oil	417.0 mg	*
Evening Primrose Oil (Oenothera biennis L) (seed)	125.0 mg	*
Flax Seed Oil (Linum usitatissimum L) (seed)	125.0 mg	*
Pumpkin Seed Oil (Cucurbita pepo L) (seed)	50.0 mg	*
Calories	10	
Calories from fat	7	
Total Fat	1 g	1.5%
Cholesterol	<5 mg	<1%

Other Ingredients: Soybean Oil and Softgel Capsule (Kosher Gelatin, Glycerin, Purified Water and Titanium Dioxide).

Guarantee: These supplements are made with the finest scientific and natural ingredients to help you feel your best. None of our supplements contain any yeast, preservatives, artificial flavoring, wheat, corn or milk.

Note: You should not take this product if you are pregnant or lactating or if you are taking blood thinning medication. Please consult your physician prior to use. Keep out of the reach of children. Store in a cool, dry place.

Directions: Take one capsule every morning and one capsule every evening with a glass of water. For optimal results, use for at least 90 consecutive days and combine with proper diet and exercise.

Percent Daily Values (%DV) are based on a 2,000 calorie diet.

* Daily Value (DV) Not Established



Unprecedented support against devastating free radical attacks.

When you cut an apple, over time the flesh browns and decays. Free radicals can have a similar aging effect on your cells. The Supercharged Antioxidant is a potent blend of vitamins, antioxidants and minerals specifically designed to battle free radicals throughout your system.

Antioxidants help your body defend itself. But not all antioxidants are equal. Free radicals are damaging agents found in and created by our own bodies. Produced in the mitochondria of each cell, we each create seven trillion of these free radicals every second.

The Supercharged Antioxidant found in the Vi-pak® combines 26 robust ingredients with vitamins A, C and E, help your body combat the effects of free radicals, as well as even more potent antioxidants such as N-acetyl cysteine, Grape Seed, Green Tea and Pine Bark extracts. This is why our ingredient lab tests cannot be matched by other brands!

Special Features:

The herbs **Ginseng** and **Ginkgo Biloba** are excellent for maintaining general health and have the potential to enhance the sense of well-being and overall memory capacity.

N-acetyl Cysteine is a potent antioxidant and protects cells from the toxic effects of oxygen.

Grape Seed Extract is an outstanding antioxidant and has been shown to be 20 times more powerful than vitamin C and 50 times as powerful as vitamin E.

26 combined antioxidants for high levels of defense

Scientifically developed research driven formula for optimal health and wellness

Vi-pak® Supercharged Antioxidant Supplements are helping lead the way to healthier living by combining vitamins, minerals, herbs, and phytonutrients with molecular and cellular antioxidants to safely provide optimal protection from oxidative processes.

SUPPLEMENT FACTS

Serving size: 1 Tablet

Ingredient	Amount	% Daily Value
Vitamin A (as Beta Carotene)	6000 IU	120%
Vitamin C (Ascorbic Acid)	400 mg	660%
Vitamin E (as DL-Alpha Tocopherol Acetate)	200 mg	660%
Niacin (as Niacinamide)	50 mg	250%
Folate (Folic Acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Zinc (as Zinc Chelate)	15 mg	100%
Selenium (as Selenium Chelate)	70 mcg	100%
Manganese (as Manganese Chelate)	2.5 mg	125%
Chromium (as Chromium Chelate)	120 mcg	100%
N-Acetyl L-Cysteine	50 mg	*
Citrus Bioflavonoids	50 mg	*
L-Glutathione	30 mg	*
DL Methionine	30 mg	*
Alpha Lipoic Acid	12.5 mg	*
Coenzyme Q-10	5 mg	*
Lutein	2.5 mg	*
Green Tea Extract (camellia sinensis)(Leaf)	100 mg	*
Korean Ginseng (panax ginseng)(Root)	100 mg	*
Ginkgo Biloba Extract (ginkgoaceae)(Leaf)	30 mg	*
Grape Seed Extract (vitis vinifera) (Seed)	22.5 mg	*

Other Ingredients: Magnesium Stearate, Dicalcium Phosphate, Microcrystalline Cellulose, Silicon Dioxide and Pharmaceutical Glaze (Tablet Coating).

Guarantee: These supplements are made with the finest scientific and natural ingredients to help you feel your best. None of our supplements contain any yeast, preservatives, artificial flavoring, wheat, corn or milk.

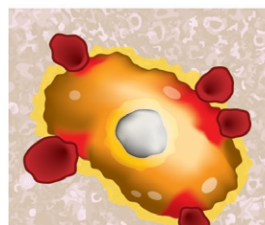
Note: You should not take this product if you are pregnant or lactating or if you are taking blood thinning medication. Please consult your physician prior to use. Keep out of the reach of children. Store in a cool, dry place.

DIRECTIONS: Take one tablet every day with a glass of water. For optimal results, use for at least 90 consecutive days and combine with proper diet and exercise.

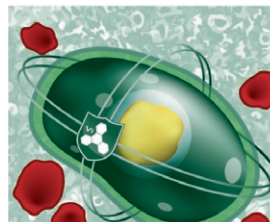
Percent Daily Values (%DV) are based on a 2,000 calorie diet.

* Daily Value (DV) Not Established

Effects of Free Radicals



Free Radicals attacking and weakening a cell.



Cell with strengthened antioxidant defense.

Artist Rendering

ViSalus Vi-pak® Competitor Comparison

Ingredients:	ViSalus Vi-pak®	Pharmanex Lifepak®	Herbalife Formula 2 Multivitamin	Natures Way Once Daily Multi	GNC Ultra Mega Gold	Centrum A to Zinc
Vitamin A (IU)	9,333	7,500	10,026	17,500	20,000	3,500
Co-Enzyme Q10 (mg)	25	0	0	0	0	0
Alpha Lipoic Acid (mg)	162.5	15	0	0	4.5	0
N-Acetyl Cysteine (mg)	50	0	0	0	10.5	0
Vitamin B6 (mg)	17	5	30	75	100	2
Vitamin B12 (mcg)	58	15	6	75	150	6
Folic Acid (mcg)	667	300	399	400	400	400
Vitamin K (mcg)	17	20	0	0	0	25
Vitamin E (IU)	267	150	30	200	300	30
Vitamin C (mg)	460	250	345	300	500	60
Green Tea (mg)	117	0	0	0	15	0
Selenium (mcg)	87	70	51	50	150	20
Essential Oils						
Primrose Oil (mg)	250	N/A	N/A	N/A	N/A	N/A
Fish Oil (mg)	834	N/A	N/A	N/A	N/A	N/A
Flaxseed Oil (mg)	250	N/A	N/A	N/A	N/A	N/A
Pumpkin Seed Oil (mg)	100	N/A	N/A	N/A	N/A	N/A

ViSalus Vi-pak® FAQ

Benefit & How to Use Questions:

1. Why should I take ViSalus Vi-pak® supplements? Can't I just eat a healthy diet and get good nutrition?

It is very difficult to get the amounts of nutrition needed from diet alone. For example, to obtain enough vitamin E from food to maintain a healthy heart, you'd need to consume 9 tablespoons of olive oil, 75 slices of whole wheat bread, 40 almonds, or 200 peanuts each day. Additionally, food sources can vary from season to season, crop to crop and may not provide 'standardized' or consistent nutritional quality. And in the case of Omega oils, most people do not eat fresh, oily fish like mackerel or salmon 3 -5 times per week, so they are not getting heart health, eye, hair, skin or more benefits. And, many fishes are not raised or farmed in clean waters. So we recommend supplementation for optimal health.

2. What are the mitochondria and how does this formula work?

The mitochondria are the powerhouse of the cells that produce more than 98% of the body's energy needs. Many scientists have discovered that one of the reasons we age is because of the damage that happens to these structures. The mitochondria convert glucose (cell food) into cellular energy called ATP. The cells take in food, use it for energy, and eliminate waste. If the cells are low on energy, they cannot do this process efficiently and so over time, the cell becomes damaged. So as we age, we may feel tired as well as having tired cells that are not getting and using nutrition, or disposing of waste very efficiently. This process (known as the Krebs Cycle) helps convert glucose into ATP. So the science (and patent) behind our Anti-Age & Energy formula in the Vi-pak® was shown to impact this process and help the cells repair and use nutrition at this cellular level.

3. Why do I need to take the Vi-pak® twice per day? What if I forget to take one of the packets (AM or PM)? Do I double up the next day?

The Vi-pak® was designed for optimal nutrient absorption, which means taking the products twice per day. For example, if you were to try to consume your daily amount of calcium your body would not be able to absorb it all at once. So for many nutrients, your body needs them throughout the day. If you forget to take the Vi-pak®, there is no harm in taking two doses the next day, or simply save that packet for the future.

