



## **revital U Smart Caps FAQs**



Product .....	3
Consuming It .....	4
Health Concerns .....	5

## Product:

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### How much caffeine does each Smart Cap contain?

Each capsule contains 150 milligrams of caffeine, similar to about one large 12-ounce cup of regular coffee.

### How much sugar do Smart Caps have?

Our Smart Caps are sugar-free.

### Are Smart Caps gluten-free?

Smart Caps do not contain any gluten contributing ingredients.

### What are the Smart Caps casing made of?

The casing of our Smart Caps are made from plant fibers and cellulose (found in fruits and vegetables). There are no animal products used.

### What is the serving size for Smart Caps?

One capsule per day is the recommended serving size.

### How long does a box of Smart Caps last?

Each box has 30 servings. When using the recommended serving of one capsule a day, your box should last 30 days or a month.

### What are the benefits of taking one cap a day?

By taking one Smart Cap a day, you may begin feeling an uplifted mood, increased physical and mental energy, experience ease in weight management, among other benefits. Please note that results may vary from person to person.\*

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

Time and results may vary based on the individual. You may begin feeling increased physical and mental energy after only one serving. Other benefits, like ease in weight management, may be noticed over a longer period of time.\*

Our Coffee may provide a combination of results but it depends on a person's body, lifestyle and diet.

### Is this product approved by the FDA?

The FDA does not approve nutritional supplements. Our product's ingredients are specifically chosen for effectiveness, quality and purity, from reputable suppliers, that meet our standard of excellence. All of our ingredients are approved for sale by

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the governing bodies in the U.S., and are manufactured following GMP standards for dietary supplements.

#### Where is the product manufactured?

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

#### What is the serving size?

One capsule per day is the recommended serving size.

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

#### Can I only take one capsule a day?

We recommend taking one capsule a day with 4 to 8 ounces of water, as optimal use. Taking more will not improve results.

#### What is the best way to take a Smart Cap?

Take one capsule, once daily with or without food and 4 to 8 ounces of water. Do not consume with alcohol, food or drink containing caffeine, or any other stimulants.

#### What is the maximum number of capsules I can take in a day?

While most people experience benefits from taking only one Smart Cap, larger individuals can take up to two Smart Caps in a day. Please do not consume two capsules at the same time. Make sure they are taken at least four hours apart from each other and take with 4 to 8 ounces of water.

#### Can I take a Smart Cap and a scoop of revital U Coffee or a Coffee Stick together?

We do not recommend taking our Smart Caps simultaneously with our Coffee. You can take a Smart Cap in the morning with your breakfast and then drink our Coffee at least four hours later.

#### Can I drink it with my regular cup of coffee?

We do not recommend consuming our Smart Caps at the same time as other caffeinated products. One capsule contains 150 milligrams of caffeine, about the same as one large 12-ounce cup of regular coffee. However, you can enjoy your regular coffee at a different time during the day or make a decision based on your own caffeine tolerance.

#### I don't have caffeine on a daily basis. Should I take the usual serving?

If you are sensitive to caffeine, please be aware that one Smart Cap contains 150 milligrams of caffeine, the equivalent of a large 12-ounce regular coffee. If this

product is too strong for you, we recommend you check out our other product, revital U Coffee, which can have customized servings.

**When is the best time of the day to take a Smart Cap? How late?**

We recommend taking it with or after your breakfast.

**Is it okay to take a Smart Cap on an empty stomach?**

We recommend combining it with food and 4 to 8 ounces of water, rather than taking it on an empty stomach.

**Should I take this while following a diet? If so, what do you recommend?**

Please work with your doctor if you're embarking on a serious weight loss program. There is no specific diet we recommend, while taking our product. Our Coffee may 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.

**Should I take 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 Smart Caps.

**Can my adolescent child take Smart Caps?**

revital U Smart Caps are not intended for individuals under the age of 18.

**Can I take Smart Caps 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.\*

**Are Smart Caps safe to use long-term?**

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

**Health Concerns:** \_\_\_\_\_

**Can I take Smart Caps while also being on medication?**

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

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**Can I take Smart Caps if I am pregnant or nursing?**

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

**I want to try Smart Caps, but suffer from (X health condition). Can I still take it?**

Please consult with your physician if you're being treated or have a family history of any medical condition, before taking Smart Caps.\*

**Is it normal to experience strange symptoms and/or pain, while taking Smart Caps?**

Please stop using the product immediately and speak with your physician if you experience any unusual or uncomfortable effects.

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. Consult your doctor before use if you have a medical condition and/or taking prescription medication. 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. 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.

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