

FREQUENTLY ASKED QUESTIONS



How much caffeine is in the Prevail© SlimROAST?

There is approximately 140mg of natural caffeine per serving.

If my customer has high blood pressure, suffers from thyroid issues, on certain medications including cholesterol drugs, or is currently on a cancer treatment; can they still use Valentus Prevail© Functional Beverages?

The Prevail© Functional Beverage line including SlimROAST has helped thousands of people. The products are designated as “personal use” and as such, it is the responsibility of the individual to make the choice to use our products. It is recommended that if any individual has concerns that they consult their Physician, an Accredited Healthcare provider or licensed Pharmacist.

I initially lost weight or I’m not losing weight using Prevail© Functional Beverages?

It is recommended that people follow the 12in24™ protocol for best results. Since each individual is different many differing outcomes are possible. Candida (a yeast infection) is one reason why the few that have had some difficulty losing weight. Trying different times taking Prevail© beverages, increase your water intake, measuring body parts to confirm inches lost are all encouraged to appropriately give the best margin of success.

Do I have to take Prevail© Functional Beverages for life?

Prevail© Functional Beverages can help many with weight loss/management, energy, libido, focus and mental clarity, appetite control, sleeping, digestion and overall immune health. Making Prevail© products a part of everyday life is an option many people will utilize to receive the lifelong benefits Valentus products provide.

My customer has had infrequent urinating and voiding.

Increased water intake will help people manage normal voiding routines associated with Prevail© products being consumed. A higher level of toxins are being attempted to be released by the body, so increasing your physical movement (i.e. a brisk walk, jog, bicycle, calisthenics, swim, etc.) will assist the lymphatic system in dealing with the “healing crisis” being experienced.

What about people who are on shiftwork? How should they use the Prevail© products?

Although shiftwork can be difficult for many people, Prevail© Functional Beverages have proven to work especially well. Simply adhere to the same program switching the start time of your first coffee to when you wake up regardless if it’s morning, afternoon or early evening, to coincide with your first meal of the day.

I have a customer who doesn’t like or drink coffee.

Prevail© SlimROAST coffee has proven to help people lose and manage weight. For those who don’t like coffee or its taste there are several ways to change the taste so it’s manageable. Consult various social media sites for recipe ideas. Alternatively, Prevail© TRIM offers people a non-coffee option to assist in weight management.

What happens if I stop my Loyalty Purchase?

A Valentus independent representative who is building a Valentus business stands to lose carry over monthly volume and rank, if a monthly Loyalty Purchase is not satisfied within the full calendar month. Your active pay rank is determined by your previous month’s active status including a monthly Loyalty Purchase. Your “active status” will be considered active the following month, even if your Personal Volume shows as OBV in the current month, provided you maintain a monthly Loyalty Purchase each calendar month. This is required to qualify for weekly earnings in the Valentus compensation plan.

I’ve lost little to no weight in my first month of this program. Why is this happening to me?

Possible reasons: Candida Albicans (yeast) infection, not eating enough, excessive alcohol consumption, anti-depressants, experiencing a longer time frame in the initial

body detoxification stage.

In my first week, I am experiencing a “crash” after drinking my Prevail© SlimROAST

This reaction is part of a detoxification stage known as a “healing crisis”. Some people will experience being tired as the body starts to shed the body of stored toxins. This takes increased energy to deal with the biochemistry changes of your body. If symptoms continue for longer than 1 week, it is recommended to half-dose until the symptoms subside.

I am feeling bloated after consuming the Prevail© TRIM.

This is associated with the inulin fiber in the product. It is recommended to half-dose your daily serving until the symptoms subside.

Can I still drink my regular coffee after my Prevail© SlimROAST?

Absolutely!

Can the Prevail© products be taken while breastfeeding/nursing/lactating?

Consult your physician or accredited healthcare practitioner. Due to the thermogenic effect of the Prevail© SlimROAST and Prevail© TRIM, it is not recommended for consumption by breast-feeding mothers or those expectant mothers.

