

## ViSalus Body by Vi™ FAQs:

### 1. What is “Body by Vi™?”

ViSalus Body by Vi™ is an innovative solution to getting into better shape, no matter if you want to slim down, tone up or build muscle. No other program is as comprehensive, or as easy!

ViSalus™ has created Body by Vi™, combining our unique and life transforming products along with our online and offline support tools. No one else can offer the same comprehensive program that includes a simple nutritional program with recipes, menu plans, exercise videos and programs, and online community support. If you'd rather not get weighed in public, eat expensive foods, or watch endless exercise videos that aren't targeted to your specific needs, then this is the program for you!

Body by Vi™ was designed to fit within the reality of your life. We have sensible meal plans that allow you to 'cheat' now and then, along with reminders you can send to your email or phone to help keep you on track with your supplements, and fast, fresh, and fun recipes.

Body by Vi™ is a 90 day challenge that helps people transform their lives. And the products are bundled to maximize results and nutrition. Combine that with a special prices that shave up to \$123 off normal retail prices, and there is no reason not to join!

### 2. How is this different than the ViSalus TSS™ program?

This program combines the best of ViSalus. It utilizes key components of the Trim Slim Shape™ Program, combined with energizing ViSalus NEURO™, and health supporting Omega Vitals for essential oil support from the Vi-pak®. For those that want all the life enhancing components of the Vi-pak, we have a simple 'upgrade' option that can easily be added for a discount, too.

### 3. What is in the kit?

There are three kits in the Body by Vi™ program.

- A. The most preferred kit is the “Transformation” Kit, which gives you the best value and the most product and tools to help you towards your total body transformation. This kit combines 2 pouches of Vi-Shape® Nutritional Shake Mix (60 servings for 2 meals per day, for 30 days), 1 bottle of Vi-Slim® to help burn fat and support lean muscle, 1 box of Vi-Trim® to control hunger, 3 of our most popular Health Flavors for variety, convenience and flavor, Omega Vitals to provide essential oil benefits, and 2 boxes of ViSalus NEURO™ (1 of each flavor) to assist in energy and hydration. The kit also includes a simple log on process and free access to the Vi-Net™ Health Membership site for 30 days, to provide tips, tools recipes, exercise videos and more.
- B. The “Shape” Kit is for someone looking to use the Vi-Shape® shake from our TSS Program to help them slim down or tone up. This kit combines 2 Vi-Shape® Nutritional Shake mix pouches to provide 60 balanced meals over 60 days. It also includes two boxes of Health Flavor Mix-Ins for variety and nutritional support, along with the Vi-Net™ Health Membership site for 30 days, to provide tips, tools, recipes, exercise videos and more.
- C. The “Balance” Kit is for someone that wants to embark on the journey to healthier eating habits. This kit has 1 Vi-Shape® Nutritional Shake mix to provide 30 balanced meals over 30 days. It also includes 1 box of our Health Flavor Mix-Ins for variety and added nutrition, along with the Vi-Net™ Health Membership site for 30 days, to provide tips, tools recipes, exercise videos and more.

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### 4. Does purchasing a kit provide more value?

Yes. Because we want everyone to experience the life enhancing transformation, the “Transformation” Kit has the largest value by saving you over \$123 off of normal retail prices from ordering the products individually. The “Shape” Kit saves you over \$56 from normal retail, and the Shape kit saves over \$32 from normal retail prices.

### 5. Is it expensive?

No. In fact, it can SAVE you money. The program provides 2 full meals, and all the nutrition you need to be healthy and help transform your body. The cost per day for the program is less than many people spend on ONE fast food lunch, or breakfast on the go. And it provides much more nutrition and health support, for maximum transformation.

### 6. Do I need to exercise?

The program is designed to help you lose weight, even if you don’t exercise. However, to really transform your body and get in great shape, we do recommend exercise. This is why we provide two types of exercise plans – one for the person just getting started, and one for the person that wants a firmer physique. There are also instructional videos online for more information and education on how to exercise.

