

ViSalus Nutra-Cookie™ FAQ

1. What is the ViSalus Nutra-Cookie™?

The ViSalus Nutra-Cookie™ is a guilt-free 'mini-meal'(snack) that can be used to curb hunger, and fuel your body with protein, antioxidants, fiber, pre-biotics, and more! The rich and chewy cookie is packed with 9 grams of protein, a full serving of 5 grams of fiber, yet tastes like a home-baked treat! It is available in two delicious flavors of Oatmeal Raisin, and Chocolate Chip.

2. What are the benefits of Nutra-Cookie™?

- » Portable, convenient and portion-controlled snack
- » All Natural, with a great taste the whole family can enjoy.
- » Ideal part of a healthy weight management plan.
- » One cookie is a great hunger busting snack to be used between meals.
- » Two cookies, or a shake (in water) and a cookie are great meal alternatives for those days where you don't have time to stop.
- » Supports a healthy digestive and immune system with prebiotic, antioxidants, and fiber, supports a healthy metabolism with power packed protein, healthy antioxidants from fruits and vegetables.
- » Nutrition energy for busy lifestyles, with healthy antioxidant protection from harmful free radicals generated by exercise.
- » Provides low fat protein
- » Helps promote & maintain lean muscle mass
- » Helps support healthy energy levels while cutting calories
- » Provides fiber benefits for health protection
- » Supports healthy metabolism

3. Why were the cookies developed?

The ViSalus Nutra-Cookie™ was designed to be a healthy between meal snack for those on either our Body by Vi™ Weight Loss Challenge, or for those who simply want a healthier snack to help curb hunger. Eating healthy snacks between meals can help support healthy metabolism, and curb hunger so you can stick to your weight management program and lose weight. The cookies are also great alternatives to higher sugar, lower quality snacks that many adults and children eat today.

4. Are the cookies kosher?

Yes, the cookies are certified OU-D kosher.

5. Can the cookies be used by pregnant, lactating, or nursing mothers?

Yes, the cookies may be consumed by pregnant women or nursing mothers.

6. Can children use the cookies?

Yes children can eat the cookies.

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7. How do I use the cookies? What is the serving size?

One cookie is 9 grams of protein, a serving of fiber, a serving of fruit & vegetable antioxidants. Each cookie is 150 calories.

- a. **Snack:** One cookie is a great, on the go snack! Eat between meals to help you feel full and satisfied.
- b. **Meal:** Eat two cookies in place of a meal, or have one cookie with a delicious Vi-Shape® Nutritional Shake mixed with water. By doing this you are getting between 18-20 grams of protein.

8. What is Tri-Sorb™ Protein?

Tri-Sorb is our unique blend of proteins, designed to be absorbed into the body to fuel your day. Our blend includes non-GMO soy protein (not genetically modified or bio-engineered). The soy was specially processed to remove the isoflavones, to alleviate concerns about impacting estrogen levels. We use soy because it is a complete protein, and is heart healthy too. We also use a combination of whey proteins. These proteins help you feel full, and help your body maintain healthy blood sugar levels.

9. What is the price? How does this compare to other products on the market?

There simply is no other product like the ViSalus Nutra-Cookie™, so it is hard to compare it!

Our cookie is priced at \$34.00 per box of 14 cookies, or \$2.42 per cookie. When you purchase 4 boxes for \$125.00 (as part of DS qualification) the price is now \$2.23 per cookie. The 'average' snack cookie is about \$1.79, but does not have the antioxidant, pre-biotic and fiber, or the same type or quality and amount of protein. Many cookies on the market are also higher sugar, higher carbohydrate. So when comparing the nutrition, ours simply can't be beat!

10. What's the best place to store the cookies?

To ensure the best quality, store unopened packages in a cool, dry location. As with any cookie, heat, humidity, exposure to air, and leaving the cookie package open can affect its quality. Our cookies last up to one-year in unopened packets.

11. Who should use this product?

Anyone interested in losing or maintaining their weight, and those who want a good alternative to sugary snacks or high carbohydrate/low nutrition foods.

12. How many can I have per day?

If you are on the Body by Vi™ Challenge, or trying to lose weight, then having 1-2 per day between meals is the recommended amount. If you are already at your ideal weight, or just want great nutrition, then you can have more but just need to keep in mind how many calories you are eating per day in order not to gain weight.

13. What are the cookie flavors?

Nutra-Cookies™ are available in two of the most popular flavors: Oatmeal & Raisin and Chocolate chip.