

Melaleuca Fitness Nutrition FAQ



Why is getting regular physical activity one of the best things you can do for your overall wellness? It helps you feel better, stay stronger, and live healthier for years to come. Exercise supports your weight management efforts by burning calories and balancing blood sugar levels. It strengthens your bones and muscles as you age. And it enhances your mental wellness by improving your mood, focus, and self-esteem while lowering everyday stress.

As your wellness partner, Melaleuca can support you like nobody else as you step up your exercise routine! We offer a full range of nutritional products designed to fuel your activity, sustain your energy and performance, support recovery, and keep you feeling energized and motivated all day long. After engaging with hundreds of our Melaleuca Members, we've compiled answers to their most frequently asked questions about our fitness products.

Did *Vitality Elevate™ Pre-Workout* replace *Sustain® Pre-Active*?

- Yes, *Sustain Pre-Active* has been discontinued. New *Vitality Elevate Pre-Workout* contains a new and improved formula with a deliciously tart limeade flavor that you will love. It's made with powerful levels of naturally derived ingredients formulated to work together to support your focus, energy levels, performance, and blood flow while helping to increase your body's muscular strength and healthy cardiovascular endurance.*

When should I take *Vitality Elevate Pre-Workout*?

- We recommend that you take *Vitality Elevate Pre-Workout* 30-60 minutes before activity. This allows enough time for the active ingredients in the drink to help prepare your body for increased physical activity.*

What function does ancient peat and apple extract provide in *Vitality Elevate Pre-Workout*?

- Ancient peat and apple extract promotes energy and endurance by supporting your cells' process of producing and using energy. This scientifically backed extract helps maintain mitochondrial efficiency. Mitochondria are your cells' natural energy factories—and the more efficiently they work, the better your muscles perform and resist fatigue. This extract also acts as an antioxidant, reducing free radicals that cause soreness and slow recovery.

What function does L-citrulline provide in *Vitality Elevate Pre-Workout*?

- L-citrulline enhances workout performance by increasing nitric oxide levels to widen blood vessels and support healthy blood flow. This supports oxygen and nutrient delivery to muscles to support endurance and delay fatigue. L-citrulline can also have a "muscle pump" effect, where improved blood flow enhances

muscle fullness during training. This can lead to increased motivation during exercise. In addition, L-citrulline may aid recovery by helping the body remove exercise-related waste, leading to less soreness after workouts.*

What is the source of the caffeine used in *Vitality Elevate Pre-Workout*? Is it natural?

- There are 200 mg of caffeine in each serving of *Vitality Elevate Pre-Workout*. And yes, it's natural caffeine sourced from green coffee beans. Caffeine is proven by research to improve alertness, concentration, energy levels, and reaction time and to help exertion feel easier.*

Can I take an *Access® Exercise Bar* and *Vitality Elevate Pre-Workout* together?

- Yes, you can take *Vitality Elevate Pre-Workout* 30-60 minutes before activity and an *Access Exercise Bar* 15 minutes before. Timing it this way will allow *Vitality Elevate Pre-Workout* to prepare your body for activity without inhibiting the mechanisms found in the *Access Exercise Bar* from producing their full effect.*

Did *Vitality Elevate Post-Workout* replace *Sustain Post-Active*?

- Yes, *Sustain Post-Active* has been discontinued. New *Vitality Elevate Post-Workout* is formulated with all nine essential amino acids, tart cherry, creatine, and minerals powered by *Oligo®*. These ingredients help support strength and endurance, reduced exercise-induced muscle damage, and weight management.*

When should I take *Vitality Elevate Post-Workout*?

- You should drink *Vitality Elevate Post-Workout* within 120 minutes after activity. Providing your body with the nutrients in *Vitality Elevate Post-Workout* during this window lets you enjoy their full benefits to support your recovery process.*

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What function do essential amino acids provide in *Vitality Elevate™ Post-Workout*?

- Each serving of *Vitality Elevate Post-Workout* provides all nine essential amino acids (EAAs), with 5 g of BCAAs (including 2.5 g leucine) to support muscle protein synthesis. Leucine promotes muscle repair, while EAAs supply the building blocks to rebuild and maintain lean muscle. Together, they support faster recovery, reduce post-workout soreness, and help preserve strong, toned muscles.*

What function does tart cherry provide in *Vitality Elevate Post-Workout*?

- Tart cherry contains polyphenols that provide powerful antioxidant benefits to reduce activity-induced inflammation, reduce exercise-induced muscle soreness, improve recovery rate after exercise, and increase endurance during intense activity.*

What function does creatine provide in *Vitality Elevate Post-Workout*?

