

BENew™ Product FAQs

What products fall under the BENew program?

The BENew program consists of three products.

- BEfull is a delicious meal replacement shake packed with protein, vitamins, minerals, enzymes and more.
- BElean is a metabolism booster designed to maximize the power of thermogenics.
- BEpure is a gentle detoxifying cleanse combining a delicate combination of herbs and fibers.

How are the BENew products packaged?

- BEfull comes in a one-month (30 servings) supply, resealable bag.
- BElean comes in a single serving stick packet, packaged 30 packets to a box. Most packs below contain 2 boxes (60 stick packets).
- BEpure comes in a small container containing 7 daily servings.

Is there a product guarantee on BENew products?

Yes, we're confident you are going to love the results you get from the BENew products. However, we offer a 90-day, 100% satisfaction guarantee. View the Return Policy within the Policy and Procedures document at www.BENew.com for full details.

Who should take the BENew products?

Any person over 18 years old that is looking to lose weight, increase their fitness support, or improve their health and lifestyle.

Can I take the BENew products if I have a health condition, am pregnant, or take medication?

The BENew Program is designed to offer a healthy approach to weight loss and fitness. If you have a health condition, are pregnant or are taking medication we recommend you consult your healthcare practitioner before using these or any new products.

How quickly should I see results with the BENew products?

Individual results will vary as every person's body is different.

Can the BENew products be used separately?

Yes, you can use the products individually outside of the program. However, the BENew program was designed as a complete system for healthy transformation. We want you to have the best experience, and so recommend following the full system for best results.

Can I still take Body Balance and other Life Force products with the BENew products?

Yes, with one exception you can take the Life Force products as you normally would, and may even mix them in your BEfull shake or with BElean. It will not alter the effectiveness. The only exception, is that BEpure should not be taken at the same time as taking Herbal Tabs as they both have a cleansing effect on the body.

Do any of the BENew products contain gluten or dairy?

BEfull contains whey protein isolate, which is derived from dairy. BEfull, BEpure and BElean are all gluten free.

Can I substitute items on the Meal Plan that I don't eat?

Yes, you can substitute individual foods or meals if needed. The goal is to try to stay within 1,200 calories per day. Here are a few examples:

- I don't eat dairy. You can use non-dairy alternatives
- I don't eat gluten. You can substitute gluten free products
- I don't eat beef. You can substitute a serving of another meat of comparable calories for the portion size.

What if I can't do all the workouts fully due to injury or other limitations?

The key behind the fitness plan is to get some sweat going for your fitness activity and get your heart rate up in interval bursts with mini-rests in between. If you can carry on a conversation during the interval bursts, then try increasing your activity intensity until conversation is difficult. We recommend that you perform the exercises at the level that you are able. For example, if you cannot jump, then try standing squats up and down, or if you cannot do a full pushup, try the modified version using your knees as support. **Before starting any new fitness activity we recommend you consult your healthcare professional.

What flavors are the BEfull shakes available in?

BEfull shakes are available in both vanilla and chocolate flavor.

Can I replace all of my meals with the BEfull shakes?

The BEfull shakes should not be used as your total sources of diet or daily calorie requirements. For best results, use the BEfull shakes as directed on the package and in the program details.

How much protein is in a serving of BEfull and what are the sources?

Each BEfull shake serving contains 17 grams of a proprietary blend of whey protein isolate and pea protein isolate.