

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.

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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.