

## 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.

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### 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.