Should I still take my multi-vitamins along with the Prevail© products?

Yes. Valentus Prevail© products are not indicated for broad-spectrum multi-vitamin/multi-mineral supplementation. The products are targeted, functional beverages with a specific benefit to the body. Consult a Physician, accredited Healthcare professional or licensed Pharmacist for additional information.

What form of Ginseng is used in the Prevail© products?

Prevail© ENERGY contains 4.95 mg of Siberian ginseng (from root). Prevail©

Why is my mouth dry seemingly all the time?

One of the by-products of thermogenesis is *heat*. When the body begins to metabolize stored body fat, heat is released in the process. A natural thirst will occur, so be sure to increase your water intake. It is recommended that you should drink ½ your body weight in total ounces of water daily. Refer to <http://aqua4balance.com/healthy-diet/drinking-water/water-intake-calculator.html> **you must Copy & Paste link**

Why do some of my customers experience “jitter-like” symptoms, including the feeling of being light-headed?

This reaction is part of a detoxification stage known as a “healing crisis”. Some people will experience headaches, nausea, heartburn/acid reflux, constipation, excess gas/bloating and having difficulty sleeping at night. As the body starts to shed the body of stored toxins, these symptoms will subside. If symptoms continue for longer than 1 week, it is recommended to half-dose until the symptoms subside.

Why is it recommended that I take 1 day off per week?

Valentus Prevail© Functional beverages are designed to work synergistically together. A program called the “12in24” was created by one of Valentus’ leaders based on their health and nutrition education background. The program is designed to support healthy weight management goals while supporting the biochemistry and body composition changes occurring. This includes supporting a bolstered metabolism, an improved balance to the immune system, increased efficiency of the digestive system and elimination, a deeper and sounder sleep, and an overall improvement in the body’s energy production with heightened focus and mental clarity.

All of these changes require the body time to rest, to “catch up”, so to speak. Observing one day of rest per week by removing any consumption of Valentus Prevail© Beverages is recommended to give your body the break it needs. Evidence also suggests this strategy will help to lessen the frequency of plateaus during periods of desired weight loss.

Can I drink the Prevail© SlimROAST coffee with a creamer?

Yes, however some customers have observed it does not mix as well as a regular cup of coffee. This is due to one of the active ingredients in the Prevail© SlimROAST coffee. It

is a personal preference, and does not affect the performance of the product.

How come I'm not losing weight with the Prevail© SlimROAST coffee?

For some customers who purchased the Prevail© SlimROAST coffee to assist with their weight management goals, they struggle to lose any “weight” in their first few weeks of consuming the product. This is a result, most likely, to a number of factors including menopause, hormonal replacement therapy, anti-depressant medications, a Candida Albicans (yeast) infection, external stress, excessive alcohol and high caloric food consumption, or genetics. Although Valentus' Prevail© SlimROAST coffee is designed to assist in weight management, including progressive weight loss through thermogenesis, appetite suppression control and increasing metabolism with natural ingredients designed to assist in these goals; people achieve these desired outcomes at individual rates. There are no guarantees, directed or implied, that weight loss is sure to occur. In many instances, compositional changes occur to the visceral (skeleton) fat on the body. For this reason, Valentus encourages its customers to weigh and measure themselves weekly to track progress of their weight management program.

Do I have to continue the Prevail© Functional Beverages forever?

No, there is nothing in our literature that suggests you have to continue purchasing and consuming our products permanently. All of our Prevail© beverages are 100% all-natural, safe and are food ingredient derived. They constitute a portion (%) of your recommended dietary intake (RDI) daily and should be supplemented with a regular diet of whole foods, according to your country-specific food guide published by your government for those consumers to follow.

Are these Prevail© Functional Beverages alkalizing?