4. Can pregnant or lactating women take the Vi-pak®?

We encourage anyone who is pregnant or lactating to speak with their physician prior to taking any supplement. During pregnancy there is no doubt that the Multi-Vitamin & Mineral tablet and our Omega's are helpful, though there is some evidence that we need to be careful with the amount of essential oils we ingest while pregnant or nursing. Thus, again, it is still best to discuss with your physician. The Antioxidant and Anti-Aging & Energy Formula are likely safe, but we tend to not recommend them.

5. What age can take the Vi-pak®?

Technically, once you are over the age of four, you transition into the adult recommended dietary allowances. However, we recommend parents talk to their pediatrician prior to giving a child the Vi-pak®. Generally speaking, if the child weighs more than 75 pounds and is in good health, there should be no concerns. We advise not taking the anti-age energy pill before 18, though there are many athletic young adults 14-18 years of age that have used the entire product safely and successfully.

6. Can athletes take the Vi-pak®?

Absolutely. Dr. Seidman consults with professional and everyday athletes in his practice. He recommends the Vi-pak® and uses it with members of the NHL (National Hockey League), NFL (National Football league), NBA (National Basketball league), Olympic athletes and more.

ViSalus Vi-pak® FAQ

Comparisons to other brands of vitamins questions:

1. How does the Vi-pak® compare to other brands on the market? I have a customer that uses other MLM /store brands.

There are many brands available, and we do not have the resources to compare and contrast every brand. We simply ask you to consider and compare

1. The Vi-pak® has a patent proven to work at the mitochondrial level to protect and enhance the body's anti-age protection
2. We offer more absorbable (and more expensive to make) minerals through using chelated nutrients. Chelation is a process where the ingredient is 'tagged' to an amino acid. This makes it among the most absorbable nutrition you can get. Other tablets that do not chelate their products (and most don't) are simply less absorbed by up to 60%. Examples of chelated minerals include calcium glycinate (vs. carbonate), zinc monomethionate (vs. oxide)
3. Our formula is sourced from the finest botanical farms from around the world, using more than 95% all-natural ingredients.
4. The levels, sources and types of nutrients found in the Vi-pak® have all been validated by hundreds of clinical and bench science papers to bring to you the most comprehensive nutritional supplements available, all designed to provide the body with the nutrients it requires
5. We offer molecularly distilled fish oils combined with added oils for additional omega benefits.
6. We offer a unique and proprietary blend of 26 antioxidants that even includes the equivalent of more than 30 glasses of red wine extract which has been demonstrated to have incredible health benefits including the ever important caloric restriction mimetic effect (it has been shown that calorie restriction, i.e. reducing your dietary intake increases lifespan, red wine extracts appear to have a similar positive effect)
7. Our ORAC test via Brunswick Laboratories indicates we have high ORAC levels.
8. Our products are manufactured in GMP standard facilities.

If your brand does not meet or surpass these key points, you should be on the ViSalus Vi-pak®

2. Why are there not different Vi-pak®'s for men and women?

Generally speaking, the RDA (Recommended Dietary Intake) is similar for men and women, and differs depending on if the woman is pregnant/lactating, post-menopausal, etc. The Vi-pak® will be beneficial to both men and women, Olympic or professional athletes. The primary difference for men and women tends to be 1200-1500 mg of absorbable calcium. Technically, one would need to also consider age, height, weight, diet, smoking and alcohol use, exercise, medical problems, blood type and family history to truly be customizable. We designed the Vi-pak® to meet the nutritional needs of most people, or what we consider 99% of all people for wellness. Thus, we do encourage women to take an additional 1000 mg of calcium per day; be sure it is chelated, i.e. Calcium citrate, gluconate or glycinate, many of these products come with additional vitamin D and it is okay to use the Vi-pak® even if taking additional calcium and Vitamin D.

3. Is the Vi-pak® Kosher?

If a product is 'registered' as Kosher, it means a Rabbi has to be present during manufacturing to bless the ingredients and the method in which they are made. The Vi-pak® does use kosher gelatin in the Omega capsule. We do use kosher ingredients, but have not made the next step in having each formula, ingredient, and manufacturing process certified.

ViSalus Vi-pak® FAQ

4. Would liquids be better absorbed than the Vi-pak®?

Our products have been proven to break down into the body quickly, and are available within less than an hour (except for those people that have had gastric bypass surgery). Some liquid minerals (like colloids) may be better absorbed, but are worrisome for more than short term nutritional healing programs. And, not all foods are better taken as a liquid for absorption (i.e. it's often better to eat a whole fruit than just the juice alone). Our formula includes chelated vitamins and minerals to be better absorbed, and far surpass (by more than 10X) the absorption rates (often 2-5%) of competitors brands.

5. How does the Vi-pak® compare to the cleansing programs/products on the market?

There are no direct ingredients in the Vi-pak® that act as a colon or liver cleanser per se. The idea of cleansing has always been an interesting premise. The majority of the cleansing compounds essentially empty your intestines. This is the basis of the preparations used prior to colonoscopy. The science does not suggest a real benefit.

Ingredient Questions:

1. Why is there no iron in the Vi-pak®?

The Vi-pak® was designed to exceed the best supplements available on the market place. It provides so many important nutrients lacking in most excellent supplements currently in the market. However, there is no doubt that iron is intentionally left out. It is a strong oxidant (we want to provide powerful ANTIOXIDANT activity). People, women included, who eat a relatively healthy diet will have more than enough iron in their diet. However, if the woman is of menstruating age, and has anemia then she would need extra iron. Nonetheless, most menstruating women DO NOT require extra iron. (She would have to have a simple blood test to determine whether or not she needs extra iron).

2. Are the ingredients natural, organic?

The overwhelming majority of the ingredients are from natural sources, including botanicals. However, there are some ingredients such as Acetyl-L-carnitine in the anti-age formula that in order to get from a food source you would need to consume 3-4 steaks, or about 20 pounds of broccoli each day. Since that is not practical, we did include this powerful and necessary ingredient.

3. Can you tell us the source of the ingredients? A competitor brand keeps saying that they are from natural food sources.

Other than the acetyl-L-carnitine (question above this one), our products are indeed from natural sources. We are aware that some competitors claim they are derived from fruit & vegetable powders. However, they are also 'fortified' with vitamins and minerals. So it is hard to compare vs. all brands, and consumers should be aware of clever marketing. Our product has scientifically formulated ingredients based on Dr. Seidman's 25 years of funding from federal sources including the NIH and other institutions. The minerals are chelated to be absorbed, and provide superior nutrition derived from natural, botanical ingredients including food sources.

4. What is the ratio of your Omega oils? Are they healthy?

Most people don't eat salmon or mackerel (fishes high in omega oils) 3 times per week. So for those who don't eat these types of fish, we recommend the Omega in our Vi-pak®. Double distilled oils, minimizing toxins that may be in competitor oils. The ideal supplementation of EFA's in the diet is a ratio of 3:1 of Omega 3's to 6's. The typical American Diet has EFA's in a ratio of 1:20 Omega 3's to 6's. Most companies that make an essential oils formula provide a 3:1 ratio of Omega 3 to 6's, our ratio is 12:1 more than 4 times the amount of Omega 3's.

ViSalus Vi-pak® FAQ

5. How does this Omega compare to Krill Oil?

Krill oil is no doubt very good for you. Our Vi-pak® ORAC value (combined) is still superior. We also enhance our essential oils with phosphatidylcholine, and phosphatidylserine, and much more. In terms of purity, our oils are double distilled at the molecular level. Our oils have 834mg of fish oil equating to 100mg of DHA and 150mg of EPA. We also have Evening Primrose Oil supplying 22.5mg of gamma linolenic acid and 192.5 mg of linoleic acid; the Flaxseed provides all organic 125 mg of alpha linolenic acid, so many benefits.

6. What is magnesium stearate and why is it in the Vi-pak®? I've heard rumors about this ingredient, and titanium dioxide.

Magnesium stearate is a GRAS (Generally Recognized as Safe) and is used around the world. It contains two molecules: one is magnesium which is a vital nutrient in the body, and the other is stearic acid which is fat made from soy, corn, or olive oil. If you eat a normal diet you get 100 times the amount of these ingredients. The ingredient is used to manufacture the tablets, to help prevent them from sticking in the machines. In one tablet you get only 5mg or less, about the size of a grain of sand. There is no evidence this compound from the earth is of any danger. Titanium dioxide is a natural product, is from natural sources, is food safe, and has a food rating and not believed to have any negative effects. Some people confuse the name of the ingredient, and try to whip up confusion for no real purpose.

