

Common Q & A For the Nutrition Club

I am allergic to Gluten?

How to respond-

NO problem! 90 % of our products are GF- You will just want to avoid the mint chocolate and cookies and cream shake!

I am allergic to Dairy?

How to respond-

NO problem! We have 3 different options and 2 of these are essentially dairy free!

Are you lactose intolerant or just like to avoid it? The reason I ask is bc (show canister) a entire canister of this shake here is 30 meals and it has the equivalent to 1 glass of milk, BUT the lactose is removed.

So most people allergic to dairy are perfectly fine!

If NOT then we can make you a shake with either the Dairy free instant shake or the alternative protein (4 scoops) which is made with pea, sesame and rice protein. Does that sound good?

What type of protein powder do you use here?

How to respond-

Great Question! Its plant based! Its awesome! You will love it!

How much sugar is in your shakes?

How to respond-

They are all less than 15g of sugar! Plus we do not add the sugar, they are all fructose which is actually just the natural sugars from fruit!

What sweetener is in your product?

How to respond-

Great Question, I like knowing the same thing! :) We use honey powder, all the natural sugars from different fruits and stevia!

How much caffeine is in the tea/ tea bomb?

How to respond-

Tea has 85mg , Lift off has 75mg.

However it herbal so you will feel much better than a strong cup of coffee.

Are you a nutritionist?

How to respond-

Great Question and we get that all the time. We are NOT nutritionists, we are certified health coaches and what that means is we are completely trained to understand and recommend a incredible supplement line to help meet the needs of any of your health requests and give you a great solution. We also are passionate about keeping clients on track to reach any or all health goals.

What are your macro counts for your shakes?

How to respond-

I love that you are asking that! I am so interested in that too!

***Smoothies with fruit are** 24g Protein, 28g Carbs, 4.5g Fat

***Smoothies without fruit are** 24g Protein, 18g Carbs, 4.5g Fat

***Bowls with toppings are** 26g Protein, 68g carbs, 7.5g Fat

***Oatein Bowls are** 23g Protein, 47g Carbs, 6.5g Fat

Are you guys hiring?

How to respond-

Yes we are always looking!

Let me take down your info and I will contact you with our next orientation time.