

When you start using the MindBody GLP-1 System™



Frequently Asked Questions

Should I adjust my serving size of MindBody GLP-1 System™?

The clinically tested serving of MB is 2 capsules of MB Core™ and 4 scoops of MB Enhance™. Research has not been performed to confirm increased efficacy at higher serving sizes, though there are no safety concerns with higher usage. When starting MB Enhance, we recommend a ramp-up phase of at least 1 week, allowing your body to adjust to the increased fiber intake and minimize any discomfort with dietary changes. MB Enhance is 48% of the recommended daily value for dietary fiber. If you want to continue to increase your daily fiber intake to 100% of recommended daily levels and have extra MB Enhance to use, you can slowly increase beyond the 4 scoops.

What should I expect when transitioning from synthetic GLP-1 to the MindBody GLP-1 System for weight management?

The experience using a synthetic GLP-1 and the MindBody GLP-1 System for weight management is very different. It's important to understand these differences to set proper expectations. Above all, any decision to transition from a synthetic GLP-1 needs to be made with guidance and supervision from a licensed health-care professional.⚠

Once that decision is made, there are two approaches you can take: an immediate switchover or a gradual move to natural GLP-1 activation.⚠ The path you select will impact your transition experience.

If you choose to immediately switch over from synthetic GLP-1 to natural GLP-1 activation, you may experience a return of cravings and hunger, potentially leading to overeating and subsequent weight gain, especially if you have not made lifestyle changes around nutrition and exercise during your synthetic GLP-1 use. This is because the effects of synthetic GLP-1 tend to lessen within a week of discontinuation, and it may take up to 12 weeks to experience optimized GLP-1 levels on the MindBody GLP-1 System per the human clinical.⚠*

When first starting the MindBody GLP-1 System and during transition, as natural GLP-1 levels are optimizing, it is important to be intentional with your lifestyle choices.

Some things to consider are:

1. Eating smaller, balanced meals throughout the day that include high fiber, protein-rich, and low-glycemic foods along with healthy fats.
2. Slowing down, minimizing distractions, and being more mindful during mealtimes to allow better recognition of your body's hunger and fullness cues.
3. Aim for at least 30 minutes of moderate exercise most days of the week.
4. Drink at least 64 oz of water per day.
5. Use MB Enhance right when you are experiencing cravings or excess hunger.*

This is a time to listen to your body and ensure you are attuned to its needs and cues. Incorporating the above changes will help smooth your transition to natural GLP-1 activation with fewer fluctuations.

If you choose to taper off synthetic GLP-1, please work with your licensed health-care professional to determine a transition plan and how best to incorporate the MindBody GLP-1 System during that transition.⚠

To minimize the impact to benefits experienced on synthetic GLP-1, it may be beneficial to add the MindBody GLP-1 System at least 2–3 weeks before beginning any taper off synthetic GLP-1. This allows for the start of activation of natural GLP-1 production and changes to the gut microbiome prior to slowly lowering and eventually removing the synthetic GLP-1 support to ease the transition. It is important to listen to both your licensed health-care professional and your body during this period, because there is no one-size fits all approach to this transition, and you may need to wait longer than 2–3 weeks to begin your taper.⚠*

⚠The MindBody GLP-1 System is a dietary supplement and not a replacement for any prescription therapy for a disease.

⚠ Results based on a randomized 12-week human clinical study.

† Results may vary. Typical weight loss using this product in a 12-week weight management program is 1–2 pounds per week.

* This product should be used in conjunction with a healthy diet and regular exercise. Consult with a healthcare provider before starting any weight loss program.

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What to Expect FAQ

Regardless of your approach, it is important to know that this will be a journey with ups and downs. Your body is used to synthetic support, and it will take time to fully transition to natural support. Be patient and remember the importance of lifestyle changes. Both synthetic and natural GLP-1 activation will help make incorporating those healthy lifestyle changes easier, but the changes still must be made for you to truly live a healthier life and experience lasting change.◊

How should I take the MindBody GLP-1 System for best results?

The MindBody GLP-1 System was designed to be easy to incorporate into your daily life. Your first step to achieving the amazing results seen in our human clinical study are simple: First, take MB Core™ on an empty stomach with a full glass of water, at least 30 minutes before consuming any calories. Then, add a total of 4 scoops of MB Enhance™ to your routine throughout the day. That could mean all 4 scoops at once with your morning protein shake to keep you full until lunch, or 2 scoops with lunch and 2 scoops with dinner to keep the late-night cravings away. If you're trying to eliminate snacking in the middle of the day, add 2 scoops to your AXIO™ instead for a little pick-me-up. MB Enhance will help you feel fuller longer—use it as a tool when you know your cravings will creep in.*

Why have I gained weight since starting the MindBody GLP-1 System?

There is so much power in the MindBody GLP-1 System. From the in-vitro study results that demonstrated the product activates GLP-1 production at the cellular level, to the 12-week human clinical study that went above and beyond showing efficacy in terms of weight loss, craving control, quieting hunger noise, and more, MindBody is the best GLP-1 activating system on the market.

However, some people may not see the desired results as quickly as they would like. This could be due to a variety of factors based on age, diet, and lifestyle.

