



Product FAQs

1. **Question:** Will the Lion's Mane Mushroom affect a mushroom allergy?

Answer: Even though the Lion's Mane Mushroom raw material does not have a known allergen, we recommend that anyone with a mushroom allergy discuss with their physician before using UNLEASHED.

2. **Question:** Will LIVING 2B products help with thyroid?

Answer: Both UNLEASHED and INSPIRED contain Adaptogens that may be very helpful for thyroid balancing and menopausal symptoms, especially UNLEASHED. §

3. **Question:** How much product can a person consume daily?

Answer: LIVING 2B recommends not to exceed 4 UNLEASHED and 6 INSPIRED daily.

4. **Question:** Is INSPIRED or UNLEASHED intended for pregnant or nursing women?

Answer: LIVING 2B products are not intended for pregnant or nursing women. Please consult with a physician before using.

5. **Question:** Do LIVING 2B products contain nuts or shellfish?

Answer: LIVING 2B products do not contain nuts or shellfish.

6. **Question:** How much caffeine is in INSPIRED?

Answer: The Organic Coffee Fruit extract may have a negligible amount of naturally occurring caffeine, but not enough to drive a label claim. Up to 3 - 4 mg. Note: A cup of regular coffee has approximately 110 mg.

7. **Question:** When I take INSPIRED, I sometimes feel nauseous, is there something wrong?

Answer: One of the ways that INSPIRED works is by speeding up your Metabolism and this can cause you to feel nauseous if you are not eating regularly. You will want to incorporate snacks in your day, and/or you can reduce the number of capsules each meal by one (1).

§ Disclaimers: All statements are based solely on the individual ingredients in INSPIRED and UNLEASHED, not on the finished product. Product results may not reflect the results of all consumers of LIVING 2B Products. LIVING 2B Products are not intended to diagnose, treat, cure, or prevent any diseases. These statements have not been evaluated by the Food and Drug Administration.