

## WEB FAQ

# Balance Complete™

New + Improved Digestibility



### Q How has the Balance Complete formula changed?

**A** A reduction in Fructo Oligo Saccharides (FOS) makes the product easier to digest and minimizes the possibility of intestinal gas after consumption. Because of the reduction of FOS, the fiber profile changed slightly, although you still get 11 grams of fiber per serving.

### Q Can Balance Complete cause minor gas and bloating?

**A** Because most people consume so little fiber on average, increasing fiber substantially may increase gas and bloating in some people, although the opposite is often the case. An improved enzyme pack in Balance Complete aids digestibility and minimizes bloating. However, if this occurs, simply reduce the amount of Balance Complete you take at one time and gradually increase it over time. Also consider supplementing with Young Living's Digest + Cleanse or Essentialzyme™.

### Q What if I have lactose and or gluten sensitivities?

**A** Balance Complete does contain some milk products, so those with lactose sensitivities should proceed with caution. However, Balance Complete was engineered with a complementary enzyme pack that should alleviate some concerns.

### Q How often should I take Balance Complete?

**A** Balance Complete should be taken every day. Containing a healthy amount of fiber and protein, Balance Complete helps you eliminate fat and toxins, enhances nutrient absorption, supports normal cholesterol and healthy blood sugar levels, and can help curb food cravings.\* At 190 calories per serving, Balance Complete can be taken between meals as a healthy snack or in place of a meal for a reduced-calorie diet. For those with weight management goals, try replacing two meals daily with Balance Complete.



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.