With today's consumer interest and knowledge of the human body's pH (acidity/alkalinity) rating, and the corresponding benefits of moving towards an alkaline/basic pH of the body; Valentus' Prevail© line of products have been tested by blood microscopists. Research being conducted in individual case studies points to a phenomenon within a 90-day period of consumption humans benefit with a positive movement towards alkalinity. Of course, individual results will vary however, empirically, Prevail© Functional Beverages do positively support healthy living with the myriad of benefits offered by our all-natural formulas.

Some people initially experience mild to moderate constipation while drinking the Prevail© SlimROAST weight management coffee. Why?

With any weight loss/management program comes changes to one's metabolism. During the initial stage, the body attempts to re-balance itself while dealing with the internal environment changes that are occurring. Our body's digestive system is sensitive to change, especially when dealing with an increased amount of stored toxins being released from adipose fat cells during the process of thermogenesis. An accumulation of these toxins can occur in preparation of evacuation through the breath, perspiration or the bowel. Increasing the amount of water is critical to ensure healthy bowel movements during a higher stage of toxicity of the body. Lemon juice has also been shown to be of help for those that suffer from mild to moderate constipation.

What are some other “weight loss tips” that you can offer me?

- 1) **Are you drinking enough water?** It is important to drink plenty of water while on any of Valentus' Prevail© Functional beverages. Water is essential for helping to assist the body in flushing out toxins that are being released by the body. If you are not drinking enough water, your body will hold onto the fat, instead of releasing it.
- 2) **Are you eating enough?** Even though this plan works to suppress your appetite, it is very important that you are consuming enough food throughout the day. If you are not, your body will go into a starvation mode typically associated with a lower caloric intake diet and will hold onto the stored fat as a defense mechanism of the body. If you are not a breakfast eater, become one. There is a reason it is said to be the most important meal of the day. Strive to have a well-balanced food plan to help set up your metabolism for success.
- 3) **Are you getting enough fiber?** Fiber helps to sweep away fat and toxins, and helps with overall health. A fiber supplement with psyllium might help speed things up a bit.
- 4) **Are you getting enough healthy fats in your daily diet?** Healthy fat helps the body absorb vitamins A, D, and E, and they are vital for your nervous system. People have seen better results with consuming healthy fats such as olive oil and olives, canola oil, almonds, cashews, peanuts, peanut butter, sesame seeds, avocados and coconut oil. It has been suggested that consuming 1 to 2 tablespoons per day will aide in overall weight loss. A popular add-on by many of our customers is to add coconut oil to their morning cup of Prevail© SlimROAST coffee.

5) **Are you using a dairy creamer in your Prevail© SlimRoast?** Using a dairy-based creamer has been reported by some to slow down weight loss. Try using a non-dairy creamer such as almond milk or coconut milk.

6) **Is your water too hot?** It has been reported that the water should not exceed 200° Celsius. If water does come to a complete boil, let stand for 5 minutes before adding to your Prevail© SlimRoast.

7) **Are you consuming your Prevail© Functional Beverages fast enough and with the right amount of water?** It has been suggested that for best results you are to consume the beverages within 15 minutes of dissolving the concentrated powder.

8) **Are you taking the seventh day off as suggested?** Yes, it may not seem like you “need” to take one day off, but your body does. Lots of changes are happening internally, and your body needs to “reset” your metabolic set point to avoid the ‘yo-yo’ syndrome of traditional dieting.

