



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

FENIX

DX

TM

ADVANCED DETOX SUPPORT

PINK LEMONADE FLAVOR

FAQS

1. WHAT IS UNIQUE ABOUT THE OGX FENIX DX™ ADVANCED DETOX SUPPORT DRINK MIX?

The Organo OGX FENIX DX™ Advanced Detox support drink mix is a botanical and vitamin blend to help you defend your daily health. With the majority of our immune system in our gut, it impacts our health, our mood, our sleep and more. Supporting your body's natural detox process every day can help your cells detox and refresh too. Our aging begins at our cells in the mitochondria where energy is produced. As we age, the ability of our cells to clean out waste matter ages too. So supporting our gut, and our cells is key to good health and good weight management, and performance. Not a laxative or an occasional use product, this caffeine free drink mix is a daily health tonic. Mix it in water, lemonade, cranberry juice or your OGX FENIX™ shake and get cellular and digestive detox support.

2. WHAT ARE SOME OF THE BENEFITS OF THE OGX FENIX DX™ ?

This pink lemonade flavored drink mix can be added to water, lemonade, iced tea, cranberry juice or other beverages to give you customized flavor while supporting your body's natural defense and detox systems.

- Caffeine Free
- Contains powerful botanicals from sources like bilberry, blueberry, and acai that nourish and help protect your body.
- Contains Vitamin C - to protect and nourish the immune system.
- Supports digestive health and cellular detoxification.
- Can be used daily to support and protect your health.
- Great before or after a workout to help protect from free radicals that your body releases when you exercise.

3. HOW DO I USE THIS PRODUCT?

Mix 1 packet into 12 - 16 oz. of water for hydration and nutritional support. For more intense flavor, mix in 8-10 oz. of water. Can also be mixed into iced tea, lemonade, sparkling water, or other beverages for customized flavor.

4. WHAT ARE SOME OF THE INGREDIENTS IN THE DETOX DRINK MIX?

B VITAMINS

B Vitamins play an important role in keeping our bodies running like well-oiled machines. These essential nutrients help convert our food into fuel, and help the body use protein. These support our natural energy levels, helping us feel energized throughout the day.

VITAMIN C

Vitamin C is an antioxidant that can help support a healthy immune system, helps protect you from colds and other airborne illnesses.

CHAMOMILE EXTRACT

Chamomile is an ancient herb that has been used for hundreds of years for its healthy properties. OGX FENIX DX™ uses a concentrated chamomile extract for many benefits. Some studies show it may help us sleep better, and fight the negative effects of stress. One study in 2009 showed that chamomile extract can help support a healthy mood and focus, and another found it can help support healthy sleep - when our body's natural detox process is working. Chamomile is known for its soothing and calming properties, which can help support a healthy digestive system.

BURDOCK

Burdock is a member of the daisy family, and has been studied for its free radical scavenging properties.

ACAI

The mystery and power of the Amazon can be found in this purple fruit, known for its nutritional benefits. These fruits can help support a healthy immune system. According to a study published in the June 2008 issue of the Journal of Agricultural and Food Chemistry, Acai berries contain a large number of antioxidants that help scavenge cell-damaging free radicals from the body.

In particular, the study, which was conducted by researchers at the Department of Nutrition and Food Science at Texas A&M University, showed that Acai berries possessed the highest antioxidant activity to date.

ORGANO

BILBERRY

Bilberry is similar to a blueberry, and has been studied for its antioxidant properties. Some studies suggest it is beneficial for eye health, in addition to supporting gut or digestive health.

BLUEBERRY

Blueberries are known as super foods for their antioxidant capabilities, and also help protect good liver health.

LICORICE ROOT EXTRACT

Licorice has been used in foods and cooking for centuries, due to its sweet licorice flavor. Licorice root extract has been used to support digestive health, soothing the stomach, and other benefits.

ALOE VERA

Aloe Vera is known for its soothing properties –for skin, and for supporting digestive health.

GANODERMA

This beloved and studied mushroom can help support antioxidant protection

5. IS IT A LAXATIVE?

No. This product is not a laxative, or occasional use product. It is a product that helps support your healthy digestive system, which supports your overall health. Additionally, the B Vitamins support a healthy mitochondria, to help defend you at the cellular level while Vitamin C helps defend your immune system.

6. HOW MUCH SUGAR DOES IT HAVE?

This drink mix has 5 g of fructose, and only 20 calories –it is less sugar, and fewer calories than a cup of orange juice, or soda.

7. WHO SHOULD TAKE THIS PRODUCT?

Anyone that would like to protect and defend their digestive system and cellular health.

8. HOW MANY CAN I TAKE PER DAY?

We recommend 1-2 per day.

