



## **revital U Coffee FAQ**

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## Product:

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### How much caffeine does the Coffee contain?

Each serving of our product contains 100 milligrams of caffeine, which is similar to about an 8-ounce cup of regular coffee.

### How much sugar does your coffee have?

Our Coffee is sugar-free.

### Is revital U Coffee gluten-free?

Our Coffee does not contain gluten contributing ingredients. It also does not contain dairy, eggs, fish, crustacean, shellfish, tree nuts, peanuts or soybean or wheat.

### How long does a tub of coffee last?

When using the recommended one scoop or stick a day, your tub or box should last 30 days or a month. One serving equals one cup of coffee.

### What are the benefits of drinking one cup a day?

Our Coffee has helped individuals experience ease in weight management, have more overall energy and better mental focus. Please keep in mind, results vary from person to person.\*

### How long should I wait until I see results?

Everyone is different, so time and results vary. Certain people notice an immediate change after their first cup, while others notice a gradual increase of energy. Individuals also say their appetites lessen as their cravings stop. There are others who primarily experience improved mental clarity, focus and better sleep.\*

Our Coffee can give you a combination of these results as well but it depends on your body, lifestyle and diet.

Individuals generally start seeing results within 14 days of use. If this is not the case for you, please let us know, within 30 days of your first purchase, if you would like a refund.

### Is this product approved by the FDA?

The FDA does not approve nutritional supplements. Our product's ingredients are specifically chosen for quality and purity, from reputable suppliers, that meet our standard of excellence. All of our ingredients are approved for manufacturing by the governing body in the U.S., and are manufactured following GMP standards for dietary supplements.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease

### Where is the product manufactured?

Our products are manufactured using state-of-the-art technology at reputable manufacturing facilities, in the U.S., following the highest standards for product purity, safety and compliance.

### What is the serving size of a Stick?

A Stick is one serving of our product. One serving is 2.25 grams.

### My tub was missing the scoop. What is the measurement?

A scoop is equivalent to 2.25 grams, which is slightly less than one teaspoon.

### Does your coffee come in K-cup form?

No, not at the moment.

### Is your Coffee Kosher?

Our product is not certified Kosher at this time.

## Consuming It: \_\_\_\_\_

### Can I only drink one cup a day?

We recommend one daily cup of revital U Coffee. Taking more will not improve results. You can drink a maximum of two cups daily.

### Can I drink more than one scoop/stick at a time?

Yes, you can, but please be aware that you will be consuming twice the amount of caffeine and other powerful actives in the product. You will also run out of the product in half the time. It is meant to last 30 days or a month.

### Can I mix it in with my regular cup of coffee?

Yes, you can, but please be aware that the caffeine content of your beverage will add to the 100 mg of caffeine in the product, which might be too much for some people.

### Should I avoid drinking regular coffee while taking this?

You can enjoy our Coffee and continue drinking regular coffee later in the day.

### I don't drink coffee. Should I take the usual dose?

If you're not a regular coffee drinker, we recommend starting off with only half a serving. Over time, you can increase to one complete scoop or stick, without feeling overstimulated by the caffeine.

### For those that hate coffee, what's the best way to take it?

We're happy you asked! There are many different ways you can take our product

and it isn't only by drinking our Coffee. You can mix it in orange juice, chocolate milk, protein shake, oatmeal, yogurt, etc.

#### What is a basic way to take your Coffee?

Mix 1 scoop with 4 to 8 oz. of hot or cold water. Do not consume with alcohol, food or drink containing caffeine, or any other stimulants.

#### When is the best time of the day to have your product? How late?

We recommend taking it with or after your breakfast. Also, remember to drink plenty of water throughout the day to stay hydrated.

#### Should I take it while following a diet? If so, which one do you recommend?

There is no specific diet we recommend, while taking our product. Our Coffee can help kick start your health journey. But when accompanied with better food choices and physical exercise, you'll feel like the best version of yourself in no time.

#### Is it okay to have a cup on an empty stomach?

We recommend combining it with food, rather than taking it on an empty stomach.

#### Should I drink it before or after a workout?

This is an individual choice. We recommend people follow their usual regimen they use with other foods and beverages that provide an energy lift, like our Coffee.

#### Can my adolescent child take your Coffee?

revital U Coffee is not intended for individuals under the age of 18.

#### Can I drink this if I don't want to lose weight and just want better focus?

Of course, you can. We know that people don't only want to look better, but also want help to improve their mental focus and clarity.

#### I'd love to buy a mug. Where can I do that?

We aren't offering individual mugs for sale right now.

#### Is your product safe to use long-term?

We are not aware of any negative effects, associated with ongoing use of our product. We recommend that you consult with your physician, if you have concerns about taking this product.

## Health Concerns:

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[Can I drink the Coffee while also taking medication?](#)

We recommend customers take our ingredients list and consult with their physician. Like any other product, there are possible interactions when mixed with medication.

[Can I drink it if I am pregnant or nursing?](#)

No, we do not recommend this product for pregnant or nursing moms.

[I want to try your product, but suffer from \(X health illness\). Can I still drink it?](#)

Please consult with your physician if you're being treated or having a family history of any medical condition, before taking our product.

[Is it normal to experience strange symptoms and/or pain, while using your product?](#)

Please stop using our product immediately and speak with your physician.

WARNING: KEEP OUT OF REACH OF CHILDREN. Use only as directed. DO NOT exceed recommended serving, it will not improve results. Not intended for use by persons under age 18, pregnant or nursing women. DO NOT use this product if you are at risk or being treated for high blood pressure, heart kidney, thyroid or psychiatric disease, anxiety, depression, seizure disorders or stroke. Consult your doctor before use if you have a medical condition and/or taking prescription medication. Discontinue use and consult your doctor immediately if you experience any adverse symptoms. Not WADA compliant.

Do not consume with alcohol, food or drink containing caffeine, or any other stimulants.