### 7. How do I maintain my weight?

It’s simple! Once you have reached your goal, transition to our “Core” Kit, and save \$105 off normal retail prices. The Core kit provides one 30 Serving Vi-Shape® Nutritional Shake Mix to help provide balanced nutrition to start your day. Starting your day with the shake for breakfast helps fuel the body, and helps maintain healthy blood sugar levels. The “Core” Kit also includes one box of our Chocolate Cardia Care Health Flavor Mix-In, and one box of Banana Energy Charge Health Flavor Mix-In for added flavor, variety, and nutritional support. There are 2 boxes of ViSalus NEURO™ (one of each flavor) to help you maintain healthy energy and stamina. We then combined this with the life enhancing Vi-pak® for cellular support and defense against aging free radicals, with omega rich oils, glutathione, grape seed extract and more to help you live healthier, and live younger. Once you are at your desired goal, this “Core” Kit can help keep you vitalized.

### 8. Can I buy the products separately, and not in the kit?

For the best value, the kits provide savings from \$32-\$123 off normal retail prices. Should you wish to add more products, you can always do so.

### 9. Can I use only water for the shake?

The shake is great mixed in water for a low calorie, nutrition rich snack. For meals, we suggest that it be blended with non-fat milk, or soy milk for extra protein and nutrient support.

### 10. Who should take this product?

Anyone that desires to have a better shape, to lose weight, to get fit, or to build lean muscle!

### 11. What are the primary benefits of the Vi-Shape® shake mix?

- » The shake mix provides complete nutrition – fast
- » Helps control appetite
- » Provides bone-healthy calcium
- » Provides heart healthy, low fat protein
- » Helps promote & maintain lean muscle mass
- » Supports protein digestion and nutrient absorption
- » Helps support healthy energy levels while cutting calories
- » Provides fiber benefits for health protection
- » Includes two unique fibers for health, and for hunger control
- » Supports a low glycemic lifestyle
- » Supports healthy metabolism

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### 11. What are the primary benefits of the Vi-Shape® shake mix? *(continued)*

Each protein has been specially processed to remove fat, remove lactose, and remove carbohydrates. In addition, we have processed the soy to remove the isoflavones, so there is no estrogenic affect. The “shake mix that tastes like a cake mix” is hard to beat. Try your own taste test! Look at the comparison chart and see how other shakes use more salt, fat and sugar.

### 12. What are the primary benefits of the Vi-Slim® metabolism boosting tablet?

- » It helps burn fat
- » Boosts your thermogenic system
- » Helps wake up a tired metabolism
- » Supports healthy blood sugar levels
- » Supports natural insulin function
- » Supports energy while dieting
- » Promotes lean muscle mass
- » Has antioxidant properties
- » Helps inhibit fat production

### 19. What are the primary benefits of the Vi-Trim® appetite control drink mix?

- » Helps control hunger between meals
- » Helps alleviate the stresses of dieting
- » Supports healthy blood sugar levels
- » Boots metabolism and excretion of fat

### 20. What are the primary benefits of the Shape-Up™ Health Flavors?

Each packet is not just a flavor, they are concentrated nutrition! **Chocolate Cardia Care** (included in all 3 Body by Vi™ kits) has polyphenols, which are great antioxidants and support heart health. Each packet has about the equivalent of 6–8 bars of dark chocolate for only a few calories. **Banana Energy Charge** (included in the “Shape” and “Transformation” kits) has guarana power to provide a burst of energy that lasts. **Strawberry Phyto Power** (included in the “Transformation” Kit) has the equivalent of 50 strawberries worth of phytonutrient protective power. **Peach Complexion Care** (not included in the kits) has glucosamine, biotin, collagen and more to support healthy skin and healthy joints. **Orange Everyday Defense** (not included in the kits) has immune and detox supporting ingredients.

### 21. What are the primary benefits of the Vi-pak®?

Studies show that almost 85% of us do not get enough omegas from our diet, and therefore don’t get the head to toe support we need. Combine that with the other nutritional deficiencies, stressful lives, pollution, and other stressors and you can see why the Vi-pak:

- » Supports a healthy heart
- » Supports proper immune function
- » Supports cellular recovery
- » Supports cellular energy
- » Supports healthful sleep
- » Supports cognitive function and memory
- » Supports healthy organ function
- » Supports free radical defense

### 22. What are the primary benefits of ViSalus NEURO™?

Most energy drinks are high sugar, high caffeine, high taurine which can make you feel jittery, not alert. Our product is low caffeine, and combines unique nutritional ingredients to help you feel more awake, alert, and refreshed.

- » Supports energy levels
- » Supports stamina and endurance
- » Supports healthy cognitive function
- » Supports vein health and healthy oxygen transfer