9. COULD ATHLETES USE THIS PRODUCT?

Yes. The formulas are good for athletes with our unique combination of nutrients. Additionally, this product does not contain any anti-doping ingredients.

10. IS THIS PRODUCT GLUTEN FREE?

Yes.

11. IS THIS PRODUCT LACTOSE FREE?

Yes.

12. WHY A POWDER MIX INSTEAD OF A CAN?

The powder mix makes traveling easier and can be mixed into many liquids to provide a customized flavor.

13. WHAT AGE CAN USE THIS?

We recommend 18 years and above. Ages 12-18 depend on parental approval.



FENIX XTTM

ADVANCED ENERGY DRINK MIX
MANGO PEACH FLAVOR

FAQS

1. WHAT IS UNIQUE ABOUT THE ORGANO OGX FENIX XTTM ADVANCED ENERGY DRINK MIX?

The Organo OGX FENIX XTTM Energy Drink Mix is a dietary supplement that can help you feel your best with less caffeine, less sugar, and more nutrients than other brands. It contains 100 mg of caffeine – about 2/3 cup of coffee worth of caffeine, but the way it is combined and formulated, you can feel a gentle lift that lasts.

It also supports a healthy, active lifestyle with Rhodiola for body and brain, Guarana and caffeine for a combination to boost you up with a lift that lasts, lower Taurine so it's not like other jittery feeling brands.

2. WHAT ARE SOME OF THE BENEFITS OF THE OGX FENIX XTTM ?

This mango peach flavored drink mix can be added to water, lemonade, iced tea, cranberry juice or other beverages to give you customized flavor and energy on the go. It can also be mixed into your OGX FENIXTM shake for a mango peach flavor with added energy benefits!

- Contains 100 mg of caffeine – about 2/3 cup of coffee worth of caffeine.
- Fortified with Vitamins and Antioxidants
- Supports Exercise & Hydration
- Supports your body and your brain

3. HOW DO I USE THIS PRODUCT?

Mix 1 packet into 12 -16 oz. of water for hydration and energy. For more concentrated flavor, mix in 8 -10 oz. of water. Can also be mixed into iced tea, lemonade, sparkling water, or other beverages for customized flavor.

4. WHAT ARE SOME OF THE INGREDIENTS IN THE ENERGY DRINK MIX?

GUARANA & CAFFEINE

100 mg of caffeine, lower than other brands and about 2/3 of a cup of coffee. Two types of caffeine, including Guarana means it can help you feel your best as each enters the blood stream at a different rate so you can get a fast, yet long lasting feeling of energy. Some studies show that Guarana may also help boost memory and focus, which is great for athletes or everyday life.

ARGININE

Arginine Malate is an important amino acid that can help support muscle and activity. It can help support good nitrogen levels in the muscles, and with diet and exercise, can help you burn fat and build lean muscle.

RHODIOLA

This wonderful herb has been used by Olympic athletes to support stamina, endurance and energy, and in other products helping support mood, and more. According to a study published in the International Journal of Sports Nutrition and Exercise Metabolism in 2004, Rhodiola supported healthy muscle recovery and supported natural endurance.

VITAMINS & ANTIOXIDANT VITAMINS

Organo OGX FENIX XTTM contains B vitamins to support natural energy in the body, antioxidant Vitamin C to help protect the body cells from free radical damage. When we workout, or are under stress, our body can release free radicals that can cause cell aging. The vitamins and antioxidants in the OGX FENIX XTTM Energy Drink Mix help you protect yourself from airborne challenges to the immune system due to working out, traveling, and more.

5. HOW MUCH SUGAR DOES IT HAVE?

This drink mix has only 5 g of added sugar – making it a healthy low sugar option for an active lifestyle. Many energy drinks contain much higher sugar – many are 39 grams, 50 grams, even 69 grams of sugar! This can make you have a sugar rush, and a sugar crash, which can lead to weight gain. OGX FENIX XT™ Energy Drink Mix does not do that with only 5 g of sugar (about 1 teaspoon) in 12 -16 oz. of water, this makes it a healthy choice.

6. WHO SHOULD TAKE THIS PRODUCT?

Anyone that would like added energy in a lower caffeine and lower sugar formula vs. other energy drinks.

Not intended for those sensitive to caffeine or watching their caffeine intake including women who may be pregnant or lactating.

7. HOW MANY CAN I TAKE PER DAY?

We recommend 1-2 per day. Some people drink far more caffeine in one coffee beverage, but we recommend that total caffeine intake be under 300mg per day.

8. COULD ATHLETES USE THIS PRODUCT?

Yes. The formulas are good for athletes with our unique combination of nutrients. Additionally, this product does not contain any anti-doping ingredients.

9. IS THIS PRODUCT GLUTEN FREE?

Yes.

10. IS THIS PRODUCT LACTOSE FREE?

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