- Creatine is a highly researched and scientifically supported supplement that effectively supports the creation of ATP (the molecule that produces energy) in the body, essentially providing the fuel for muscle contractions during activity. Creatine also helps increase strength and muscle size and supports weight management.*

Since *Vitality Elevate Post-Workout* contains creatine, should I also take *Vitality Elevate Pure Creatine*?

- That depends on your individual goals and needs. For most adults, a daily intake of 5 g of creatine supports baseline needs and can be met with *Vitality Elevate Pure Creatine* or *Vitality Elevate Post Workout*. However, depending on body size, activity level, and training intensity, combining *Vitality Elevate Pure Creatine* with *Vitality Elevate Post-Workout* allows you to adjust your creatine intake to better match your needs.

Which minerals are found in *Vitality Elevate Post-Workout*?

- Magnesium and calcium powered by *Oligo*® technology are included in *Vitality Elevate Post-Workout*. As your body sweats during activity, you lose essential minerals that are vital to many key functions in your body. Replenishing these minerals during recovery is key. *Vitality Elevate Post-Workout* is the only recovery drink that utilizes twice-patented *Oligo* mineral-delivery technology to provide up to 10 times greater mineral absorption in your body and up to 5 times greater antioxidant protection!*

How old does someone need to be to take *Vitality Elevate Pre-Workout* or *Vitality Elevate Post-Workout*?

- Consult with a physician before giving *Vitality Elevate Pre-Workout* or *Post-Workout* to children under the age of 18. Also, please note that *Vitality Elevate Pre-Workout* contains 200 mg of caffeine per serving and is not recommended for children or those sensitive to caffeine.*

What are the benefits of creatine?

- Creatine offers a wide range of benefits that extend far beyond just muscle support! It

plays a vital role in energy production for both your muscles and brain, helping to improve performance, reduce fatigue, and quicken recovery after intense activity. Recent research has revealed even more benefits of creatine, including support for enhanced memory and focus, protection against age-related muscle loss, and support for healthy metabolism. Additionally, creatine has been shown to benefit women during menopause by helping support muscle retention, cognitive function, and mood.

How do I know if I need to take creatine?

- Everyone needs creatine! You get about 60%–80% of your daily creatine needs from your diet, but supplementation fills that last 20%–40% needed to maintain optimal daily levels.

How does *Vitality Elevate Pure Creatine* fit into my workout supplement routine?

- We recommend taking *Vitality Elevate Pure Creatine* daily. Depending on your body size, activity level, and training intensity, you can combine *Pure Creatine* (5 g per serving) with *Vitality Elevate Post-Workout* (5 g per serving), allowing you to adjust your creatine intake to better meet your needs.

Is creatine bad for your kidneys?

- Decades of research have shown that creatine supplementation is safe for healthy individuals. However, those with existing kidney diseases should consult a health care professional before supplementing with creatine.

When should I take creatine?

- Creatine should be taken daily to maintain optimal levels. While timing isn't critical—you can take it at whatever time of day works best for you—consistency is key!

When should I be getting my protein?

- Protein in general should be consumed throughout the day to get the total quantities recommended for your age and weight. *Proflex* and *Proflex Pro* protein products are designed both for after your activity and for any time during the day when you want to increase your total protein intake.*

When should I take *GC Control™ Weight Management Shakes* vs. *Proflex Protein Shakes*?

- *Proflex Protein Shakes* provide 20 g of protein to help strengthen muscles and provide critical support for weight loss and satiety. *GC Control Weight Management Shakes* contains 10 g of protein along with cinnamon bark extract, chromium powered by *Oligo*, and other ingredients selected by Melaleuca scientists to support healthy glucose metabolism and reduce hunger cravings.* Both products can be used together to help contribute to your total daily protein intake and help you manage your healthy eating habits.

Are *Proflex Pro Whey Protein Shakes* lactose-free?

- *Proflex Pro Whey Protein Shakes* contain whey protein isolate that has undergone additional processing to remove nonprotein components such as lactose and fat. We recommend trying

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a small amount of the product first to see how your body responds. We also offer *Proflex Pro Organic Pea Protein Shakes* for anyone with special dietary preferences who prefer a vegan protein shake option.

How do you calculate net carbs?