7. What type of calcium is in the Vi-pak®? Why is there not more?

The calcium is from calcium glycinate (a chelated calcium to enhance absorption). Calcium is important for women, and we do recommend them to take additional calcium if they are not getting it from their diet. We did not include because we would have had to add many more tablets, and it is something that people can get from a healthy diet, including from our ViSalus Vi-Shape nutritional shake mix.

8. Why use gelatin? Instead use Vegetarian gelatin for the capsules?

Vegetable caps fall apart quickly, and are not compatible to the shelf life and did not do as good a job maintaining the quality of the product.

9. Does the Vi-pak® have glutens?

The Vi-pak® is gluten free.

10. Is Glutathione not better absorbed as a liquid?

In general it is well known that l-glutathione alone is poorly absorbed. Part of our patent has shown that glutathione levels were significantly increased. Thus there appears to be a synergy with our four products. Furthermore, if you are taking the antioxidant in the Vi-pak®, then you are getting n-acetyl cysteine which is well absorbed and is promptly converted to glutathione.

11. Has the Vi-pak® spurred any allergic reactions?

1. We have not heard of any to date. In the U.S. about 1.5% of Americans have true food allergies. Food allergy patterns in adults differ somewhat from those in children. The most common foods to cause allergies in adults are shrimp, lobster, crab, and other shellfish; peanuts (one of the chief foods responsible for severe anaphylaxis); walnuts and other tree nuts; fish; and eggs. We do have trace amounts of soy oil in the Vi-pak®, but do not include eggs, nuts, etc. If you have any known allergies, we recommend you speak with your physician, and have them look at the ingredient list with you to determine if you are able to take the product.

12. What if I am worried about Vitamin A?

The Vi-pak® does not contain the worrisome form of Vitamin A. It uses the natural analog which is Beta Carotene, and technically there are no known toxic doses.

ViSalus Vi-pak® FAQ

Medication/Interaction questions:

1. I am allergic to Niacin. Can I take the Vi-pak®?

It is rare that someone would be allergic to Niacin. However, many people experience a Niacin 'flush', which is fairly normal. It may cause a mild tingling, and flushing. If they have concerns, they should speak to their physician prior to using the Vi-pak®.

2. What about blood thinners, or other cardiovascular medications? Can someone use the Vi-pak®?

Anyone on a blood thinner should speak with their physician prior to taking the Vi-pak®, or any nutritional supplement.

3. Can I use Vi-pak® if I have a pacemaker?

There is no known contraindication for Vi-pak® and pacemakers. Anyone with serious cardiovascular diseases should consult a physician before taking any nutritional supplement.

4. Can I use the Vi-pak® if I have high blood pressure, or take blood pressure medications?

Most people will notice no change in their blood pressure readings.

5. Can I use the Vi-pak® if I am on cholesterol lowering medications?

The Vi-pak® will support the chemistry in the body to favor 'healthier' blood. In a nutshell, yes you can take the Vi-pak® while on cholesterol medications.

6. I am scheduled to have surgery, should I stop taking the Vi-pak®?

Yes, do not take the Vi-pak® within 7-10 days of surgery. Ginkgo Biloba (in the Vi-pak®) can thin the blood and some of the ingredients in the essential oils formula can also have a blood thinning effect. Usually you can re-start the supplements within 72 hours after the surgery. Please discuss with your physician.

7. Can diabetics take the Vi-pak®?

There would be no contraindication or negative for those with type 1 or type 2 Diabetes to use the product. Many of the ingredients such as alpha lipoic acid and the chromium picolinate are beneficial.

8. My urine appears to be darker on the Vi-pak®. Why is that?

Yes. This is great to hear, and it is normal, as it means your body is absorbing the B-Vitamins, and excreting the rest.

ViSalus Vi-pak® FAQ

Science & Proof questions:

1. Who is Dr. Seidman, and what is his background?

Michael D. Seidman, MD attained both his B.S. in Human Nutrition and M.D. from the University of Michigan. After a five-year residency in Otolaryngology-Head and Neck Surgery he completed a fellowship in Otologic/Neurotologic and Skull Base Surgery at the Ear Research Foundation in Florida. Dr. Seidman is the Director-Division of Otologic;/ Neurotologic Surgery in the Department of Otolaryngology-Head and Neck Surgery Director of Otolaryngology Research Laboratory, the Co-Director of the Tinnitus Center, and the Chair of the Center for Integrative Medicine and a past President of the Michigan Otolaryngology Society. He is Co-Editor for the International Tinnitus Journal, the Associate Editor for the Otolaryngology-Head and Neck Surgery Journal, and is on the Editorial Review Board for seven major Otolaryngology Journals and the American Journal of Chinese Medicine. Additionally, he has been appointed to the State Medical Board of Audiology, the Scientific or Advisory Board of the Self Help for Hard of Hearing People Inc., the Life Extension Foundation, IntraEar, the Ear Research Foundation, Arches Company, Auris Medical, the American Tinnitus Association, Gel Tech, BASF, and WebMD. He also serves as a consultant for many professional athletes, and is an advisor for several teams in the NHL, NFL, and the ABA.

Dr. Seidman is an active scientist and has had funding from the National Institutes of Health for over 20 years, and other major institutions. He is considered by his peers as an expert on the molecular basis of aging, noise induced hearing loss, otologic/neurotologic-skull base surgery, all aspects of ear, nose, throat, head and neck surgery, tinnitus, herbal therapies, nutrition/antioxidants and their relationship to health, sports and aging.

Dr. Seidman lectures around the world on such topics; has more than 90 major publications, numerous awards, the recipient of the American Academy of Otolaryngology, Head and Neck Clinical Practitioner Excellence Award (given to one Otolaryngologist each year) and has received two patents, one on a supplement that positively effects age-related hearing loss and a second one that is able to determine an individuals "molecular age". Additionally, he has multiple patents pending on aging, mitochondrial function endurance enhancement, and surgical tools and techniques. He has long been interested in supplementation and began developing novel combinations of supplements in 1981.

2. Can you prove that there was NIH (National Institutes of Health) funding? I did not see him listed on the NIH.

Here is a list of grants that have been funded over the past 16 years:

1. The Protective Effects of Allopurinol and Superoxide-Dismutase on Cochlear Ischemia. Funded October 1, 1989 September 1, 1990. HFH Grant #A30415.
2. Upjohn Company: Provided U74006F (21 aminosteroid - lazardoid) / For experiments in Cochlear Ischemia and Noise Induced Hearing Loss.
3. The American Academy of Otolaryngology Head and Neck Surgery. Resident Training Grant, June 1, 1990 - July 30, 1990.
4. The Protective Effect of U74006F on Cochlear Ischemia. Funded October 1, 1990 - June 30, 1991.
5. Machida, Inc., Awarded the use of two investigational flexible scopes, 1991.
6. Flexible Fiberoptic Middle Ear Otoscopy. A Cadaver and Live Human Study. (Approved from HFH), 1991.
7. Permanent Threshold Shifts Secondary to Noise Trauma and Variations in Mitochondrial DNA Deletions. (January 1, 1993-December 31, 1996).
8. National Institute of Deafness and Communicative Disorders. Vascular, Free Radical and DNA Changes in Aged Cochlea's, June 1, 1994 - June 30, 1999.
9. Academy of Otolaryngology, Head and Neck Surgery. Antioxidant and Free Radical Studies.
10. Pharmacia and Upjohn Corporation. Antioxidant and Free Radical Studies.

ViSalus Vi-pak® FAQ

11. Henry Ford Hospital. Mitochondrial Metabolites and Their Effects on Age-Related Hearing Loss, Henry Ford Hospital.
12. Mitochondrial Metabolites and Mitochondrial Function Using Flow Cytometry.
13. Noise Induced Hearing Loss, Presbycusis, and DNA Changes 1996 – 2001.
14. The effects of phosphatidylcholine on aging, mitochondrial function and hearing. Nutritional Therapeutics. 1998 –2000.
15. The effects of Leupeptin, a caspase inhibitor on cochlear blood flow and hearing. (Seidman). Martha Entenmann Tinnitus Center. 1999 – 2000
16. Antioxidants and sound conditioning prevention of NIHL. 1999-2000. National Institute of Occupational Safety and Health. (Quirk and Seidman)
17. The effects of grape seed extract on age related hearing loss and aging. California Table Grape Association. 2001 – 2002.
18. The effects of resveratrol of age-related hearing loss and DNA damage. NCCAM. July 2003- 2006.
19. The effects of cortical electrical stimulation for tinnitus 2005-2009 Medtronic Inc

3. What information can you share on the 2 patents and the Vi-pak®?

There are several patents and copyrights:

1. "Therapeutic Treatment for Mitochondrial Function", U.S. serial # 08/931,124. Patent # 5,977,162.
2. "Method of Determining Biological Molecular Age". U.S. serial #10/271,469. Patent #6,933,120.
3. "Dietary Supplemental to Inhibit Cellular Aging". Serial 10/715,148. Patent Pending.
4. "Middle Ear Bone Reconstruction Process and Devices". Serial 60/598,191. Patent Pending.
5. "Treatment Methods and Devices for the Treatment of Tinnitus". Patent Pending.



