



FREQUENTLY ASKED QUESTIONS (FAQS) SUPERFOOD PROTEIN COMPLEX Shake

Why is protein important?

It's considered the king of nutrients, an important building block of bones, muscles, skin and cartilage, used to build and repair tissues, can be converted into energy, and is important for growth and development.

What makes Javita's Superfood Protein Complex superior to others on the market?

The best way to nourish a healthy body is with Javita's Superfood Protein Complex, with the key ingredient being whey protein. But our Complex doesn't stop there. We have combined the highest quality whey protein with superfood greens, prebiotic inulin, and a robust vitamin B complex for energy.

How much protein is provided and where does it come from?

Every serving includes 19 grams of protein (18 grams from whey protein concentrate and 1 gram from a greens mix).

With so many protein sources available, why do you feature whey?

Whey is a quickly digested protein rich in branched-chain amino acids (BCAAs). When amino acids are digested and absorbed into the bloodstream, they are available for the creation of new muscle, called muscle mass synthesis. In one study of young men, whey protein increased muscle protein synthesis by 31% more than soy protein and 132% more than casein protein following resistance exercise. Studies have shown that whey protein can help build and maintain muscle mass, assist athletes with recovery from heavy exercise and increase muscle strength in response to strength training.

Overweight and obese individuals have shown that whey protein may improve body composition by decreasing fat mass and increasing lean mass.

What's more, whey protein seems to reduce appetite, at least as much as other types of protein do. One study gave lean men four different types of liquid protein meals on different days. The whey protein meals led to the largest decrease in appetite and the greatest reduction in calorie intake at the next meal.

Nineteen grams of protein make for an impressive enough product, why did you include inulin and the superfood greens? What are their functions and why do you need them?

- **Inulin:** is a group of polysaccharides that act as a prebiotic-type dietary fiber which helps with the digestion and absorption of proteins and amino acids. Because it is a soluble fiber, it also helps with satiety, creating a feeling of fullness and assisting with weight management.
- Our **Superfoods Green Complex:** is a combination of fruits and vegetables rich in antioxidants to help protect from lipid peroxidation, a benefit for weight management.

Why was a vitamin B complex included in the protein shake?


Whenever calories are restricted, energy levels are depleted. We can help augment this with our powerful metabolic stimulator, but by increasing Vitamin B levels, we can further improve energy levels and cellular metabolic processes. This will maintain healthy energy levels even with calorie restriction, helping us to get out and get active.

What health benefits might be observed from consuming Javita's protein shake?

- Suppress appetite, leading to a reduced calorie intake
- Boost metabolism, helping you burn more fat
- Preserves muscle mass when losing weight
- Helps supports weight loss when combined with proper diet and exercise

How many servings of protein are in every bag?

There's 18 (33 gram) servings in every bag of Superfood Protein Complex.

<p>What flavor is the protein?</p> <p>The Superfood Protein Complex is deliciously, naturally chocolate flavor (from cocoa powder and other natural flavors).</p>	<p>What sweetening agents are used? Are they natural?</p> <p>Raw cane sugar and plant-based stevia (a natural sugar substitute) reduce the bitterness commonly seen with healthy chocolate drinks. As the protein only contains 6 grams of sugar per serving, it considered relatively low in sugar.</p>
<p>What is xanthan gum and why is it included in the protein shake?</p> <p>Xanthan gum is plant based (derived from sugar). It serves three purposes: (1) it helps to enhance mouth feel, (2) it acts as a thickening agent, and (3) it keeps the ingredients within the blend from separating and falling to the bottom of your glass.</p>	<p>What ingredients are featured in the Superfood Greens Blend? How much of the blend is included in the protein shake.</p> <p>The greens blend features: strawberry, kale, spinach, apple, barley grass, wheatgrass, maca root, blueberry, spirulina and chlorella. Every serving includes 2500 mg of superfood greens.</p>
<p>What is tapioca starch and what is it used for?</p> <p>It's a starch derived from a cassava root. Gluten free and wheat free, it acts as a thicken agent.</p>	<p>How is the protein prepared?</p> <p>Mix two scoops of powder with 8 oz of water, skim milk or yogurt. Shake, stir or blend and enjoy. For some variety or added health benefits, blend with fruit and vegetables or your favorite Javita product.</p>
<p>Is Superfood Protein Complex gluten free?</p> <p>As there are traces of gluten in the final blend, Javita's Superfood Protein Complex is not considered gluten free. We are already investigating alternate sources of whey and greens that would be free of glutens for future products.</p>	<p>What does the statement "Contains: Dairy, soy and wheat" mean?</p> <p>Because Superfood Protein Complex is derived from whey, whey raw material may also contain traces of dairy, soy and wheat. As these are among the list of things the FDA considers "major food allergens" they are required to be called out on the label. To be clear, no dairy, soy or wheat has been added to the protein formula.</p>
<p>Is Superfood Protein Drink a meal replacement?</p> <p>In order to be considered a meal replacement a shake must deliver 210 protein calories. As Javita's Superfood Protein Complex only delivers 120 calories it doesn't meet the full meal requirements. We recommend that when replacing a meal, you pair the shake with a healthy snack.</p>	<p>Can more than one serving of protein be consumed in a day?</p> <p>Absolutely more than one serving of protein can be consumed. That said, it's important to make sure you take in enough calories. Your body relies on calories to burn as fat and energy. Pair your servings of protein with health snacks.</p>
<p>What does the following disclaimer mean?</p> <div data-bbox="110 1398 628 1440" style="border: 1px solid black; padding: 2px;"> <p><small>*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.</small></p> </div> <p>The US Food and Drug Administration (FDA) requires that EVERY supplement on the market carries this disclaimer.</p>	<p>Why does this product feature the following warning, and what does it mean?</p> <div data-bbox="802 1438 1317 1577" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">For California residents only:</p> <div style="display: flex; align-items: center;">  <p>WARNING: Consuming this product can expose you to lead, which is known to the state of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65warnings.ca.gov/food.</p> </div> </div> <p>The threshold for trace metals in food, supplements and other products sold in the state of California is lower than other states. The symbol, WARNING and accompanying text cause far more alarm than the miniscule metal trace should. But here's the thing to know. The trace metal wasn't added to the product, it's naturally occurring. Consider the numerous botanicals featured in this blend. Even under the most cautious, deliberate growing environments, there are things you can't control like wind and rain. These elements have infused the trace metals present at the smallest, most insignificant amount in the raw materials. Because of this, in the state of California, the warning is required.</p>