

Thermojetics® High-Protein, Low-Carb Program



Q: How much calcium caseinate is in the Thermojetics® High-Protein, Low-Carb Shake Mix? If the amount is small, is the shake okay for people who are using kosher products?

A: The Thermojetics® High-Protein, Low-Carb Shake Mix contains three grams of calcium caseinate. This should not be an issue for individuals using kosher products. However, this new product is not “certified” kosher.

Q: Why do Thermojetics® Gold and Original Green tablets have polyethylene glycol? I have read that this is an ingredient to avoid.

A: Polyethylene glycol is a sugar alcohol, which was approved for use in foods years ago. People confuse this ingredient with the industrial chemical used in car anti-freeze. Polyethylene glycol is used in the tablets to help break them apart in your stomach. It is also a commonly used ingredient in a variety of foods you buy at the grocery store.

Q: I want to follow the Thermojetics® High-Protein, Low-Carb Program, but I don't want to snack between meals. Will I get the same fast weight-loss results?

A: The products in the program are not just for snacking. They are also designed to be used as meals. As long as you use the Thermojetics® High-Protein, Low-Carb products, increase your intake of protein and reduce your consumption of carbohydrates, you will get the weight-loss results you want. It is important to eat five times a day on the Thermojetics® High-Protein, Low-Carb Program.

Q: How much caffeine is in one Thermojetics® Gold tablet? Is it more or less than Thermojetics® Green or Thermojetics® Original Green?

A: The caffeine content in a Thermojetics® Gold tablet is

approximately equivalent to a cup of coffee. Thermojetics® Original Green and Thermojetics® Green have less caffeine, equivalent to about a 1/5 of a cup of coffee.

Q: Can I have mayonnaise on the Thermojetics® High-Protein, Low-Carb Program? The label indicates it doesn't have any carbohydrates.

A: Yes, you can.

Q: I love to “spice” up my food with a variety of herbs. What spices can I use while following the program?

A: All spices are permissible—and encouraged. This is a great opportunity to discover

the flavorful benefits of herbs and spices by frequently adding them to your meals.

Q: Can I use lemon or lime on my entrees?

A: A little squeeze of lemon or lime on your food is allowed.

Q: What can I drink while following the Thermojetics® High-Protein, Low-Carb Program?

A: Any non-caloric beverage can be consumed.

Q: Is garlic in the Thermojetics® High-Protein, Low-Carb Soup Mix?

A: No.



SAVORY • HINTS

Thermojetics® High-Protein, Low-Carb Program

Daryl and Cheryl Wisdom,

Millionaire Team, have developed a unique shake that fills them up and tastes great: “I use two scoops of the Thermojetics® High-Protein, Low-Carb Vanilla Shake Mix, a packet of the Thermojetics® High-Protein, Low-Carb Peach Mango Drink Mix, two ounces of the Herbal Aloe Drink, cold water and ice,” says Cheryl.



Linda Bouman, Global Expansion Team, prefers all of her Thermojetics® High-Protein, Low-Carb Program products hot—including her shakes!

“I give my daughter a combination of the Thermojetics® High-Protein, Low-Carb Cream of Chicken Soup Mix with some egg noodles, chicken and carrots to take to school with her in a thermos. When I make it for myself, I add broccoli, chicken, scallions and a scoop of protein powder,” says Linda. “I know this is unusual, but I like to mix a scoop of both the vanilla and the chocolate Thermojetics® High-Protein, Low-Carb Shake Mix, Thermojetics® Performance Protein Powder and water—microwaved for a minute or two. It tastes like hot chocolate and warms me up when it's cold outside!”

