

# PHYSIQ™

✦ FAQs ✦

## PROTEIN

### WHAT IS PHYSIQ PROTEIN?

PhysIQ Protein contains 18 grams of great-tasting protein powder. It gives you all the energy and amino acids your body needs to build lean muscle, provide energy, and recover from workouts.

### 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 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.

### HOW DO I TAKE MY PHYSIQ PROTEIN?

Directions for Use: Mix one level scoop of PhysIQ Protein with 240 ml (8 oz) of water or your favorite kind of milk in a shaker bottle. Take one or two times per day. Can be blended with peanut butter, bananas, and other fruits for added flavor and nutrients. Shake is not a meal replacement.

### 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 product if you're pregnant or nursing.

### 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.