

ViSalus Body by Vi™ FAQs:

1. What is “Body by Vi™?”

The Body by Vi™ Challenge is for everybody, and every BODY! Simply put it is a challenge that encourages you to make a change within 90 days. Whether you want to get fit, lose weight, or just get more active, ViSalus™ has products, tools, and information to help you achieve your goals!

ViSalus™ has created Body by Vi™ to help you utilize our life transforming products and benefit from our online and offline support tools. ViSalus’ exclusive challenge offers a simple, nutritional program with fun and easy recipes, menu plans, exercise videos, and online community support. If you’d prefer not to be 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™ is designed to fit your lifestyle. Body by Vi™ is a 90–Day challenge that transforms people’s lives. The products are bundled for ultimate results, nutrition, and value. You can save money, and even get your kit for FREE when you have others join the challenge. And \$100 off normal retail prices makes the deal even sweeter!

2. What is in the kit?

There are five kits in the Body by Vi™ program. You can choose the kit that will be most suitable to helping you achieve your goals.

1. **Balance Kit:** provides a shake a day to help balance nutrition. We recommend it for breakfast, as almost half of adults don’t eat breakfast, and of those that do—their breakfasts tend to be high carb, high calorie foods, such as: cereal, muffins, donuts, toast or bagels. You can save calories, save money, and fuel your body with nutrition designed to help balance blood sugar, and help keep you full and satisfied. The kit can help with weight maintenance and it includes:
 - » 1 Vi-Shape® Nutritional Shake mix to provide 30 balanced meals over 30 days.
 - » A sample assortment of our Health Flavor Mix-Ins for variety and added nutrition.
2. **Shape Kit:** an easy way to shape your body, slim down, and get fit. The kit includes:
 - » 2 Vi-Shape® Nutritional Shake mix pouches to provide 60 balanced meals over 60 days. 2 shakes a day help melt the pounds away.
 - » A sample assortment of Health Flavor Mix-Ins.
3. **Core Kit:** is the ultimate in daily nutritional support. This kit provides 30 servings of Vi-Shape® Nutritional Shake Mix to help start the day right. Have a shake for breakfast to help fuel the body, and help maintain healthy blood sugar levels. The kit includes:
 - » 1 Vi-Shape® Nutritional Shake mix to provide 30 balanced meals over 30 days.
 - » A sample assortment of Health Flavor Mix-Ins for variety and nutritional support.
 - » 2 boxes of ViSalus NEURO™ (one of each flavor) to help you maintain healthy energy and stamina.
 - » 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.
4. **Transformation Kit:** help your body transform fast. This is the preferred kit of the Body by Vi™ Champions. The kit offers comprehensive support to help you achieve your body shaping goals... for a complete body transformation. The kit includes:
 - » 2 pouches of Vi-Shape® Nutritional Shake Mix (60 servings for 2 meals per day, for 30 days). 2 shakes a day help melt the pounds away.
 - » 1 bottle of Vi-Slim® to help burn fat and support lean muscle.
 - » 1 box of Vi-Trim® to control hunger and between meal cravings.
 - » A sample assortment of our Health Flavor Mix-Ins, to add flavor, variety, and nutrients to your shakes.

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- » Omega Vitals - our distilled and robust essential oils that may support heart health and weight loss.
 - » 2 boxes of ViSalus NEURO™ (1 of each flavor) to assist in energy and hydration.
5. **Fit Kit:** The ViSalus Fit Kit is great for athletes and those that lead active lifestyles. The kit includes:
- » 2 pouches (60 servings) of the Vi-Shape® Nutritional Shake mix so that you can have a shake meal (blend shake with milk and fruit), and another as a snack mixed in water. It is important to get protein into the body within 30 minutes of completing a workout, to help your body recover.
 - » 30 Nutra-Cookies™ (10 of each flavor: Chocolate Chip, Oatmeal Raisin, Peanut Butter) for a healthy snack.
 - » 30 servings ViSalus PRO™ Prolonged Energy Drink Mix. Supports athletic performance and endurance by giving you the muscle energy you need throughout your workout.
 - » 30 servings ViSalus GO™ Instant Energy Drink Shots. Give yourself a boost of instant energy to kick start your workout with this convenient shot, or take during your workout for the energy to go the extra mile.

3. Does purchasing a kit provide more value?

Yes. Each kit saves you money versus buying all of the products at individual prices. They are designed to provide benefits for different fitness, shaping, and nutritional goals.

4. Is it expensive?

No. In fact, it can SAVE you money. The program provides two 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 more nutrition and health support for maximum transformation.

Plus, you can earn your kit for FREE! Simply invite others to join the challenge, and you can get your kit for free.

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?

Yes, but 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, nutritious 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. A shake can be made and blended in under a minute!

- » 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.
- » Provides fiber benefits for health protection

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

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.
- » Supports your thermogenic system.
- » It may support healthy metabolism.
- » May help support healthy blood sugar levels and
- » natural insulin function.
- » May support energy while dieting.
- » Promotes lean muscle mass
- » Contains antioxidant properties.

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.
- » May help support healthy blood sugar levels.
- » May help support metabolism and excretion of fat.

Vi-Trim™ can be mixed into Vi-Shape™ Nutritional Shake mix, ViSalus Neuro™, or your favorite foods or beverages --- for on the go hunger control.

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. Chocolate Cardia 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 about 50 strawberries worth of phytonutrient protective power per packet. **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®:

- » May support a healthy heart.
- » May support proper immune function.
- » Supports cellular recovery, cellular energy, and free radical defense

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

Most energy drinks are high sugar, high caffeine, and high taurine, which can make you feel jittery. Our product is low caffeine, and combines nutritional ingredients to help you feel more awake, alert, and refreshed. Neuro™ may help.

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

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15. What are the benefits of the ViSalus Nutra-Cookie™?

ViSalus Nutra-Cookie™ is a guilt-free 'mini-meal' (snack) that may help you curb hunger; and fuel your body with protein, antioxidants, fiber, prebiotics, and more! The delicious and chewy cookie is packed with 9 grams of protein and 5.5 grams of fiber. Easy to eat on the go, or put in the microwave for 10 seconds for a warm treat. Savor the taste of our three delectable flavors: Chocolate Chip, Oatmeal Raisin, and Peanut Butter.

Nutra-Cookie may help support:

- » A healthy digestive and immune system with prebiotic, antioxidants, and fiber.
- » Promote & maintain lean muscle mass.
- » Healthy energy levels and metabolism.

16. Why is ViSalus Go™ beneficial?

ViSalus GO™ Instant Energy Drink is a patent-pending formula that can help fuel your workout from start to finish! It is specially formulated to deliver instant energy that lasts and to help athletes perform at their best. Take it before your workout for benefits that include:

- » May help with endurance and power.
- » Can enhance the cell uptake of oxygen, which can help you perform at your best.
- » Help support peak muscle performance.
- » It assists alertness, wakefulness, and enhances cognitive performance, while fueling your body with nutrients needed to help sustain exercise.

17. What are the primary benefits of ViSalus PRO™?

This unique blend includes natural plant extracts and vitamins, to help balance your energy levels throughout the day. Mix PRO™ with water and drink it during your workout, it may help with:

- » Higher energy levels for exercise and daily activities.
- » Helps the body's ATP production.
- » Supports the body's Nitric Oxide production.