



revital U Smart Cocoa FAQs

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Product:

Does revital U Smart Cocoa contain caffeine?

Each serving of Smart Cocoa contains 100 milligrams of natural caffeine derived from green coffee beans, which is similar to the amount found in an 8-ounce cup of regular coffee. It contributes to the energizing effect of the product.*

How many calories are in one serving?

It's hard to believe that each decadent serving of our Smart Cocoa only has 25 calories! It can be a satisfying and guilt-free component of any weight management program.*

How much sugar does your Smart Cocoa have?

Smart Cocoa is sugar-free.

Is Smart Cocoa gluten-free?

Smart Cocoa does not contain any gluten contributing ingredients.

How long does an order of Smart Cocoa last?

When using the recommended one scoop or Stick a day, your tub or box should last 30 days or a month. One serving makes one cup of Smart Cocoa.

What is the serving size of a Smart Cocoa Stick?

Each serving of Smart Cocoa is 7 grams or equal to one level measure of the scoop that comes in the tub. Each Smart Cocoa Stick contains one 7 gram serving.

Why is the serving size of a Smart Cocoa Stick different than a Smart Coffee Stick?

The difference in serving size is due to the different base and format used. Smart Cocoa contains the same amount of active ingredients as our Smart Coffee or Smart Caps. Its base includes cocoa, a coconut oil and MCT based creamer, natural flavor and non-caloric sweeteners, which all adds up to a large serving size. Each serving of Smart Cocoa also provides 2 grams of protein and 2 grams of fiber.

What are the benefits of drinking one cup of Smart Cocoa a day?

By taking one serving of Smart Cocoa a day, you may begin experiencing a decrease in your appetite, increased energy and improved mental focus, among other benefits. Please note that results may vary from person to person.*

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

How long should I wait until I see results?

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

Smart Cocoa 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 products' 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 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.

Where are the ingredients in Smart Cocoa from?

Ingredients included in all revital U products go through an extensive research, review and validation process, as a result of which they must meet our stringent identity, active ingredient and quality specifications to ensure the efficacy of our product. We source our ingredients from the highest quality ingredient suppliers from all over the world – but only those who are able to meet our exacting specifications and acceptance criteria to meet or exceed the U.S. regulatory requirements are accepted.

What is the pH or acidity level of revital U Smart Cocoa?

The pH of Smart Cocoa is between 5.7 and 5.8 when mixed in 8 oz. water. The pH will change, of course when it is mixed in milk (which has a pH of 6.5 to 6.7), or when it is used in other ways such as mixed in smoothies, cereal etc. This allows most people to enjoy its decadent taste and benefits in a manner most suitable to them.

Consuming It:

Does Smart Cocoa taste like regular hot chocolate?

Smart Cocoa has a hot cocoa base – a combination of raw cocoa and other kinds of cocoa. It also contains green coffee beans as the source of caffeine. It is a sweet, delicious chocolate flavored drink that you can enjoy all-year round. Additionally, Smart Cocoa provides great functional benefits.*

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Can I only drink one cup a day?

We recommend one daily serving of revital U Smart Cocoa. 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?

We recommend using the product only as directed. Yes, you can take more, 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.*

Should I avoid drinking regular coffee while taking this?

You can enjoy Smart Cocoa and continue drinking regular coffee later in the day.

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

If this is the case, 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. Please be aware that one serving of Smart Cocoa contains 100 milligrams of caffeine, about the same as one 8-ounce cup of regular coffee.

What is a basic way to use Smart Cocoa?

Mix one scoop with 8 ounces of hot water. You can also mix one scoop into the milk of your choice. Do not consume with alcohol, food or drink containing caffeine, or any other stimulants.

When is the best time of the day to have Smart Cocoa? 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?

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 Smart Cocoa 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.

Is it okay to have a cup of Smart Cocoa on an empty stomach?

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

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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 Smart Cocoa. Please note that our product provides 2 grams of protein and 2 grams of fiber, along with other active ingredients.

Can children and adolescents drink this Smart Cocoa?

Because of the nature of active ingredients incorporated into the hot cocoa base, revital U Smart Cocoa is not intended for individuals under of the age of 18.

Can I drink Smart Cocoa 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.*

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: _____

Can I drink Smart Cocoa while also taking medication?

We recommend people to 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 condition). Can I still drink it?

Please consult with your physician if you're being treated or have 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 the product immediately and speak with your physician if you experience any unusual or uncomfortable effects.

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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.

