

# OGX FENIX<sup>TM</sup> PRODUCT FAQs

## 1. WHAT IS FENIX?

FENIX is ORGANO's exclusive meal replacement shake designed specifically for weight control.

It combines whey protein with vitamins, minerals, fibre, and ganoderma mushroom.

Use this delicious meal replacement mix every day to help you lose weight or maintain weight after weight loss.

## 2. WHAT IS UNIQUE ABOUT FENIX?

- It includes non-GMO whey protein
- Less than 250 kcal
- It includes ganoderma mushroom
- It is gluten free
- It tastes great

## 3. HOW DO I USE FENIX?

To lose weight, replace two meals of an energy restricted diet per day with a scoop of FENIX blended with 250 ml of semi-skimmed milk followed by a sensible 3rd meal and snacks.

We recommend breakfast to be one of the two replaced meals as FENIX provides better nutrition than many standard breakfasts, and studies show that protein at breakfast can help you stay fuller for longer.

## 4. WHAT ARE BENEFITS OF USING FENIX?

- The shake mix provides complete nutrition – fast and affordably.
- Provides better nutrition at a better price than many common meals/foods.

- You can enjoy a complete meal for a little more than € 2.00 including when blended with semi-skimmed milk.
- Provide fast meals – it takes only a minute to prepare.
- Helps control appetite with a high amount of protein.
- Provides calcium which is needed for the maintenance of normal bones.
- Provides protein that is digestible and absorbable.
- Provides protein which contributes to the growth and maintenance of muscle mass.
- Contains ganoderma mushroom.

## 5. WHO CAN USE IT?

The shake is great for adults who want to enjoy good nutrition to help them maintain weight after weight loss or lose weight. Consult with a healthcare professional if pregnant, breast feeding, or if you have any other unique or special needs.

## 6. CAN I USE ONLY WATER FOR THE SHAKE?

No, meal replacement shake must be mixed with semi-skimmed milk. Please ensure you follow those directions.

Follow the Meal Plan for tips and menu ideas to ensure that you are eating a healthy diet and that you're getting enough calories.

## 7. CAN I REPLACE ALL 3 MEALS WITH THE SHAKE?

No. This product is not designed to be your sole source of nutrition. We recommend replacing only 2 meals with 2 shakes, followed by a sensible 3rd meal, along with healthy snacks in order to lose weight.

## 8. WHAT KIND OF SWEETENER IS IN THE SHAKE?

FENIX has sweetener from the stevia plant.

## 9. CAN I USE IF I AM MONITORING MY BLOOD SUGAR LEVELS?

Please consult your physician before using FENIX.

## 10. CAN I USE THIS WITH MY ORGANO COFFEE OR TEA?

Yes. The shake mix can be blended into coffee or tea for added flavour. We recommend trying it with the OG Black Coffee. Preparation with coffee or tea may not qualify shake as a meal replacement for weight control.

## 11. HOW MANY GRAMS OF PROTEIN ARE IN THE SHAKE?

There are on average 22 g of protein when mixed as directed.

European Food Safety Authority (EFSA) has published population reference intakes for protein. For adults EFSA indicates it to be 0.83g per kg of body weight per day.

## 12. AREN'T MORE GRAMS OF PROTEIN BETTER?

No. There is evidence that, in the long term, consuming too much protein can lead to an increased risk of osteoporosis and can also worsen existing kidney problems.

## 13. WHAT IS WHEY PROTEIN POWDER?

Whey protein powder is derived from milk.

Whey protein powder is about 80% protein, and is used by athletes and bodybuilders to support growth and maintenance of muscle mass.

## 14. WHAT IS LEAN MUSCLE?

Your body consists of over 600 muscles, and these are key to protecting your health. As we age we lose lean muscle (about 3%-5% each decade starting at age 30) because we tend to be less active, and our diets may not be helpful. Even if you are active, you'll still have some muscle loss.

Quality protein in your diet, along with moderate exercise contributes to maintenance of muscle mass.

## 15. CAN I USE IF I AM LACTOSE INTOLERANT?

If you are lactose intolerant you should speak to your physician before using FENIX.

## 16. WILL I GET FLATULENCE?

Changing a diet may result in temporary flatulence for some people. Most people should be fine using FENIX.

Some people find that flatulence may be aggravated when used with almond milk, so try lactose free milk or soy milk instead and see if that helps. Preparation with other types of milk than semi-skimmed milk may not qualify shake as a meal replacement for weight control.

## 17. HOW FAST WILL I LOSE WEIGHT?

Each one of us is unique, and it will depend on your age, how much weight you have to lose, how well you follow the plan, and how much you exercise.

## 18. WHAT CAN I EAT ON THE PROGRAMME?

You should continue to eat a healthy, balanced diet. Our Meal Plan could give you ideas on how to enjoy healthy, flavourful meals.

## 19. WILL I GET ALL THE NUTRIENTS NEEDED FOR ONE MEAL IN JUST ONE SHAKE?

Yes. FENIX is a complete meal with protein, fibre, vitamins and minerals to help you satisfy your hunger and enjoy proper nutrition.

## 20. IS IT GLUTEN AND DAIRY FREE?

The shake is gluten free. It does contain whey protein, which is derived from milk. It also contains other allergens such as soy.

## 21. IS IT ORGANIC?

The shake is not Organic, however it contains organic Ganoderma Lucidum.

## 22. DOES IT CONTAIN CAFFEINE?

There is no caffeine or any stimulant in the shake. If you like caffeine you can mix it with OG Black Coffee.

## 23. WHERE SHOULD IT BE STORED?

Store in a cool dry place, away from children.

## 24. WHAT SHOULD I EXPECT THE FIRST WEEKS OF USING FENIX?

Most people will report feeling healthy, having plenty of energy, restful sleep - and some weight loss!

This is because by having 2 shakes a day we are fueling the body with a balanced, complete meal that is lower in sodium, fat and sugar than many common meals.



ORGANO