In general, it takes time to activate and optimize GLP-1 levels in the body. The MindBody GLP-1 System showed an average 140% increase of GLP-1 in 12 weeks, so it is not an immediate rebalancing that occurs because you are working with your body's natural processes.*Ω

Over 12 weeks and beyond, the MindBody GLP-1 System will work to help reset your gut microbiome, strengthen the gut/brain connection, and balance GLP-1 so that you can experience fewer cravings, more control. The result of this is physical changes such as weight loss. As with all weight loss journeys, there will be ups and downs both physically and emotionally, but consistent product use over time paired with adequate water consumption, healthy diet choices, and exercise will lead to desired change.*†

Remember, the MindBody GLP-1 System is not a magic pill. You still need to ensure you are making healthy lifestyle choices to support your body and natural activation of GLP-1.

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What lifestyle changes should I make while using the MindBody GLP-1 System?

If your goal is weight loss, we recommend implementing an exercise and nutrition routine. Check out the guidelines we provide in the Activated Lifestyle Page, which is linked to from the MindBody GLP-1 System product page. They're simple tips for healthy eating and increased movement to set you on your way.

Some things to consider are:

1. Eating smaller, balanced meals throughout the day that include high fiber, protein-rich, and low-glycemic foods along with healthy fats.
2. Slowing down, minimizing distractions, and being more mindful during mealtimes to allow better recognition of your body's hunger and fullness cues.
3. Aim for at least 30 minutes of moderate exercise most days of the week.
4. Drink at least 64-oz of water per day.
5. Use MB Enhance right when you are experiencing cravings or excess hunger.*

If you're looking to maintain your current weight or simply be in more control of your appetite, you can take the products as directed.**

Is there any caffeine in these products?

There is no added caffeine. The amount of caffeine naturally occurring in green tea, yerba mate, and matcha are negligible in the finished products.

How should I use MB Enhance and what do I do if I have extra product left over?

You can add MB Enhance to essentially anything! It has a light vanilla flavor that mixes well with anything. You can add it to protein shakes, yogurt, oatmeal, AXIO, or Daily Wellness. If you find that you have extra MB Enhance left as you finish your bottle of MB Core, consider incorporating MB Enhance into your diet in other ways. For example, did you know you can bake with MB Enhance? The resistant starches hold up well to heat, so think about adding it to a low-calorie muffin recipe or baked into an egg-white frittata. Additionally, if you're looking to increase your dietary fiber intake to the full daily recommended value, you can slowly increase use beyond 4 scoops per day.

I can't swallow capsules. Can I open the MB Core™ capsule and consume the powder inside the capsule?

Yes—just make sure you're consuming it on an empty stomach at least 30 minutes before any calories are consumed. The MB Core powder contains herbs and may have a slightly bitter taste.



Why can't I buy the products separately?

The MindBody GLP-1 System was designed to activate GLP-1 through dual activation mechanisms, giving you a comprehensive approach to natural GLP-1 production. And our in-vitro and human clinical studies showed just how amazingly successful these powerhouse products are when used together. Keeping the two products as a system ensures the potential to maximize results similar to what was seen in the human clinical.

What should I expect when I start taking the MindBody GLP-1 System™?

Natural GLP-1 activation is different for everyone. Your own experience will be unique. We all have different diets, different lifestyle habits, different genetics, and even different gut microbiomes, which impact how quickly your body adapts and optimizes GLP-1 production.*

As you start the MindBody GLP-1 System, you may experience mild side effects like digestive changes, headaches, or weight fluctuations that are completely normal. To help minimize these, when starting MB Enhance we recommend a ramp-up phase of 2 scoops per day, or half the recommended use for at least 1 week, allowing your body to adjust to the increase fiber intake. Adequate water consumption is key during this adjustment!

As time continues, you'll start noticing digestion improving, cravings quieting, and a stronger mind-body connection. This will ultimately lead to choosing smaller portions and eating less, resulting in physical changes such as body composition improvements and weight loss.**

The awesome clinical results demonstrated with MindBody were seen at an average of 9 lbs. lost in 8 weeks and up to 25 lbs. lost in 12 weeks, so keep those timeframes in mind as you track your progress and expect to see results.‡

Why am I experiencing significant digestion changes?

MB Enhance contains fiber, which is essential to maintaining a healthy weight and a well-balanced diet, in addition to optimizing the gut for natural GLP-1 activation. If you're not used to consuming this source of fiber, it can take a while for your body to adjust. This might look like bloating, differences in bowel movements, and increased gas. As your

digestive system gets used to this new nutrient, you will notice these symptoms subside. Remember to slowly ease into use of MB Enhance, starting with a half serving for at least a week as you start usage. Listen to your body. If you need to stay at a half serving for longer than a week, do it. The goal is to get to a full serving in a way that is comfortable for your own unique digestive system.*

What if I'm feeling hungrier than I was before?

Natural GLP-1 activation helps you take back control of your appetite and puts you in the driver's seat. You still need to make sure you're eating enough nutritious food throughout the day to keep your body fueled, and especially meeting your protein targets. If you're hungry, that's a good thing! Listen to your body and eat when you feel hungry. The MindBody GLP-1 System will support you in quieting your cravings so you can make healthier choices.*

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