

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.

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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.