

## ViSalus Core Kit™ FAQs:

### 1. What is the ViSalus “Core” Kit?

The “Core” Kit supports your lifestyle with a patented anti-aging and energy formula, balanced nutrition, and hydration and energy without the jitters. The program is founded on keeping your nutrition in balance with one nutritional shake per day, to help your body fuel itself with lean protein, digestive enzymes, fiber, calcium, and prebiotics to support your body’s normal regularity. Combine that with our comprehensive Vi-pak®, for sound nutritional support from head to toe, and patent-pending NEURO™ Smart Energy drink mix, to support healthy brain function and keep you sharp. No other system can compete to support your optimal physical and youthful health!

### 2. What is in the kit?

1. 30 days and 30 meals of body shaping energy with our Vi-Shape® Nutritional Shake Mix.
2. Healthy benefits and fabulous flavor from the Chocolate Cardia Care Shape-Up™ Health Flavor Mix-in with polyphenol protective benefits of about 6-8 bars of dark chocolate per packet!
3. Healthy benefits and energizing flavor from our Banana Energy Charge Shape-Up™ Health Flavor Mix-in, with energy that lasts from guarana. The perfect morning or afternoon pick me up.
4. Our 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 different antioxidants, and our patented Anti-Aging & Energy formula to help support cellular repair.
5. ViSalus NEURO™ Smart Energy: Two great flavors, one powerful way to get energy for your brain and body, without the jitters or high caffeine of ‘average’ energy drinks! Power packed, it mixes into any beverage to help you get on the go nutrition and energy support.

### 3. Does this kit provide more value?

Yes. The “Core” Kit offers \$105 off of normal retail prices when the items are ordered individually, so that we can help everyone get on these core nutritional products.

### 4. How does it help me maintain my weight?

The Core kit provides one 30 Serving Vi-Shape® Nutritional Shake Mix to help provide balanced nutrition to start your day, along with 2 Shape-Up™ Health Flavors for variety. Starting your day with the shake for breakfast helps fuel the body, and helps maintain healthy blood sugar levels, which help you feel full, and more in control of your eating. The shake saves calories and money too when compared to the average breakfast so that you can help maintain your weight. We include 2 boxes of ViSalus NEURO™ (one of each natural flavor) to help you maintain healthy energy and stamina. We then combined this with the life enhancing Vi-pak® for optimal nutritional support. With so many nutritional deficiencies in our diets, it’s important to supplement so that the body has proper nutrition to function at its best. Once you are at your desired goal, the “Core” Kit can help keep you vitalized.

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

For the best value (a \$105 savings) we have created the kit to ensure maximum results. Should you desire, you can also purchase any of the products separately.

### 6. 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.

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### 7. Who should take this product?

Anyone that desires to help their body stay healthy, and maintain their healthy weight.

### 8. What are the primary benefits of 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.

### 9. What are the primary benefits of the Health Flavors?

Each packet is not just a flavor, they are concentrated nutrition! The chocolate with polyphenol antioxidants support heart health each packet has about 6-8 bars of dark chocolate worth of polyphenols, without the calories. The banana has guarana for energy that lasts. Each banana packet has about a cup of coffee of caffeine (85 mg).

### 10. What are the primary benefits of the Vi-pak® in the kit?

Studies show that almost 85% of us do not get enough essential omega oils 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

**Glutathione:** produced in the body, an in every cell, this ingredient is a powerful antioxidant, immune system supporter, and anti-aging defender. Vi-pak® (including the Anti-age & energy formula) contains not just glutathione, but precursors like n-acetyl cysteine (the ingredients that help your cells make more glutathione) and other ingredients to help it stay active in your body. Glutathione is a hidden secret, because this antioxidant is “inside” your cells. Other antioxidants may kill free radicals to help prevent them from getting into the cell, where as glutathione is your body's cellular defense.

### 11. 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