NOTE: Zeal Wellness contains guarana, an herb that contains a form of naturally occurring caffeine. The caffeine equivalent in a serving of Zeal Wellness is comparable to a cup of premium coffee. Limit caffeine intake to avoid nervousness, sleeplessness, and occasional rapid heartbeat.

Do not take Zeal Wellness if you are pregnant, nursing, or under 12 years of age. If you are taking any type of prescription medication, or if you have any questions concerning the ingredients in this product, consult your primary care physician before use.

Q: **What is Zeal Wellness?**
A: Zeal Wellness is an all-in-one natural nutritional drink. Zeal Wellness is a synergistic blend of whole food concentrates providing an excellent source of nutrients, antioxidants and vitamins that enrich, restore, and protect your body at the cellular level.

Q: **Why is Zeal Wellness not in a liquid form?**
A: When it comes to nutritional potency, powder is more stable than liquid. The shipping weight of water also increases the price of the product so it is more economical to ship Zeal Wellness in a powdered form.

Q: **Why does Zeal Wellness not come in pill form?**
A: You would have to take 40-50 capsules to get the nutritional value found in one serving of Zeal Wellness.

Q: **What can Zeal Wellness be mixed with?**
A: Many people prefer the simplicity of mixing Zeal Wellness with water. However, many people mix Zeal Wellness with juice or blend into a shake. Do not mix Zeal Wellness with hot beverages, as the heat will destroy some of the effectiveness.

Q: **Can I take Zeal Wellness before or after surgery?**
A: Today, many doctors recommend that you stop taking any nutritional supplements 2 weeks before surgery. Check with your doctor to see if he recommends discontinuing use before surgery.
Answers To Frequently Asked Questions about Zeal Wellness Formula

Q: **Is Zeal Wellness all-natural?**
A: With the exception of the fortification of a few vitamins, Zeal Wellness is an all-natural product.

Q: **What is the source of the color in Zeal Wellness?**
A: Zeal Wellness is colored with all-natural colors derived from beets.

Q: **What is the sweetener in Zeal Wellness?**
A: Zeal Wellness is sweetened with Stevia. Stevia doesn't adversely affect blood glucose levels and may be used freely by diabetics.

Q: **Are there any artificial colors, sweeteners, or preservatives in Zeal Wellness?**
A: Absolutely not.

Q: **Can I take Zeal Wellness if I am pregnant?**
A: If you are pregnant or may become pregnant, it’s a good idea to discuss any nutritional supplementation with your doctor.

Q: **Can I take Zeal Wellness if I have a medical condition?**
A: If you have a medical condition, consult your doctor before beginning any nutritional supplementation program.

Q: **How much Zeal should I take?**
A: Everyone’s body is different, so you will need to pay attention to how your body reacts. You may want to start slow with a half a serving for the first few days. For smaller people, you may want to use 1/2 serving per day.

Q: **Can I take Zeal Wellness more than once a day?**
A: Zeal Wellness is designed to consume AT LEAST once a day. Because Zeal Wellness is a whole food concentrate, it is safe to consume more than once a day. Many people choose to take Zeal Wellness in the morning and in the afternoon as well.

Q: **Should Zeal Wellness increase my energy?**
A: Many people will notice more energy, alertness, and better mental clarity. Zeal Wellness contains energy enhancing natural substances that can affect your energy level, including naturally occurring B vitamins and guarana.
Q: **What is guarana?**
A: Guarana is a popular herb that contains "a caffeine-like substance" called guaranine, which is like a chemical “1st cousin” to caffeine. People who never drink anything with caffeine or do not eat chocolate because it has a component called theobromine, another chemical “1st cousin” to caffeine, should be aware that Zeal Wellness does contain a "caffeine-like substance." The amount of guaranine in a serving of Zeal Wellness is equivalent to a cup of premium coffee. Guarana can increase mental alertness, fight fatigue, and increase stamina and physical endurance.

Q: **Does the Green Tea in Zeal Wellness contain caffeine?**
A: Green Tea used in Zeal Wellness is standardized at 50% EGCG content and is considered "de-caffeinated" because when it is processed to contain a high level of anti-oxidants (EGCG) the amount of naturally occurring caffeine is reduced.

Q: **Do I need to take any other supplements?**
A: Zeal Wellness is designed to be an all-in-one, once a day wellness formula. Many people will find this is the only supplement they need.

Q: **Is there Vitamin K in Zeal Wellness?**
A: No, Vitamin K is not in Zeal Wellness. There is, however, Vitamin K in our Advanced Formula Protein Shakes. Each serving of Zeal Advanced Formula Protein Shake contains 58 mcg (73% of the recommended daily requirement).

Q: **Is Zeal Wellness cold-processed?**
A: Zeal Wellness is cold-blended, cold-filled, and cold-processed. The only introduction of heat is when the label shrinks around the canister after it is already filled. This does not change the temperature inside the canister by more than a few degrees.