Instant Energy to Fuel your Body with Performance Strength benefits!*

ViSalus Go™ Instant Energy Drink is a patent-pending formula that can help fuel your workout from start to finish! It also helps support visual acuity*, which is especially good for anyone who uses computers or plays video games.

ViSalus Go™ is ideal for those who exercise to provide extra energy and nutrition to help support peak muscle performance. It assists alertness, wakefulness, and enhances cognitive performance, while fueling your body with nutrients needed to help sustain exercise. Use this product before or during your workout, or any time you need energy fast.

ViSalus Propriety Go™ Blend Includes:

Powergrape®—Whole Grape Extract unlike other brands that may use only the fruit powder, ViSalus Go™ uses the clinically tested and patent whole grape extract to help with endurance and power. Clinical testing shows this unique, patented extract can enhance the cell uptake of oxygen, which can help you perform at your best.*

- **Black Current Extract** a strong antioxidant
- **Rhodiola Extract** can help improve mental and physical performance, elevates mood, and helps combats fatigue.*
- **Cassis Pigment Extract** clinically shown to help the body after exercise feel its best, an important nutrient that can help the body fight inflammation.*
- **Isomaltulose** is a low-insulinemic sweetener that supports improved fat oxidation during physical activity.
- **Citrulline Malate** helps the body make Nitric Oxide, which increases blood flow and helps generate ATP (Adenosine TriPhosphate) the main molecule of energy in the body.
- **Five Essential Vitamins** to help protect cells from damage, boost immunity, support efficient brain function, aid metabolism, and help maintain healthy blood sugar and blood pressure levels.*

SUPPLEMENT FACTS

Serving size: 1 Bottle (2 fl. oz./50 ml)

Serving Per Box: 15

Ingredient	Amount	% Daily Value
Calories	21	
Sodium	10 mg	<1%
Potassium	15 mg	<1%
Total Carbohydrate	5 g	1%
Sugars	5 g	
Vitamin E (as dl-alpha tocopherol acetate)	15 IU	50%
Thiamin (as thiamine mononitrate)	1.5 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	100%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Proprietary Go Blend	1,555 mg	**

Citrulline Malate, Whole Grape Extract (Vitis vinifera)(fruit), Natural Caffeine Powder (from coffee beans), Glucuronolactone, Cassis Pigment Extract (Ribes nigrum)(fruit), Black Currant Extract (Ribes nigrum)(fruit), L-Theanine (from green tea), Rhodiola Extract (Rhodiola rosea)(root), Resveratrol (Polygonum cupdatum)(root)

Percent Daily Values (%DV) are based on a 2,000 calorie diet.

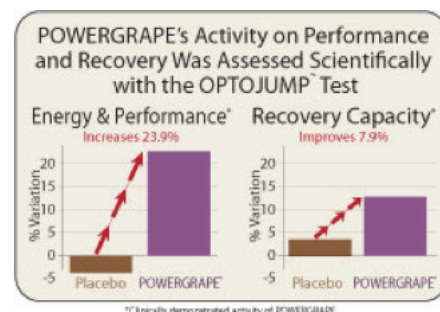
* Daily Value (DV) Not Established

Other Ingredients: Purified Water, Isomaltulose, Natural and Artificial Grape Flavor, Sodium Benzoate, Sucralose, Sodium Citrate, riboflavin, Carmine, Black Pepper Extract..

Directions: Drink straight from the bottle or mix into 8-16 ounces of water or any beverage, hot or cold. Do not exceed four bottles per day.

THE POWER OF THE GRAPE

Powergrape® is a unique and completely natural plant extract that demonstrated increased performance and fast recovery among athletes.



ViSalus Go™ Competitor Comparison Chart

		MLM				RETAIL							
		ViSalus GO™ Shot Grape Fusion	VEEMMA Verve	AMWAY XS Energy Shots Wild Berry Flavor	MONAVIE Env **	5 HOUR ENERGY (Living Essentials)	STACKER 2.6 Hour Power	EXTREME 6 HOUR Energy Shot	RED BULL Energy Shot*	GNC Pure Sport Energy Shot – Grape	E-BOOST Super Berry Energy Shot	ZIPIZZ Energy Shot – Grape	ASPEN FITNESS On Go Energy Shot
Serving size		2 oz.	2 oz.	2.5 oz.	8.4 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	2 oz.	4 oz.	2 oz
Price per serving		\$3.17	\$2.83	\$3.24	\$3.00	\$2.99	\$1.58	\$2.99	\$2.99	\$2.50	\$3.25	\$1.88	\$2.99
Whole Grape Extract		Yes	No	No	No	No	No	No	No	No	No	No	No
Black Currant Extract		Yes	No	No	No	No	No	No	No	No	No	No	No
Cassis Pigment Extract		Yes	No	No	No	No	No	No	No	No	No	No	No
Rhodiola Extract		Yes	No	No	No	No	No	No	No	No	No	No	No
VITAMINS													
Vitamin E		15 IU	30 IU	No	No	No	No	No	No	No	No	No	No
Thiamin		1.5 mg	0.75 mg	No	No	No	No	1.5 mg	No	No	No	3 mg	1.5 mg
Vitamin B6		2 mg	2.5 mg	Yes	4 mg	40 mg	40 mg	40 mg	Yes	50 mg	2 mg	4 mg	40 mg
Niacin		20 mg	10 mg	Yes	40 mg	30 mg	20 mg	33 mg	n/a	30 mg	15 mg	15 mg	33 mg
Pantothenic Acid		10 mg	5 mg	Yes	20 mg	No	No	No	No	No	No	10 mg	No
OTHER INGREDIENTS													
Isomaltulose^		Yes	No	No	No	No	No	No	No	No	No	No	No
Citruline Malate		Yes	No	No	No	No	No	No	No	No	No	No	No
Caffeine		Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Glucuronolactone		Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
L-Theanine		Yes	No	No	No	No	No	No	No	No	No	No	No
Black Pepper Extract		Yes	No	No	No	No	No	Yes	No	No	No	No	No
Resveratrol		Yes	No	No	No	No	No	No	No	No	Yes	No	No

*Ingredients not available, but according to manufacturer the ingredients are the same as the classic Red Bull

**noted as an energy drink rather than an energy shot

[^]Isomaltulose: a low-insulinemic sweetener that supports improved fat oxidation during physical activity as high insulin levels hinder the use of lipids as an energy source. Isomaltulose can increase the amount of fat used as energy, thus enhancing performance endurance. It is naturally found in honey and sugar.

Competitive Brands Ingredients on Label: Full and/or partial list

Memma Verve
Vitamin A, C, D3, B12, Folate, Taurine, D-Ribose, Mangosteen Extract, Aloe Vera Gel, Green Tea Leaf Taurine, Herb Blend (Beetroot, Panax Ginseng (root), Panax Quinquefolium (root), Spilanthes, Astragalus, Reishi), Can't extract

Amway XS Energy Shots
Palatinose, D-Ribose, quana extract, green tea extract, cha de quipe extract, maca extract, yerba mate extract, panax ginseng extract, L-tyrosine

Monavie Emv
Vitamin B12, Taurine, Folic Acid, Glucuronic acid, Malic acid, N-Acetyl, L-Tyrosine

Living Essential 15 Hour Energy Shot
Folic Acid, Vitamin B12, N-Acetyl, L-Tyrosine, L-Phenylalanine, Amylase, Protease, Lipase, Cellulase, Lactase

Stacker 2.6 Hour Power
Riboflavin, Taurine, N-Acetyl, Theobroma Cacao Extract, Green Tea Extract, Mangosteen extract, Goli Extract

Extreme Energy 6-Hour Shot
Taurine, Sucrose & Glucose

Red Bull Energy Shot
Taurine, N-Acetyl, L-Tyrosine, Malic Acid, L-Phenylalanine, L-Glutamine, Ginseng, Amylase, Protease

Aspen Fitness Products On Go Energy Shot
Taurine, N-Acetyl, L-Tyrosine, Malic Acid, L-Phenylalanine, L-Glutamine, Ginseng, Amylase, Protease

