

TruBoost FAQ's

Is TruBoost safe for pregnant or lactating women?

While there are no known interactions for pregnancy or lactation, pregnant or lactating women should consult a health care professional before using any new product.

Are there any drug interactions or contraindications with TruBoost?

While there are no specific drug interactions known with TruBoost, some drugs and hormones are processed through the same pathway as potassium d-glucarate. Check with your health care practitioner regarding the use of TruBoost when consuming with alcohol, sedatives, antihistamines or anti-depressive drugs.

I took TruBoost and got very relaxed instead of feeling energetic. What is going on?

TruBoost is clinically proven to reduce fatigue and improve your energy levels through a double-blind, placebo-controlled study. TruBoost gives you honest energy. Therefore, unlike stimulants, it will not override your core energy needs. If you have a relaxation response, it usually means that you have been overstressed and may need to just relax as opposed to keep going. Continued use of TruBoost in the clinical trials was shown to significantly boost energy and reduce fatigue and stress, so keep using TruBoost for improved health and wellness.

How many times a day may I use TruBoost? May I drink more than one bottle?

TruBoost was formulated to be consumed more than once a day. It's safe to drink two to three bottles at a given time as well.

What about diabetics? Is it safe?

TruBoost was specifically formulated to be low in calories and sugars. There are only eight grams of sugar in TruBoost and four of them come from the agave nectar, a low-glycemic sugar. The remainder is from the peach juice.

What times of day are best to use TruBoost?

You can use TruBoost any time of day, as a pick-me-up in the morning, for the mid-afternoon slump, or in the evening with some sufficient time (about two hours) before bedtime.

Are there any age restrictions for the use of TruBoost? Can children and the elderly use the product?

There are no known safety concerns with the use of TruBoost for any age. However, we do not recommend the use of energy drinks, including TruBoost, for children under 12. Parents should consult with their health care practitioner for any questions about the use of TruBoost for children under 12.

I have a child with ADHD. Will TruBoost help him/her with mental focus?

We are not able to recommend use of our products for any medical or clinically diagnosed condition. Please check with your health care practitioner for any questions regarding the use of TruBoost.

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