Q: **Where can I get Zeal Wellness?**
A: Zeal Wellness is only available through an authorized Zurvita Consultant. Visit [www.FeelZeal.com](http://www.FeelZeal.com) for more info.
Answers To Frequently Asked Questions about Zeal Wellness Formula

Q: Do the bottles used for Zeal products contain BPA (bisphenol-a) and is it recyclable?
A: Zeal Wellness Canisters, Zeal Single Serving bottles, Zeal Cleanse bottles and Zeal Burn bottles are all HDPE #2 bottles. All these bottles do not contain BPA and are recyclable.

Q: Where do the ingredients in Zeal Wellness come from?
A: When it comes to the source of the ingredients, we source the raw ingredients from all over the world. These raw ingredients are shipped out to our manufacturing plant and are then mixed together with the other ingredients to make Zeal Wellness. Most of the nutrients are naturally occurring in the whole food concentrates. We do fortify Zeal Wellness with a few essential vitamins that do not occur in the raw ingredients.

Q: Is Zeal Wellness enough or should it also be taken with an everyday vitamin?
A: Zeal Wellness is designed as an all-in-one nutritional supplement and contains most everything a multivitamin contains. However, everyone’s body is different and some people may have certain conditions, so there may be an occasion where someone needs to supplement more of a particular vitamin or mineral, etc.

Q: Does Zeal Wellness contain monosodium glutamate (MSG)?
A: Zeal Wellness does not contain MSG, nor is there MSG in any of the natural flavors used to make Zeal Wellness.

Q: Does Zeal Wellness contain methylsulfonylmethane (MSM)?
A: Zeal Wellness does not contain any MSM.

Q: Does Zeal Wellness contain any shellfish?
A: Zeal Wellness does not contain shellfish or shellfish by-products. However, please be aware that Zeal Wellness contains many different individual ingredients and some of those ingredients may be processed in a facility that also processes shellfish.

Q: Is Zeal Wellness safe for diabetic use?
A: Although dietary fiber and other nutrients in Zeal Wellness are considered to be healthy for many individuals, it is recommended that anyone with a medical condition consult their primary care physician prior to taking any dietary supplement.
Q: **Why isn’t pycnogenol from pine bark used in Zeal Wellness when it is known to be a great anti-inflammatory/antioxidant?**
A: Pine Bark Extract is an excellent ingredient and has positive benefits of pycnogenol. Grape Seed Extract is used in Zeal Wellness because it has a broader antioxidant profile than pine bark extract … although pine bark has better anti-inflammatory properties. There are already excellent anti-inflammatory ingredients in Zeal Wellness like aloe polysaccharides, goji, noni, acai, bacopa and ashwagandha.

Q: **Is Zeal Wellness gluten-free?**
A: We BELIEVE that Zeal Wellness is gluten-free, but it needs to be sent to an independent lab to be tested before making that claim. The label will not state Zeal Wellness is gluten-free until we’ve confirmed that with the lab. The stabilized rice bran is gluten-free.

Q: **Is Zeal Wellness vegan-friendly?**
A: There are no known dairy or animal by-products in Zeal Wellness. We believe that Zeal Wellness is vegan-friendly but would like to confirm this in an independent lab and become Vegan Certified before making that claim.

Q: **What are the sources of the vitamin D and vitamin Bs in Zeal Wellness?**
A: The sources for the vitamins are as listed:
  - Vitamin D3 (cholecalciferol)
  - Vitamin B3 (niacinamide)
  - Vitamin B6 (pyridoxal 5 phosphate)
  - Vitamin B12 (methylcobalamin)
We don’t state that a particular vitamin comes from a specific source, e.g., broccoli or rice bran, because that is not a standardized supplement facts claim.

Q: **Is it okay to mix a large batch of Zeal Wellness for the whole week?**
A: Similar to most powdered supplements, adding liquid and leaving it over time can make the ingredients less effective. It’s best to mix Zeal Wellness and drink it within a day; however, if you do mix a large batch, be sure to keep it refrigerated to better preserve the nutrients.
Q: **Does Zeal Wellness contain peanuts?**  
A: No ingredients in Zeal Wellness contain peanuts or are processed together with peanuts. However, Zeal Wellness contains many different ingredients that are manufactured and processed throughout the world. There is no certification process in place whereby each facility is certified to be peanut allergy free.

Q: **Is there a guideline to follow when giving Zeal Wellness to children?**  
A: We recommend consulting with your child’s pediatrician before giving them Zeal Wellness (with guarana) if they are 10 years or younger. Children between the ages of 11 and 17 can take half a serving of Zeal Wellness per day, while teens 18 and up can take up to 2 servings each day. Of course this is a general guideline and we recommend talking to your family doctor if you have any questions.

Q: **What is the exact amount of milligrams of caffeine in one serving of Zeal Wellness?**  
A: The guaranine in guarana can be compared as a “caffeine equivalent” but does not actually contain caffeine. The detailed milligrams of guaranine may vary slightly from batch to batch of guarana, but each serving of Zeal Wellness has the same “caffeine equivalency” as a cup of gourmet coffee.

Q: **Does Zeal Wellness contain genetically modified organisms (GMOs)?**  
A: No, we do not use any genetically modified organisms in manufacturing Zeal Wellness.