Zip Fizz Energy Shot
Riboflavin, Vitamin B12, Taurine, Green tea leaf extract, L-Arginine, Ribose, Gotu kola leaf extract, American ginseng root extract, Korean ginseng root, Red ginseng root

Pure Sport Super Energy Shot
Folate, Vitamin B12, N-Acetyl, L-Tyrosine, Taurine, L-Carnitine

E-Boost Super Energy Shot
Folate, Vitamin B12, Zinc, Selenium, Chromium, Green Tea Leaf, Elderberry Fruit Extract, N-Acetyl-L-Tyrosine, Blueberry fruit extract, blackberry fruit extract, grape skin extract, maqui berry fruit extract, ginkgo biloba leaf extract, pomegranate concentrate, mango fruit extract, quercetin dehydrate, acai fruit extract, grape seed extract, resveratrol

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ViSalus Go™ —Instant Energy FAQ

1. What is ViSalus Go™ Instant Energy Shot?

ViSalus Go™ Instant Energy Drink is a patent-pending formula that can help fuel your workout from start to finish! Our product is specially formulated to deliver instant energy that lasts and to help athletes perform at their best.* GO™ Instant Energy can also help support visual acuity*, which is especially good for those who bike or run, or anyone who uses computers or plays video games. ViSalus Go™ is ideal for those who exercise to provide extra energy and nutrition to help support peak muscle performance. It assists alertness, wakefulness, and enhances cognitive performance, while fueling your body with nutrients needed to help sustain exercise.

2. Why choose ViSalus Go™ over other energy shots?

The convenient two ounces bottle is ready to serve anytime you need an instant boost of energy. Small and portable enough to fit in a pocket, purse, or gym bag for on the go energy - no need to wait for a coffee pot to brew or stand in line at the coffee shop. And as an added advantage, you will benefit from a special formulated elixir of unique extracts (including Powergrape®) and a combination of vitamins that will give you quality energy and nutrients. Unlike other energy shots, ViSalus Go™ is not packed with sodium or sugar that that can help you feel more tired later.

3. What is Powergrape®?

PowerGrape®— Whole Grape Extract: unlike other brands that may use only the fruit powder, ViSalus Go™ has clinical strength whole grape extract to help with endurance and power. Clinical testing shows this unique, patented extract can enhance the cell uptake of oxygen, which can help you perform at your best.*

4. What are the ingredients in ViSalus Go™ Energy Shot?

- » Black Current Extract: a strong antioxidant that blocks or inhibits destructive oxidation reactions in the body, and supports visual acuity.* Important for athletes, because as you work out, you release more free radicals into the body.
- » Rhodiola Extract: used by Russian Olympic athletes for over 30 years, this herb grown in Siberia, Russia can help improve mental and physical performance, elevates mood, and helps combats fatigue.*
- » Cassis Pigment Extract: clinically shown to help the body after exercise feel its best, an important nutrient that can help the body fight inflammation.*
- » Isomaltulose: is a low-insulinemic sweetener that supports improved fat oxidation during physical activity as high insulin levels hinder the use of lipids as an energy source. Isomaltulose can increase the amount of fat used as energy, thus enhancing performance endurance. It is naturally found in honey and sugar.*
- » Citrulline Malate: an amino acid found in watermelon juice, it helps the body make Nitric Oxide, which increases blood flow and helps generate ATP (Adenosine TriPhosphate) the main molecule of energy in the body. Citrulline Malate or ATP helps the body reduce blood lactate which lowers performance, while also helping the body make creatine, the main muscle fuel!*
- » Vitamins E, B6, Thiamin, Niacin, and Pantothenic Acid: to boost immunity, support efficient brain function, aid metabolism, and help maintain healthy blood sugar and blood pressure levels.*

5. Why artificial sweeteners?

The formula contains fruit extracts, which can be difficult to make it taste good using sugar as a sweetener. Sugar can also cause a high, followed by a low as it enters the body, which defeats the purpose of energy production. It also appeals to a wide audience, as industry data shows that 69% of consumers want low to no sugar products. While some people are concerned with safety, there are no known studies linking the use of the sweeteners we've selected with health risks.

ViSalus Go™ —Instant Energy FAQ

6. Does ViSalus Go™ meet guidelines for high-level athletic usage?

Yes. ViSalus contains no ingredients on the Olympic banned substances list.

7. Can I mix it with water?

Yes! You can drink straight from the bottle (best served cold) or mix into 8-16 ounces of water, add to your shake or other beverage.

8. How many can I drink per day?

The US Government guidelines suggest that adults target no more than 240mg of caffeine per day. Many specialty coffees have much more caffeine than ViSalus Go™ - each Go™ bottle has 100mg of caffeine, about 2/3 of a cup of coffee. Therefore you can easily consume 2-4 per day and be under that amount. At a high 4 per day (most people will drink 1-2 per day); your customer can still enjoy their morning coffee or the ViSalus Pro™ Prolonged Energy powder mix.

9. Are there any allergens in the product?

None of the ingredients are known allergens. As with any product, each person may respond differently, but we are not aware of any known issues.

10. Who can use ViSalus Go™?

As with all products, we recommend that if you have a serious medical condition such as cardiovascular disease, or any other cause for concern, that you speak to your physician before using this or any nutritional supplement product. Not recommended for children, pregnant women, or people sensitive to caffeine.

11. Isn't caffeine bad for you?

Caffeine is known to help stimulate the brain and body. Though there is no nutritional need for caffeine, moderate caffeine intake is not associated with any known health risk. If you are concerned, we recommend you speak to your physician.

12. Is ViSalus Go™ for athletic usage only?

No. ViSalus is for anyone who needs a boost of energy. Our mission is to spread the word about good nutrition around the world. To that end, we are developing products that speak to different lifestyles. Whether you are working out, a supermom running after young ones or a student preparing for finals or mid-terms – ViSalus Go™ can offer you natural energy. Our energy drink will help the brain as well as the body feel more refreshed for those moments in which we all need a little lift.

13. What is the difference between ViSalus Go™ and ViSalus Pro™?

ViSalus Go™ is a liquid energy shot for an instant boost whenever you need it and ViSalus Pro™ is a powder drink mix that provides long lasting energy. There are some slight differences between the two products, and they were designed to be used together. For example, you can have a ViSalus Pro™ mixed in water 30 minutes to an hour before your workout, and ViSalus Go™ during your workout for an added performance boost, and ViSalus Neuro™ after your workout to fuel your body with special nutrients and hydration. Together you can "Go Pro" and achieve your goals.



Reach the Peak in your Performance!

ViSalus Pro™ is a unique **Powdered Energy Drink** formulated with special nutrients for athletes or those that just want healthy, boosting energy. Mixes with water or other beverages. Helps support stamina, muscle recovery, and endurance and can assist in the cellular recovery post workout.* Use before or during your workout, or anytime you need a lift that lasts!*

Balanced Energy Health Benefits

This unique blend includes natural plant extracts and vitamins, to help balance your energy levels throughout the day, helping with:

- Muscle energy, endurance and performance*
- Higher energy levels for exercise and daily activities*
- Free radical defense*
- Helps the body's ATP production*
- Supports the body's Nitric Oxide production*

ViSalus Propriety Pro™ Blend Gives You What Your Body Needs*

- **Apple Extract** for added energy and maintaining a healthy weight.* And fights exercise fatigue that can limit your performance.
- **Resveratrol** can slow the negative consequences of a sedentary lifestyle like insulin resistance and loss of bone mineral density.*
- **Citrulline Malate**, an amino acid found in watermelon juice, helps the body make Nitric Oxide, which increases blood flow and helps generate ATP (Adenosine TriPhosphate) the main molecule of energy in the body.
- **Isomaltulose** is a low-insulinemic sweetener that supports improved fat oxidation during physical activity.
- **D-Ribose** a natural energy source for the body, it helps with muscle energy and recovery.*
- **Eleuthero Extract (Ginseng)** helps enhance stamina and stimulate the immune system.*
- **Rhodiola Extract** can help improve mental and physical performance, and help combat fatigue.
- **Eight Essential Vitamins** that can help maintain healthy brain function, aid metabolism, and help maintain healthy blood sugar and blood pressure levels.*

SUPPLEMENT FACTS

Serving size: 1 Packet (13 g/0.46 oz.)