9) **Are you getting enough sleep?** <http://www.mindbodygreen.com/0-22853/the-1-thing-derailing-your-weight-loss-a-doctor-explains.html> **you must Copy & Paste link**

10) **Are you deficient in the mineral magnesium?** http://www.huffingtonpost.com/dr-mark-hyman/magnesium-the-most-powerful_b_425499.html **you must Copy & Paste link**

11) **Other tips that have been suggested when experiencing plateaus or lack of weight loss:**

- Drink 2 tablespoons of organic Apple Cider Vinegar per day
- Drink Aloe Vera
- Take 200-400mg of Magnesium Citrate or Glycinate per day
- In the morning, consume 2 cups of warm water with 1/2 squeezed lemon, wait 10 minutes, then have your Prevail© SlimROAST cup of weight management coffee
- Put lemon wedges in you water throughout the day. Will assist your body to release toxins throughout the day

12) **Do you have Candida Albicans (yeast overgrowth)?**

<http://www.mindbodygreen.com/0-8376/10-signs-you-have-candida-overgrowth-what-to-do-about-it.html> **you must Copy & Paste link**

You may have Candida if you are experiencing any of the following symptoms:

Severe itching sensation of the skin

Dry mouth and tongue, cracked tongue, bleeding gums

Recurrent urinary tract infections (UTIs)

Painful and frequent urination

Vaginal burning, itching, or painful intercourse

Vaginal discharge with a white, cheesy appearance

Unusual menstrual cramping

Difficulty swallowing

Indigestion or heartburn

Abdominal pain, bloating, or gas

Constipation, diarrhea, or mucus in the stool

Depression, anxiety, sudden mood swings, lack of concentration, headaches, drowsiness, or fatigue

Muscle and/or joint pain and swelling

White patches in the mouth and fissures at the corners of the mouth (i.e. thrush)

Skin irritation in the folds of the skin, such as in the groin area or under the breasts.

Ulcers

Fever

Simple test you can do at home (The Saliva Test) to check for Candida;

First thing in the morning, before you put ANYTHING in your mouth, get a clear glass and fill it with water. Work up a bit of saliva, and then spit it into the glass of water. Recommended to do this over a 6-day period.

a) Check the water after a moment or within 2-3 minutes, then within every 15 minutes.

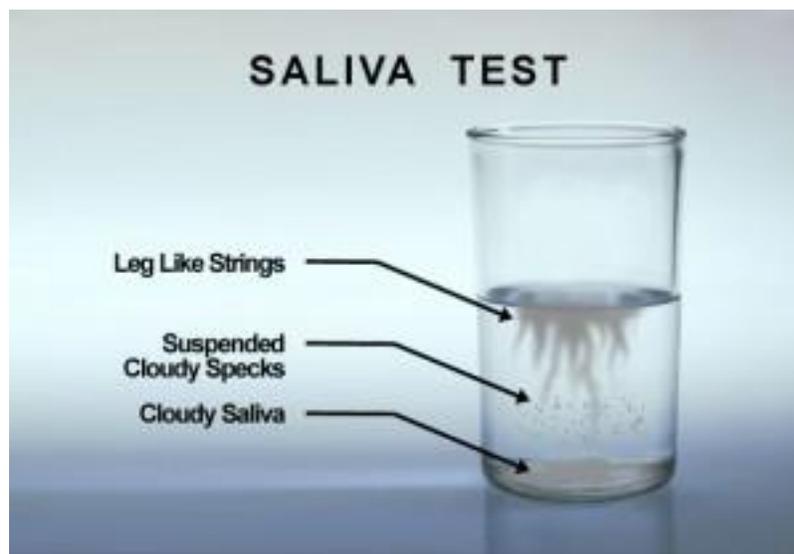
b) If you have a candida yeast infection you will see strings, like cloudy legs (this is the same “branching pattern” medical professionals will look for under a microscope),

traveling down into the water from the saliva floating on the top, or “cloudy” saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water.

c) If there are no strings, and the water is as clear as it was before you spit in the glass and the saliva is still floating after at least one hour, you are probably candida yeast free.

d) However, the more strings and cloudiness there is and the faster it develops, the greater the overgrowth of candida.

