

# Ultra-Nutrition Shake with Fiber™

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## 1. What research has been done on the Balance and Burn® Ultra-Nutrition?

**Balance and Burn® Ultra-Nutrition Shake™** is formulated using the latest research and clinical studies. Each ingredient has been independently researched by the most respected names in their fields. **Balance and Burn® Ultra-Nutrition Shake™** is a formulation you can trust because its ingredients are clinically tested and proven.

## 2. Are there any side effects?

**Balance and Burn® Ultra-Nutrition Shake™** has no known side effects. Because it contains no stimulants, like caffeine or other harmful herbs, it will not make you nervous or jittery. There are NO harmful herbs or synthetic vitamins. **Balance and Burn® Ultra-Nutrition Shake™** is safe for anyone ages 8 years and up.

## 3. If I am on medication, can I safely use this formula?

**Balance and Burn® Ultra-Nutrition Shake™** is safe to take with medications. There are no known drug interactions and the ingredients do not alter the action of any medications. However, before beginning any program you should check with your personal physician.

## 4. Can I drink Balance and Burn® Ultra-Nutrition Shake™ if I am a diabetic?

While this formula is not specifically for diabetic conditions, it may help support healthy blood sugar levels. However, you should always check with your doctor before taking Balance and Burn® Ultra Nutrition as it does contain 6 grams of low glycemic sugar.

## 5. Is this formula safe for pregnant or nursing women?

Yes, it contains only whole food nutrition and all natural ingredients but you should always check with your doctor before taking any supplement if you are pregnant or nursing or are currently being treated for a condition.

## 6. I am allergic to gluten, can I take this formula?

Yes, **Balance and Burn® Ultra-Nutrition Shake™** contains no gluten.

## Questions Specific For Weight Loss Usage

## 7. How long can I stay on the Balance and Burn® Ultra-Nutrition Shake™ weight-loss program?

This is a 100% natural whole food supplement with no stimulants or artificial ingredients. Your body will love the added nutrition on a daily basis. It is safe to take everyday even if you are no longer using it to actively lose weight. If you do stop using this formula it will not cause you to regain any weight as long as you maintain a normally healthy lifestyle.

## 8. Is there a better time to drink the shake?

Many people choose to take Balance and Burn® Ultra Nutrition first thing in the morning to help "jump start" their metabolism. **By giving your body a dose of highly dense nutrition first thing in the morning you can help insure you have enough energy to start your day and you won't suffer from the hunger or cravings usually associated with low nutrient breakfast meals.**

## 9. Why should I take the Balance and Burn® capsules while on the shake?

**Balance and Burn® Ultra-Nutrition Shake™** was designed to **keep your metabolism high**, while consuming a low number of calories. By adding the capsules to your weight loss program you can actually burn as fuel excess dietary fats and refined sugars, often responsible for weight gain. It is a great way to boost your weight loss efforts while increasing energy levels.

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### 10. Why should I avoid carbonated beverages while taking Ultra-Nutrition?

**Carbonation destroys the active digestive enzymes contained in the nutrient powder and leach calcium from your system.** Without these enzymes, Balance and Burn® cannot properly stimulate your metabolism and promote weight loss. **So, even though diet soda has no calories, it can sabotage your weight-loss efforts.**

### 11. Can I mix the powder with anything besides water?

**Yes, but this will alter the caloric content.** Some people prefer to use 8 ounces of skim milk (**80 calories**) instead of water. Others prefer to add fresh fruit or fat-free yogurt to vary the flavor.

### 12. Can I prepare Balance and Burn® Ultra-Nutrition Shake™ ahead of time and keep it refrigerated?

Preparing the mix and storing it in the refrigerator for more than 20 minutes is **not recommended**, as this deactivates some of the vital enzymes.

### 13. My energy goes up after taking Balance and Burn® Ultra-Nutrition, is this common?

**There are no drugs or stimulants** in this formula. The boost in energy is a result of your body receiving a super dose of whole food nutrition including many enzymes responsible for stimulating your metabolic systems. When your body has optimal levels of good nutrients it will be able to operate more efficiently thereby giving you a boost in energy.