Serving Per Box: 15

Ingredient	Amount	% Daily Value
Calories	41	
Sodium	10 mg	<1%
Potassium	10 mg	<1%
Total Carbohydrate	10 g	3%
Sugars	10 g	
Vitamin A	750 IU	15%
Vitamin C (as sodium ascorbate)	60 mg	100%
Vitamin E (as dl-alpha tocopherol acetate)	15 IU	50%
Thiamin (as thiamine mononitrate)	1.5 mg	100%
Riboflavin	3.4 mg	200%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	100%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Proprietary Pro Blend	1,965 mg	**

Citrulline Malate, D-Ribose, Natural Caffeine Powder (from coffee beans), Glucuronolactone, Whole Grape Extract (Vitis vinifera)(fruit), Grape Seed Extract (Vitis vinifera)(seed), Rhodiola Extract (Rhodiola rosea)(root), Eleuthero Extract (Eleutherococcus senticosus)(root), L-Theanine (from green tea), Apple Extract (Malus domestica) (fruit), Resveratrol (Polygonum cupdatum)(root)

Percent Daily Values (%DV) are based on a 2,000 calorie diet.

* Daily Value (DV) Not Established

Other Ingredients: Isomaltulose, Natural and Artificial passionFruit Flavor, Citric Acid, Acesulfame Potassium, Beta Carotene, Stevia Extract, Talin (thaumatin).

Allergen Warning: Manufactured on equipment that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

Not Recommended For Children, Pregnant Women Or People Sensitive To Caffeine. Store In A Cool Dry Place.

Directions: Can be mixed into water or any beverage, hot or cold, 8–16 ounces. Take a sip from a bottle of water, add the drink mix, shake and enjoy. Do not exceed four servings per day.

Did You Know?

According to an article on Citrulline Malate in the August 2002 "British Journal of Sports Medicine", it was found that Citrulline Malate promotes aerobic energy production in human exercising muscle.

In the study, 18 men complaining of fatigue were administered 6 g of Citrulline Malate for 15 days, which resulted in reduction in fatigue, 34% increase in ATP production during exercise, and 20% increase in rate of recovery after exercise. As result, it was concluded that changes in muscle metabolism produced by Citrulline Malate helps promote aerobic energy production.

Source: <http://www.ncbi.nlm.nih.gov/pubmed/12145119>

ViSalus Pro™ Competitor Comparison Chart

MLM												RETAIL				
	ViSalus Phro™ Passionfruit Crush	VEMMA Thirst	AMWAY Nutrilite Roc20 Sport Drink Mix Mixed Berry Flavor	HERBALIFE Liftoff (Tablet Form)	ISAGENIX Want More Energy - Orange	E-BOOST Orange Packets	FRS Low Cal Orange	GNC AMP Endurance - Orange	1st Endurance Elutgen Recovery	Hammer Nutrition Sustained Energy	Gatorade GPrime					
Serving size	13 g	26 g	30g	5g	10 g	7.1 g	4.5 g	61 g **	91 g	85 g	118 ml					
Price per serving	\$2.00	\$2.33	\$1.18	\$1.93	\$1.36	\$1.40	\$1.43	\$2.14	\$3.00	\$1.77	\$2.40					
EXTRACTS																
Whole Grape Extract	Yes	No	No	No	No	No	No	No	No	No	No					
Grape Seed Extract	Yes	No	No	No	No	Yes	No	No	No	No	No					
Rhodiola Extract	Yes	No	No	No	No	No	No	No	No	No	No					
Eleuthero Extract	Yes	No	No	No	No	No	No	No	No	No	No					
Apple Extract	Yes	No	No	No	No	No	No	No	No	No	No					
VITAMINS																
Vitamin A	750 IU	2500 IU***	No	No	400 IU	No	No	No	2500 IU	No	No					
Vitamin C	60 mg	300 mg	No	60 mg	96 mg	1000 mg*	120 mg	No	400 mg	No	No					
Vitamin E	15 IU	60 IU	No	No	No	No	30 IU	No	400 IU	No	No					
Thiamin	1.5 mg	1.5 mg	No	3 mg	.525 mg	No	1.5 mg	0.75 mg	No	No	No					
Riboflavin	3.4 mg	1.7 mg	No	1.7 mg	0.6 mg	No	1.7 mg	.6 mg	No	No	No					
Niacin	20 mg	20 mg	No	20 mg	10 mg	15 mg	20 mg	7.5 mg	20 mg	No	Yes					
Vitamin B6	2 mg	5 mg	No	6 mg	0.7 mg	2 mg	2 mg	1 mg	8 mg	No	Yes					
Pantothenic Acid	10 mg	10 mg	No	20 mg	16 mg	No	No	3.5 mg	20 mg	No	Yes					
OTHER INGREDIENTS																
Citruline Malate	Yes	No	No	No	No	No	No	No	No	No	No					
D-Ribose	Yes	Yes	No	No	No	No	No	Yes	No	No	No					
Caffeine	Yes	No	No	Yes	No	Yes	Yes	No	No	No	No					
Isomaltulose ^	Yes	No	No	No	No	No	No	No	No	No	No					
Glucuronolactone	Yes	No	No	No	No	Yes	No	No	No	No	No					
L-Theanine	Yes	No	No	No	No	No	No	No	No	No	No					
Resveratrol	Yes	No	No	No	No	Yes	No	No	No	No	No					

^{*}Recommended consumption of Vitamin C should not exceed 2000 mg per day. ^{**}Serving Size, not sold in individual packets. ^{***}According to the Office of Dietary Supplements, National Institute of Health the recommended dietary allowances of Vitamin A for Adult Males = 3000 IU and for Adult Females = 2310 IU.

[^]Isomaltulose: a low-insulinemic sweetener that supports improved fat oxidation during physical activity as high insulin levels hinder the use of lipids as an energy source. Isomaltulose can increase the amount of fat used as energy, thus enhancing performance endurance. It is naturally found in honey and sugar.

Competitive Brands Ingredients on Label: Full and/or partial list

Vemma: Vitamins B12, D3, Folate, Biotin Selenium, Reconstituted Mangosteen Juice, Aloe Vera Gel, Green Tea Leaf, Mangosteen Extract, L-Alanine, L-Arginine, L-Glutamine

Amway: Nutrilite Roc20: Sucrose, Fructose, Red Orange Complex, Medium Chain Triglycerides

Herbalife: Liftoff: L-Taurine, Panax ginseng, Ginkgo biloba extract, Guarana Extract

Isagenix: Want More Energy: Vitamin B12, Biotin, Zinc, Chromium, Isalyte trace minerals, choline bitartrate, L-tyrosine, inositol, L-glycine, Stevia leaf extract betaine HCl

E-Boost Orange Packets: Vitamins D, B12, Zinc, Selenium, Copper, Chromium, Green Tea Leaf Extract, 5-HTP, Huperzine A, Astragalus Membranaceus root Extract, Grapeseed Extract

FRS Low Cal Orange: Quercetin, Catechins, Green Tea Leaf Extract

GNC AMP Endurance Orange: Folic Acid, Zinc, Copper, Manganese, D-Ribose, L-Lysine, L-Phenylalanine, L-Aspartate, Whey Protein, L-Methionine

1st endurance elutgen recovery: Magnesium, Sodium, Glutamine, Boleucine, Leucine, Valine, Tyrosine, Theonine, Alanine, Glycine, Lysine, Methionine, Phenylalanine, Proline

Hammer Nutrition Sustained Energy: Calcium, Iron, Sodium, Choline Bitartrate, L-Carnitine, L-Carnosine

Gatorade G Prime: Sodium, Potassium

ViSalus Pro™ - Prolonged Energy FAQ

1. What is ViSalus Pro™ Prolonged Energy?

ViSalus Pro™ Prolonged Energy is a patent-pending powder mix formulated to provide you with long lasting healthy and quality energy. This special blend of nutrients and extracts helps support stamina, muscle recovery, endurance and support cellular recovery post workout... and it tastes great!

2. Why ViSalus Pro™ is a better healthy alternative to other energy mixes on the market?

ViSalus Pro™ is more than energy! It is healthy nutrients to support performance – working out or while working at the computer. The individual serving packets are ready to go wherever you go. No more scoops, measuring spoons, mixing or blending. All you need to do is open the package and pour it into your water bottle or into your favorite beverage. But that is not the only reason why ViSalus Pro™ is a better alternative; this product has eight essential vitamins and a propriety blend of unique extracts that are considered a clean source of energy for your body – with natural ingredients such as apple extract and resveratrol.