If you discover that you have candida, it is recommended that you do a candida cleanse. Check out: <http://www.nationalcandidacenter.com/Self-Test-1-My-Diet-s/1827.htm> **you must Copy & Paste link**



The following factors might increase the likelihood of a Candida overgrowth occurring:

- Ingestion of antibiotics from meat and animal products
- Taking a round of antibiotics that kill off too many friendly bacteria
- Eating a diet high in refined carbohydrates & sugar
- Taking oral contraceptives
- Diabetes mellitus
- Consuming alcohol and living a high stress lifestyle

- Mercury from mercury amalgam dental fillings
- Chlorine from drinking and bathing/swimming water

What is the “12in24™” Plan, and what are the products written benefits?



Prevail© SlimROAST. Enjoy 1 cup of our weight management coffee first thing in the morning either before or with your breakfast. “Fat burning ingredients and appetite suppressant, combats free radicals, premature aging, helps balance the immune system, and helps carry sugar into muscle cells where it is stored. Assists in managing carbohydrate cravings and weight management. It decreases the number of calories absorbed, promoting weight loss; multi-flavonoid compound helps in the prevention of cardiovascular disease and in the reduction of high blood pressure. Contains 2-4% caffeine known to improve function of brain messengers; contains antioxidants which help protect the heart and blood vessels. It is a powerful thermogenic fat burner. Decreases absorption of dietary carbohydrate and provides antioxidant and anti-inflammatory benefits.”^

Prevail© TRIM. Drink 1 bottle of water (8-16 oz.) with 1 serving of TRIM a minimum of 30min up to 1 hour before your main meal (i.e. supper). “Fat burning ingredients and appetite suppressant, proven to reduce fatty buildups in and around the liver known to be a main contributor to early liver disease. Promotes production of adiponectin; a protein lacking in most who suffer from obesity and Type 2 Diabetes, has been known to treat headaches, sore throat, tumors, combats free radicals, increases the body's ability to produce insulin and fend off diabetes. Aids in raising the metabolism of the body by breaking down the fat in our foods more quickly. Helps balance sugar levels and helps you to feel more satisfied with less food.”^

Prevail© IMMUNE. Drink 1 bottle of water (8-16 oz.) with 1 serving of IMMUNE a minimum of 30min up to 1 hour before going to sleep at night. “Contains a high volume of vitamins A, C, E, Folic Acid, B1, B2, B6, B12 and high in amino acid and fatty acids. Boosts the immune system with polysaccharides and reduces inflammation. A powerful antioxidant and mood enhancer. Supports cardiovascular health, known to increase bone strength and health, brain function, combat free radicals, fight immune deficiencies, a powerful antioxidant that promotes overall health, immunity function and helps to increase energy production for healing of the body.”^

^These statements have not been evaluated by the Food & Drug Administration. Valentus Prevail© Functional Beverages are not intended to diagnose, treat or cure any disease, ailment or malady. Always consult an accredited healthcare practitioner prior to starting any nutritional regimen.

What are some other creative and delicious ways to drink your Prevail© SlimROAST?

- 1/2 cup warm milk (or coconut or almond milk), 1/2 cup boiling water, Prevail© SlimROAST, touch of honey
- Add milk & honey or just honey
- Add agave and creamer
- Add French Vanilla Coffee creamer (or Hazelnut or Irish Cream)
- Add a bit of water and liquid vanilla stevia, drink it like a shooter followed by water
- Add almond milk and mix with a small hand mixer
- Add to your regular coffee
- Drink it in hot chocolate
- Mix in morning chocolate shake
- Add to a protein shake, mixes in great.
- Make it into iced coffee, or blended iced coffee slushie
- Mix in with chocolate milk to camouflage the taste
- Put into gelatin capsules, if you dislike the coffee taste
- Iced: add to unsweetened almond milk, chocolate whey powder, touch of nutmeg or cinnamon
- Iced: add to almond milk, chocolate protein powder, banana and peanut butter
- Add organic or lactose-free 10% creamer, stevia to sweeten, then to specialize, add a dash of flavored extract. Almond, maple etc.

ENJOY!

