Product FAQ: Your Guide to Getting the Most Out of Your Wellness Journey

1. Can I take it on an empty stomach?
Some people do great taking their products on an empty stomach - especially if they're used to fasted mornings. But if you ever feel queasy or sensitive, try pairing it with a meal or protein shake. Listen to your body - it knows best.

2. Should I use this every day or take breaks?
Consistency is key! For the best results, use your products daily. If you ever feel like your body needs a break, that's okay too - just listen to your energy and mood. Skipping a day here or there won't derail your progress; just hop back in when you can.

3. How long before I start seeing results?
Everyone's timeline looks different! Some people notice more energy or less bloating within the first week. Deeper changes - like improved gut health, metabolism, or hormone balance - can take a few weeks or more. Track how you *feel*, not just what the scale says.

4. Can I take this with other supplements or medications?
Always check with your doctor or pharmacist before combining supplements with prescription medications. Most products are made with natural, everyday ingredients, but certain medications (like thyroid or blood pressure meds) can interact differently for each person.

5. What should I avoid eating or drinking with this?
You don't have to cut out entire food groups! But limiting processed sugar, alcohol, and greasy foods will help you get faster, longer-lasting results. Think of it as balance - not perfection.

6. Is it normal to feel bloated, tired, or have changes in digestion at first?
Yes! When your body starts detoxing or adjusting to new nutrients and fiber, temporary changes in digestion, bloating, or fatigue can happen. This phase usually passes in a few days. Stay hydrated, eat balanced meals, and know that your body is just rebalancing itself.

7. What should I do if I feel "off" when starting something new?
First - don't panic! Many people feel different as their body adjusts. Try increasing your water intake or changing the time of day you take it. Give your body time to adapt gently.

8. Do I need to drink more water with this?
Yes! Water helps your body flush out toxins, support digestion, and maximize results. A good rule of thumb: aim for half your body weight in ounces each day. If plain water bores you, infuse it with lemon, cucumber, or fruit slices.

9. I haven't lost weight yet - am I doing something wrong?
Not at all! Weight loss isn't always the first sign of progress. Look for wins like better energy, clearer focus, improved digestion, or fewer cravings. These are all signs your body is shifting in the right direction. Stay consistent - results compound over time.

10. What if I miss a day or two? Should I double up?
No need to double up! Just pick back up where you left off. Life happens, and missing a day won't undo your progress. What matters most is getting back into routine when you can.

11. How do I know if it's working for me?
Check in with how you feel! Are you sleeping better? Feeling more focused? Noticing your clothes fitting differently? Fewer cravings? All of these are signs that your body is responding, even if the scale hasn't moved yet.

12. How do I build habits that actually stick?
Start small and attach your product use to an existing habit - like taking it with your morning coffee or after brushing your teeth. The simpler and more natural it feels, the easier it'll stick. Consistency beats motivation every time.

13. Can I combine these products with intermittent fasting, keto, or another lifestyle?
Yes! Most products complement different eating styles. Just make sure they fit your goals. For example, protein shakes may technically "break" a fast, depending on how strict your plan is - but they work perfectly with keto, low-carb, or clean-eating routines.

14. Are these products safe while pregnant or nursing?
We always recommend checking with your doctor or midwife first. Even natural ingredients can affect everyone differently, and your healthcare provider knows your unique needs best during pregnancy or nursing.

15. Will this affect my sleep or energy levels?
Some products are designed to energize, while others promote rest and recovery. Take energizing products earlier in the day and calming ones in the evening. If you're unsure,

check the label - or ask in the group! Pay attention to your body’s cues and adjust as needed.