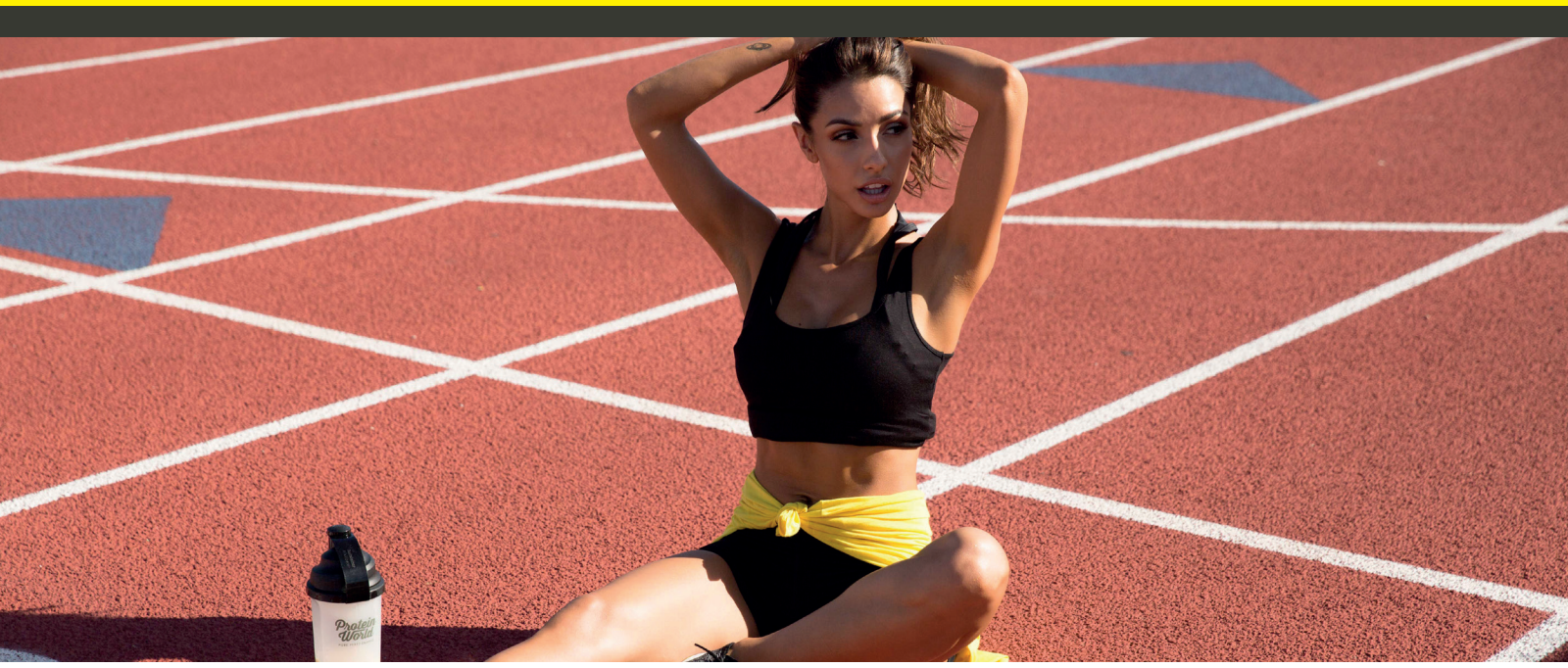


FREQUENTLY ASKED QUESTIONS

HOW MANY CALORIES ARE THERE IN THE SLENDER BLEND?

On each of our product pages, we have a breakdown of all nutritional information you may need to know, which includes the calories in each product!

HOW DO I TAKE THE SLENDER BLEND?

You use four scoops, in 400ml of water. We recommend a shake for breakfast and a shake for lunch, however, this is up to you. The Slender blend is very flexible!

WHAT CAN I MIX MY PROTEIN WITH?

You can mix the protein with water, unsweetened almond milk, or coconut water!





CAN I TAKE THESE PRODUCTS WHILST PREGNANT OF BREASTFEEDING?

Yes, however, we would only recommend one shake per day, due to the small amount of caffeine in the shake and 30% Vitamin A. We wouldn't recommend taking the Fat Metabolisers or Teatox capsules as these contain a high amount of caffeine.

WHAT IS THE AVERAGE AMOUNT OF WEIGHT I COULD LOSE?

Most of our customers lose between 2-4 pounds per week, depending on how many shakes you are consuming per day and whether you are still having a balanced diet and/or exercising.

HOW MANY FAT METABOLISERS SHOULD I BE TAKING?

You should start by taking one in the morning with or after food, and one with or after lunch (before 2pm). If you are taking the Slender blend also, these should be taken in the same way. With or after your shakes. After one week, you can then increase the dose to two in the morning and two at lunch time.

WHEN DOES THE PRODUCT EXPIRE?

It should last 18 months once opened, the expiry date is also printed on each product.

WHICH PRODUCT IS BEST FOR ME?

Email us! We have nutritional specialists here at HQ, who will be more than happy to help. Just let us know what you want to achieve!

HOW MANY SERVINGS ARE THERE IN EACH TUB OF SLENDER BLEND?

Each of our Protein tubs contains 30 servings when using four scoops per shake.