3. What are the ingredients in ViSalus Pro™ Powdered Energy Mix?

- » **Apple Extract:** for added energy and maintaining a healthy weight. Whether you're a runner, a cyclist, or engage in any high-intensity sport, exercise fatigue can limit your performance. You've probably heard the old saying about an apple a day keeps the doctor away. Apples can help do more than keep the doctor away – they can help fight off exercise fatigue too.*
- » **Whole Grape Extract:** unlike other brands that may use only the fruit powder, ViSalus Pro™ uses the clinically tested and patent whole grape extract to help with endurance and power. Clinical testing shows this unique, patented extract can enhance the cell uptake of oxygen, which can help you perform at your best.*
- » **Grape Seed Extract:** contains bioflavonoids that may strengthen and protect cell membranes from oxidative stress. It also may help contribute to a healthy heart.*
- » **Resveratrol:** to improve endurance and memory, and can help reduce the risk of heart disease. A study, published June 30, 2011 in the Federation of American Societies for Experimental Biology Journal, claims that resveratrol could slow the negative consequences of a sedentary lifestyle like insulin resistance and loss of bone mineral density.*
- » **Citrulline Malate:** an amino acid found in watermelon juice, it helps the body make Nitric Oxide, which increases blood flow and helps generate ATP (Adenosine TriPhosphate) the main molecule of energy in the body. Citrulline Malate or ATP helps the body reduce blood lactate which lowers performance, while also helping the body make creatine, the main muscle fuel!*
- » **Isomaltulose:** is a low-insulinemic sweetener that supports improved fat oxidation during physical activity as high insulin levels hinder the use of lipids as an energy source. Isomaltulose can increase the amount of fat used as energy, thus enhancing performance endurance. It is naturally found in honey and sugar.*
- » **D-Ribose:** a powerful, natural energy source for the body, it helps support ATP production and helps with muscle energy and recovery.*
- » **Eleuthero Extract (Siberian ginseng):** helps enhance stamina and can be useful to help stimulate the immune system especially during times of strenuous physical exertion and stress.*
- » **Rhodiola Extract:** used by Russian Olympic athletes for over 30 years, this herb grown in Siberia, Russia can help improve mental and physical performance, elevates mood, and helps combat fatigue.*
- » **Vitamins A, C, E, B6, Riboflavin, Thiamin, Niacin, and Pantothenic Acid:** to boost immunity, maintain healthy brain function, aid metabolism, and help regulate healthy blood sugar and blood pressure levels.*

4. Does ViSalus Pro™ meet the guidelines for athletic usage?

Yes. ViSalus Pro™ contains no ingredients on the Olympic banned substances list.

ViSalus Pro™ - Prolonged Energy FAQ

5. Can I mix it with other beverages?

Yes! You can mix it into 8–16 ounces of water or any of your favorite beverages.

6. How many can I drink per day?

The US Government guidelines suggest that adults target no more than 240mg of caffeine per day. Many specialty coffees have much more caffeine than ViSalus Pro™—each Pro™ packet has 100mg of caffeine, about 2/3 of a cup of coffee. Therefore you can easily consume 2-4 per day and be under that amount. At a high 4 per day (most people will drink 1-2 per day); your customer can still enjoy their morning coffee or the ViSalus Go™ Energy Shot.

7. Isn't caffeine bad for you?

Caffeine is known to help stimulate the brain and body. Though there is no nutritional need for caffeine, moderate caffeine intake is not associated with any known health risk. If you are concerned, we recommend you speak to your physician.

8. Are there any allergens in the product?

None of the ingredients are known allergens. As with any product, each person may respond differently, but we are not aware of any known issues.

9. Who can use ViSalus Pro™?

This product is for anyone who wants a long lasting source of energy to sustain an active lifestyle. As with all products, we recommend that if you have a serious medical condition such as cardiovascular disease, or any other cause for concern, that you speak to your physician before using this or any nutritional supplement product. Not recommended for children, pregnant women, or people sensitive to caffeine.

10. Is ViSalus Pro™ for athletic usage only?

No. ViSalus is for anyone who needs a boost of energy. Our mission is to spread the word about good nutrition around the world. To that end, we are developing products that speak to different lifestyles. Whether you are working out, a supermom running after young ones or preparing for a long workday – ViSalus Pro™ can offer you natural energy. Our energy drink mix can provide you with long lasting energy to help you perform at your best.

11. What is the difference between ViSalus Pro™ and Neuro™?

ViSalus Pro™ is dubbed as PROLONGED energy, and it does just that. The special blend of extracts and vitamins are formulated to help you sustain long lasting energy, with extracts, such as: Whole Grape Extract to help relief the aches and pains following a strenuous workout or a long day. Neuro™, dubbed as SMART energy is designed to help with mental alertness and acuity.

12. What is the difference between ViSalus Pro™ and ViSalus Go™?

ViSalus Pro™ is a powder drink mix that provides long lasting energy and ViSalus Go™ is a liquid energy shot for an instant boost whenever you need it. There are some slight differences between the two products, and they were designed to be used together. For example, you can have a ViSalus Pro™ mixed in water 30 minutes to an hour before your workout, and ViSalus Go™ during your workout for an added performance boost, and ViSalus Neuro™ after your workout to fuel your body with special nutrients and hydration. Together you can “Go Pro” and achieve your goals.



Refresh your mind, and your body with a portable energy drink mix that's good for you!

The energy drink market in the United States tops \$500 million annually, and is growing at a rate of 60% per year. The worldwide energy drink market is an astounding \$3 Billion, and is expected to grow to \$10 Billion in 3 years! Why so much growth, and are these products healthy for you?

The reason for this growth is clear – everybody wants or needs more energy. Take a look:

- 75% of consumers have issues related to energy and vitality
- 25% of Americans suffer from clinically significant daytime sleepiness
- Americans are sleeping on average 1-2 hours less per night than they did 40 years ago
- 95% of workers have said they have made a mistake at work due to tiredness

What's in NEURO?

- **Rhodiola extract** for energy and mental alertness. Used by Russian Olympic athletes for stamina and endurance.
- **DMAE** (found naturally in sardines and fish) supports healthy brain function.
- **Green tea** – Provides increased energy and other well-documented health benefits for the body
- **Diarginine malate (arginine)** – A natural amino acid that helps blood vessel health and supports oxygen transfer.
- **B vitamins** (Riboflavin, Vitamin B6, Vitamin B12, Biotin which is also known as Vitamin B7) – Supports your body's natural energy
- **Vitamin C** – A powerful antioxidant to support your body's defense system when you are fatigued
- Plus, it has no added sugar and only 12 calories!

SUPPLEMENT FACTS

Serving size: 1 Packet

Ingredient	Amount	% Daily Value
Calories	12	
Sodium	60 mg	2%
Total Carbohydrate	2 g	<1%
Sugars	1 g	
Protein	1 g	2%
Vitamin C (as sodium ascorbate)	60 mg	100%
Thiamin (as thiamin mononitrate)	3 mg	200%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine HCl)	6 mg	300%
Vitamin B12 (as cyanocobalamin)	12 mcg	200%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Proprietary NEURO Smart Energizing Blend	1211 mg	**
Arginine (as diarginine malate), Green Tea Extract (Camellia sinensis) (leaf), Taurine, Rhodiola Extract (Rhodiola rosea) (root), DMAE Bitartrate, Caffeine 45mg (as dicaffeine malate) and Inositol.		

Other Ingredients (Lemon Lift): Maltodextrin, Natural Flavors, Malic Acid, Sodium Citrate, Citric Acid, Silicon Dioxide, Acesulfame Potassium, Sucralose and Natural Color (Beta Carotene).

Other Ingredients (Raspberry Boost): Maltodextrin, Natural Flavors, Malic Acid, Sodium Citrate, Silicon Dioxide, Acesulfame Potassium, Sucralose and Natural Color (Beet Juice).

Directions: Take a sip from a 16.9 fl. oz. (0.5 liter) bottle of water to allow room for NEURO[™] Smart Energy Drink Mix. Pour packet contents into bottle of water. Cover and shake bottle until drink mix is dissolved. Or, pour packet contents into a 16 fl. oz. glass of water or other beverage and stir until dissolved.

NOT RECOMMENDED FOR CHILDREN, PREGNANT WOMEN OR PEOPLE SENSITIVE TO CAFFEINE.

Store in a cool dry place. * Percent Daily Values are based on a 2,000 Calorie diet. ** Daily Value (DV) not established.

Why We're Different Than Other Energy Drinks:

Many energy drinks use high levels of caffeine and sugar that can often leave you feeling jittery. ViSalus NEURO[™] uses a patent-pending blend of ingredients to provide healthy "smart energy," giving you the extra edge to help you throughout the entire day.

Did you know...

Rhodiola, an herb used in traditional Eastern European and Asian medicines known to help eliminate exhaustion and combat stress.† Used by Russian Olympic athletes to maximize energy and endurance.