- Net carbs are calculated by subtracting fiber and sugar alcohols from the total carbohydrate count (total carbohydrates – fiber – sugar alcohols = net carbs). For example, our *Proflex Chewy Protein Bars* contain 5 g of net carbs, calculated in this manner: 13 g carbohydrates – 2 g fiber – 6 g sugar alcohols = 5 g net carbs).

Are the *Proflex Chewy Protein Bars* gluten-free and soy-free?

- Yes! For those with gluten sensitivities or concerns about soy, *Proflex Chewy Protein Bars* are a great protein bar option!

What type of sugar alcohol do the *Proflex Chewy Protein Bars* contain?

- *Proflex Chewy Protein Bars* contain vegetable glycerin, which is about 60%–75% as sweet as sucrose and provides a neutral sweetness with no aftertaste. Sugar alcohols are ingredients used as sweeteners that offer fewer calories and less impact on blood sugar than regular table sugar. They occur naturally in foods and come from plant products such as fruits and berries.

What is the protein content composed of in *Proflex Chewy Protein Bars*?

- The protein blend in *Proflex Chewy Protein Bars* contains bovine collagen peptides, whey protein isolate, micellar casein, and whey protein concentrate. Each bar contains 20 g of protein, which includes 7 g of bovine collagen.

Which protein product is right for me?

- ***Proflex Protein Shakes***, with 20 g of protein per serving, are ideal for anyone who wants more great-tasting protein any time during their day. These shakes extend the release of amino acids over time to help you feel fuller longer and support weight management.
- ***Proflex Pro Whey Protein Shakes***, with 30 g of protein per serving, are designed for those who want to maximize their recovery and muscle-building results after exercise. This ultralean, fast-acting, high-performance protein shake powder fuels muscle growth and toning directly after exercise and for hours afterward.
- ***Proflex Pro Organic Pea Protein Shakes***, with 21 g of protein per serving, are designed for anyone with special dietary preferences who wants plant-based protein. Our organic pea protein tastes great and provides 4.5 g of BCAAs per serving!
- ***Proflex Pro Protein Bars***, with 20 g of protein per bar, are best for those wanting a convenient, high-performance, results-oriented protein bar to support building and toning muscles. They are delicious and easy to take on the go!
- ***Proflex Chewy Protein Bars***, with 20 g of protein per bar, are the perfect on-the-go, low-sugar,

and low-calorie option to keep your body fueled between meals or after an intense workout session. Each bar contains 20 g of high-quality protein with only 170 calories and 5 g of net carbs.

What are the differences between casein and whey protein isolate in the *Proflex* products?

- Casein and whey protein isolate are both derived from milk and are commonly used in protein shake products. Casein protein constitutes about 80% of the protein content found in milk. It is a slow-digesting protein that forms a gel-like substance in the stomach, providing a sustained release of amino acid over an extended period. Whey protein isolate is derived from whey and is processed to remove most of the lactose, fat, and other components, resulting in a higher protein concentration in every gram.

What are the differences between whey protein concentrate and whey protein isolate?

- Whey protein isolate has undergone additional processing from whey protein concentrate to remove more nonprotein components such as lactose and fat, resulting in higher protein content.

Why is sugar the first ingredient listed on *Sustain Active Electrolyte Hydration*?

- *Sustain Active Electrolyte Hydration* is not a sugar-free formula. All flavors contain 5 g of organic cane sugar per serving. Each flavor is further sweetened with sucralose or stevia, depending on the product. This allows for *Sustain Active Electrolyte Hydration* to have a great taste even while providing significantly less sugar than other sports drink products, such as Gatorade® Classic Thirst Quencher†, which contains 21 g of sugar per serving. Additionally, sugar plays an important role in helping transport electrolytes to where they are needed in your cells. Specifically in your gut and kidneys, glucose teams up with sodium to pull water into your cells.

Does stevia replace sugar in *Sustain Active Electrolyte Hydration*?

- All *Sustain Active Electrolyte Hydration* flavors contain 5 g of sugar. Sucralose or stevia is then used in addition as a sweetener. They do not replace sugar. In the Blueberry Pomegranate and Frosted Lime flavors, stevia replaces sucralose as the additional sweetener for those who prefer that option.

In *Sustain Active Electrolyte Hydration*, why are only two of the four minerals powered by *Oligo*®?

- Only magnesium and calcium are powered by Melaleuca's twice-patented *Oligo* mineral-delivery technology. Potassium and sodium are water-soluble minerals and do not have the same absorption or free radical generation difficulties that other minerals have. It would provide no additional benefit to bind these minerals with *Oligo* technology.

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