

PHYSIQ™

◆ FAQs ◆

PROTEIN

WHAT IS PHYSIQ PROTEIN?

PhysIQ Protein is the perfect way to curb your appetite without unnecessary sugar, carbohydrates, and calories. This great tasting protein powder is packed with 18 grams of high quality whey protein. It helps deliver naturally occurring amino acids to your blood to encourage new muscle growth and speed up workout recovery.

HOW DOES PROTEIN HELP ME MANAGE MY WEIGHT?

Our muscle activity accounts for most of the calories our body burns. Without enough lean body mass, our metabolism is sluggish and we feel like we're always fighting a losing battle to shed unhealthy fat. Adding the right kind of protein to your diet and exercise routine will help you build muscle to burn more calories and uncover your ideal body.

HOW MUCH PROTEIN IS IN THE PHYSIQ PROTEIN?

PhysIQ Protein contains 18g of protein.

WHAT IS WHEY PROTEIN?

Quickly digested, whey protein satisfies hunger right away and triggers an immediate increase in amino acids — stimulating protein synthesis and enabling significant muscle growth.

IS THE PHYSIQ PROTEIN A MEAL REPLACEMENT?

No. PhysIQ Protein Shake is not a meal replacement. It's a quick and convenient source of high-quality protein to take as part of a balanced daily diet.

WHAT FLAVOR IS THE PHYSIQ PROTEIN?

Vanilla.

IS THE FLAVOR NATURALLY SOURCED?

Yes.

DOES PHYSIQ PROTEIN CONTAIN ANY SOY?

No.

DOES PHYSIQ PROTEIN CONTAIN ANY CASEIN?

No casein protein has been added to PhysIQ Protein.

HOW DO I TAKE MY PHYSIQ PROTEIN?

Mix one scoop of PhysIQ Protein Shake with 8 oz water or your favorite kind of milk in a shaker bottle/blender. Take one or two times per day to support a balanced diet. Can be blended with peanut butter, bananas, and other fruits for added flavor and nutrients.

HOW SHOULD MY PHYSIQ PROTEIN SHAKE BE STORED?

This product should be stored at room temperature in a cool, dark place.

WILL MY PHYSIQ PROTEIN SHAKE INTERFERE WITH MEDICATION?

Please contact your physician with any questions or concerns.

IS THE PHYSIQ PROTEIN RECOMMENDED FOR PREGNANT OR NURSING MOTHERS?

Please consult your physician before using any PhysIQ Protein if you're pregnant or nursing.

IS THE PHYSIQ PROTEIN FDA APPROVED?

Food products are not formally approved by the FDA before they're put on the market. However, by law, all products have to be safe, legal and do what they claim to do. The FDA does regulate products once they are on the market.

DOES THE PHYSIQ PROTEIN CONTAIN NRF2 INGREDIENTS?

No.

CAN I USE OTHER LIFEVANTAGE NUTRITIONAL PRODUCTS WITH PHYSIQ PROTEIN?

Yes, you can use other LifeVantage nutritional products with PhysIQ Protein.

These statements have not been evaluated by the Food and Drug Administration. This products is not intended to diagnose, treat, cure, or prevent any disease.