ViSalus NEURO™ Competitor Comparison

Ingredients:	ViSalus NEURO™	Limu BluFrog	Red Bull	5–Hour Energy	Monster	Rock Star	Full Throttle	Sobe No Fear	AMP
DMAE (Brain Food)	YES	No	No	No	No	No	No	No	No
Arginine	YES	No	No	No	No	No	No	No	No
Caffeine (mg)	45	80	80	240-320*	70	151	144	158	71
Sugar	1 g	17 g	27 g	0 g	52 g	42 g	58 g	66 g	30 g
B Vitamins	YES	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
C Vitamins	YES	Yes	No	NO	No	Yes	No	Yes	No
Taurine (mg)	100 mg	1,000	1000	1870**	1000	1892	2000	1000	10
Rhodiola for endurance	YES	No	No	No	No	No	No	No	No
Green Tea	Yes	No	No	No	No	No	No	No	No
Est. Price per serving	\$ 1.60	\$2.70	\$ 1.99	\$2.99	\$ 1.99	\$ 1.99	\$2.49	\$2.19	\$2.04

* estimate based on their marketing materials.

Caffeine equal to 12 oz. cup premium coffee

** Blend of taurine, caffeine. Estimate 1500mg taurine

ViSalus NEURO™ FAQ

1. How is this product healthy?

Our energy drink provides more nutrition than the leading brands. We combine a patent pending combination of ingredients to provide healthy energy. Other brands may use high levels of caffeine and sugar to give you that 'lift,' only to have you crash shortly thereafter. They may also use high levels of taurine to make your body respond, which can make some people feel jittery. Our patent pending blend provides Rhodiola extract to help refresh your brain, boost your alertness and boost mental acuity. We also included DMAE (2-di-methylaminoethanol), a natural compound that releases neuron transmitting compound (acetylcholine) and speeds neural transmission safely and effectively.

We provide about ¼ cup of coffee worth of natural caffeine to stimulate the body, combined with a B vitamin blend to help support sustained energy. We then add vitamin C, because we know that when you are tired, it often means your body is also under stress and needs to defend itself.

2. Why is it better than other energy brands?

Our product offers 3 key benefits: Mental alertness/acuity, Physical energy, and great portability and convenience. We have less caffeine, no sugar spikes, great taste and it's easy to use... is there more? Throw one in your gym bag or purse instead of carrying around a can or two of the other brands. It is also low sodium and tastes great.

3. Who should take the product?

Our product was designed for young adults and beyond. The FDA does not have guidelines for caffeine intake as it relates to kids, though they recommend no more than 45mg per day of caffeine for younger children. With all the soda consumed today, it is likely children are drinking at least that amount already if not more. Our product has about the same amount of caffeine as one can of orange soda or cola. Our recommendation is that you ask your doctor before giving it to children.

Pregnant and lactating women should not use this product. It is not recommended for children.

4. Can I mix it in other liquids besides water?

Yes! For flavor variety any time of day, try mixing it with water, juice, lemonade, iced tea, hot tea, or other beverages of your choice.

5. How many can I drink per day?

The US Government recommends that adults target no more than 240mg of caffeine per day. Therefore you can easily consume 2-4 per day and be under that amount. At a high 4 per day (most people will drink 1-2 per day); your customer can still enjoy their morning coffee.

6. With the high levels of B vitamins, and C Vitamins, is there a risk of getting too much if I take this and the Vi-PAK?

There are no known adverse effects of Vitamin B consumption. For Vitamin C, you'd have to consume over 3,000 mg before most effects of gastrointestinal disturbances are noticed. The levels or RDA are not based on the required or ideal levels, but are the minimum threshold that everyone should consume.

7. Are there any allergens in the product?

None of the ingredients are known allergens. As with any product, each person may respond differently, but we are not aware of any known issues.

8. Can people with high blood pressure or on heart medications take the product?

Our level of caffeine is low, and should not interfere with blood pressure medications at the 1-3 per day level. However, cardiovascular diseases should be managed with physician care, so we recommend you speak to your doctor before consuming ViSalus NEURO™. The product is low sodium.

ViSalus NEURO™ FAQ

9. Isn't caffeine bad for you? Why is it in the product?

Caffeine is known to help stimulate the brain and body. Though there is no nutritional need for caffeine, moderate caffeine intake is not associated with any known health risk. There are conflicting opinions on how much is safe for pregnant women or children. If you are concerned, we recommend you speak to your physician. The FDA recommends that adults try to limit daily caffeine intake to 240mg. To achieve that level, you'd need to drink over 5 servings per day of NEURO™. As with all conflicting clinical data, there is some clinical evidence that caffeine may actually help with Alzheimer's and other diseases.

10. Why artificial sweeteners?

The formula contains herbs, which can be difficult to make taste good using sugar as a sweetener. Sugar can also cause a high, followed by a low as it enters the body, which defeats the purpose of energy production. It also appeals to a wide audience, as industry data shows that 69% of consumers want low to no sugar products. While some people are concerned with safety, there are no known studies linking the use of the sweeteners we've selected with health risks.

11. Why these two flavors?

We selected the two flavors that will appeal to the widest number of people. The flavors also offer variety, and worked well with our unique blend of ingredients.

12. Why a powder mix and not a liquid in a can?

Portability, sampling, and the ability to mix with multiple liquids made powder the smart choice. This provides the utmost in convenience and personalization. Plus, it's easier to ship to your customers, costing them less.

13. Does NEURO meet the guidelines for athletic usage?

Yes. NEURO contains no ingredients on the Olympic banned substances list. With arginine and low caffeine, athletes may enjoy using the product.

14. Our Vi-PAK helps with energy. Why are we offering this product?

Our mission is to spread the word about good nutrition around the world. To that end, we are developing products that speak to different ages, genders, and cultural backgrounds. Currently, the average age of our distributors is 44. We believe that offering a healthy energy drink will appeal to a wide age group, and attract younger people to the ViSalus brand. Additionally, even though we are healthier and have more natural energy with the Vi-PAK®, there are those days we can all feel a bit in a fog. Perhaps we have an exam we are studying for, or a big presentation to make. Our energy drink will help the brain as well as the body feel more refreshed for those moments in which we all need a little lift. And, with the price point, it may help you attract a new customer to the ViSalus name.



Occasional Immune System Support

The Vimmunity formula combines seven herbs to safely and effectively enhance immune function when needed. This proprietary blend of Zinc, Vitamin-C, L-Arginine, Quercetin and Bioflavonoids is unlike anything you will find on the market today. This natural-based product is designed to help support your body's natural defenses. If your condition does not improve, please consult your physician. Not intended for daily use.

The Vimmunity Difference

There are nine known subtypes of Echinacea. E. purpurea leaf and E. pallida root have been shown to support T and B cell function. These two types found in Vimmunity are more potent than E. angustifolia, a variety that appears in lesser quality supplements.

Goldenseal is an excellent herb that has been shown to gently, but effectively support immune function.

Elder flower (aerial), Linden flower) aerial, Meadow sweet (aerial) and Astragalus have been shown to support immune function.

Bioflavonoids are a class of plant secondary metabolites. They are most known for antioxidant activity, though they have additional protective properties including supporting a healthy heart.

SUPPLEMENT FACTS

Serving size: 1 Capsule

Ingredient	Amount	% Daily Value
Vitamin C (ascorbic acid)	333 mg	554%
Zinc (zinc monomethionate)	12 mg	80%
L-Arginine (L-arginine HCL)	133.33 mg	*
Citrus Bioflavonoids	33.33 mg	*
Proprietary Herbal Blend	266 mg	*
Echinacea (Echinacea purpurea) (leaf), Echinacea (Echinacea pallida) (root), Goldenseal (Hydrasris Canadensis) (root), Astragalus (Astragalus membranaceus) (root), Quercetin, Elder Flower (Sambucus nigra) (aerial), Linden Flower (Tilia europaea) (aerial) and Meadowsweet (Filipendula ulmania) (aerial).		

Other Ingredients: Magnesium Stearate and kosher vegetable capsule (hydroxypropyl methylcellulose, sorbitol, silicon dioxide and purified water).

Directions: Take 1-2 capsules as needed for up to two weeks at a time. Allow at least 5 days in between each two-week usage. Use only as needed.

Serving Sizes: (based on weight)

90-110 lbs:	1 capsule 2 times daily, 5-10 days
111-150 lbs:	1 capsule 3 times daily, 5-10 days
151-200 lbs:	2 capsules in the morning, 1 capsule at lunch, and 2 capsules in the evening, for 5-10 days
200+ lbs:	2 capsules 3 times daily for 5-10 days

This outstanding formulation is based on the German Commission E (An authoritative scientific reference available on medicinal use of herbs).

Guaranteed purity, potency, and dissolvability.

Store in a cool dry place. Keep out of the reach of children.

* Daily value (DV) not established.