

# OGGX<sup>TM</sup> PRODUCT FAQs

## 1. WHAT IS FENIX?

FENIX is ORGANO's exclusive shake designed specifically for Healthy Nutrition and Weight Management.

It combines concentrated whey protein with vitamins, minerals, prebiotic fiber, and ganoderma mushroom. Use this delicious healthy drink mix every day, to help you lose weight, maintain weight, or get great nutrition.

## 2. WHAT IS UNIQUE ABOUT FENIX?

- It includes rbGH free whey protein: an organic whey protein that is free of artificial growth hormones
- It includes ganoderma mushroom
- It contains electrolytes – to support good cellular balance
- It is gluten free
- It contains a prebiotic fiber for good digestive health
- It tastes great

## 3. HOW DO I USE FENIX?

To lose weight, replace two meals a day with a scoop of FENIX blended with 8-10 oz (300 ml) of nonfat or skimmed milk followed by a sensible 3rd meal and snacks.

We recommend breakfast to be one of the two replaced meals as it provides better nutrition than many standard breakfasts, and studies show that protein at breakfast can help you eat less during the day.

## 4. WHAT ARE BENEFITS OF USING FENIX?

- The shake mix provides complete nutrition – fast, and affordably.
- It can save you money on foods, and provide better nutrition.
- The blend of fiber and protein can: Save you money.
- Provides better nutrition at a better price than many common meals/foods.

- You can get a complete meal for under \$2.00 including when blended with milk.
- Provide fast meals – it takes only a minute to prepare.
- Helps control appetite with 13 g of protein and 3 g of fiber.
- Provides bone-healthy calcium.
- Provides organic protein, that is digestible and absorbable.
- Helps promote & maintain lean muscle mass.
- Provides a prebiotic fiber for digestive health.
- Prebiotic fiber is the type of fiber that helps promote the growth of good bacteria in the gut, called probiotics.
- These helpful bacteria support your immune system, regularity, nutrition absorption, and more.
- Contains Ganoderma Mushroom.

## 5. WHO CAN USE IT?

The shake is great for adults who want to get good nutrition to help them maintain, lose, or gain weight.

However, those who are pregnant or lactating, gastric bypass patients, ulcer patients, and anyone known to have a medical condition should consult a physician prior to taking this product or any nutritional supplement.

## 6. CAN I USE ONLY WATER FOR THE SHAKE?

To get enough calories, fat, calcium, and nutrition the shake should be mixed in non-fat milk or soy milk.

Follow the Meal Plan for tips and menu ideas to ensure you that you are eating a healthy diet and that you're getting enough calories.

## 7. CAN I REPLACE ALL 3 MEALS WITH THE SHAKE?

No. We recommend replacing only 2 meals with 2 shakes, followed by a sensible 3rd meal, along with healthy snacks in order to lose weight.

Replacing all 3 meals with shakes may lower your daily calorie intake. Doing so might delay your progress since cutting off too much calories could slow down your metabolism.

## 8. WHAT KIND OF SWEETENER IS IN THE SHAKE?

FENIX has 7 g (about 1  $\frac{3}{4}$  teaspoons) of evaporated cane juice per serving.

This is a sugar that is comprised of glucose (your body uses for energy) and fructose. It is lower in sugar compared to other brands.

## 9. CAN I USE IF I AM WATCHING MY BLOOD SUGAR LEVELS?

Those with Type I or Type II diabetes should consult their doctor first to ensure that they are managing their blood sugar properly.

The shake contains 7 g of evaporated cane juice, and approximately 19 g of sugar when blended with nonfat milk or skim milk.

FENIX is also within the range of being carb friendly consisting of under 30 g of carbohydrates per meal.

## 10. WHY A SHAKE POWDER MIX, AND NOT A READY-TO-DRINK IN A CAN?

The powder provides you with the best opportunity to mix it as you like, into non-fat milk, flavored or plain soy milk, low fat/low sugar yogurts, cottage cheese, or water.

## 11. CAN I USE THIS WITH MY ORGANIC COFFEE OR TEA?

Yes. The shake mix can be blended into coffee or tea for added flavor. We recommend trying it with the OG Black Coffee.

## 12. HOW MANY GRAMS OF PROTEIN ARE IN THE SHAKE?

There are 13 g of whey protein concentrate in the shake, and approximately 21-23 g of protein when mixed as directed.

Nutritionists recommend we get 20-25 g per meal, so OGX FENIX™ puts you right where you should be.

## 13. AREN'T MORE GRAMS OF PROTEIN BETTER?

No. Studies show that if we consume too much protein, it can be stored as fat and/or excreted from the body.

## 14. WHAT IS WHEY PROTEIN CONCENTRATE?

Whey protein is derived from milk. It is a more concentrated form of protein than milk or milk powders, as it is the protein portion of milk separated out from the sugars, fat, water.

Whey protein is about 80% protein, and is used by athletes and bodybuilders to support lean muscle.

## 15. WHAT IS LEAN MUSCLE?

Your body consists of over 600 muscles, and these are key to protecting your health. As we age we lose lean muscle (about 10 oz. a year starting at age 30) because we tend to be less active, and our diets may not be helpful.

Quality protein in your diet, along with moderate exercise can help you protect your lean muscle and your health.

## 16. CAN I USE IF I AM LACTOSE INSENSITIVE?

Whey protein tends to have low levels of lactose (a sugar found in milk), so it can typically be used by those who sensitive to milk sugar.

However, if you are lactose intolerant you should speak to your doctor before using FENIX

## 17. WILL I GET GAS?

Changing a diet, may result in temporary gas for some people. Most people should be fine using FENIX. If you have gas that lasts more than a few days, it may be what you are mixing the shake with.

Some people find that it can spur gas when used with almond milk, so try lactose free milk (like lactaid) or soy milk instead and see if that helps.

## 18. HOW FAST WILL I LOSE WEIGHT?

Each one of us is unique, and it will depend on your age, how much weight you have to lose, how well you follow the plan, and how much you exercise.

The program was designed to help you lose a healthy 1-2 pounds per week. We don't recommend trying to lose more than that per week.

## 19. WHAT CAN I EAT ON THE PROGRAM?

You should continue to eat a healthy, balanced diet. Our Meal Plan could give you ideas on how to have healthy, flavorful meals and shakes.

## 20. WILL I GET ALL THE NUTRIENTS NEEDED FOR ONE MEAL IN JUST ONE SHAKE?

Yes. FENIX is a complete meal with protein, fiber, vitamins and minerals to help you satisfy your hunger and get proper nutrition.

## 21. IS IT GLUTEN AND DAIRY FREE?

Yes. The OG shake is gluten free. It does contain whey protein, which is derived from dairy. The whey is rBGH free, meaning it is from milk that does not have artificial growth hormones.

## 22. IS IT ORGANIC?

The shake is not labeled Organic, as we include vitamins and minerals that can be made from fermentation. It is organic in the sense that the ingredients used were grown with reduced or no pesticides.

## 23. DOES IT CONTAIN CAFFEINE?

There is no caffeine or any stimulant in the shake. If you like caffeine you can mix it with OG Black Coffee.

## 24. WHERE SHOULD IT BE STORED?

Store like you would any food - typically in a room temperature environment, in a cupboard, not in direct sunlight.

## 25. WHAT SHOULD I EXPECT THE FIRST WEEKS OF USING FENIX?

Most people will report feeling healthy, having good energy, good sleep - and losing some weight!

This is because by having 2 shakes a day we are fueling the body with a balanced, complete meal that is lower in sodium, fat and sugar than many common meals.



ORGANO