



# MOJO PLAN FAQ

Answers for your important questions

## What is the Mojo Weight Loss Plan?

The Mojo Weight Loss Plan is a healthy weight loss program that incorporates Visi's incredible product line-up, featuring our unique AC2 technology, along with healthy eating and an active lifestyle to help reboot your metabolism, nourish your body, lose weight, feel better, and find your mojo.

## How does the Mojo Weight Loss Plan work?

This plan is designed to supply your body with whole food energy while also providing a safe caloric deficit to jump-start your weight loss journey. By following the program you will adequately nourish and fuel your body while revving up your metabolism and losing weight.

## What is AC2 Technology?

The beautiful arctic cloudberry bursts with phytonutrients and antioxidants. Hydrolyzed collagen protein has the highest absorption rate of any protein, and it's perfectly matched to the only natural protein in your body.

Visi is the first company to amplify the benefits of this dynamic duo by blending them together. This synergistic combination is only found at Visi—we call it AC2 Technology.

## What can I do to boost my success on the Mojo Weight Loss Plan?

Follow the plan with precision and exactness, and do it alongside someone else (your accountability partner). Check in with them daily. Send texts or pictures of what you eat to them. Remove all the junk from your pantry and fridge before you start. Get the temptations out of the house. Plan out your meals and prepare accordingly. Set alarms on your phone to make sure that you take your Visi products without fail. Declare to the world your intent to be successful!

## How long am I supposed to stay on the plan?

The plan begins with a 28-day Kickstart Phase during which you will replace two meals a day with Nufinna shakes (typically breakfast and lunch). We recommend you follow this with the Lean Phase, which includes two additional 28-day cycles during which you will replace one meal a day with a Nufinna shake (typically breakfast) and have two healthy meals.

## What Visi products do I need to purchase before I begin?

We have created the Mojo Kickstart Pack, which includes everything you need to for your 28-day Kickstart Phase. This includes (2) Nufinna, (2) Probíta, (2) Rensa, (1) Valla, and (1) Vara. Then you would purchase the Mojo Lean Pack, which includes (1) Nufinna, (1) Probíta, (1) Vara, and (1) Rensa for subsequent 28-day cycles in the Lean Phase.

## How much weight can I expect to lose?

Those who adhere strictly to the plan guidelines can expect to lose 10-14 pounds in their 28-day Kickstart Phase. The Lean Phase should yield 6-10 pounds of additional weight loss.

## Is there anything else I should do before starting the plan?

While the Mojo Weight Loss Plan is a very safe option for most people, you should always consult with your doctor before making modifications to your diet to make sure it is right for you.

## Will I have the same results if I don't use Visi products?

The simple answer is no! The Visi products included in the Mojo Weight Loss Plan are specifically designed to help you achieve your goals. As such, they contain ingredients that will boost your metabolism, give you energy, suppress your appetite, help burn fat, increase your focus, repair your cells, and help your system get back on the right track. These products are vital to your success.

## Can I exercise while on this plan?

Absolutely! In fact we recommend it, but always be aware of how your body feels. The timing of your exercise matters greatly while on this plan. Always make sure that you have adequate fuel for your body as you exercise.

## **Are all calories equal?**

No! That is why we recommend using each of the Visi products outlined in the program along with the foods recommended in the Visi Healthy Food Guide. Empty calories or nutrient-deficient calories such as junk food, processed foods, fast foods, candy, etc. overfeed the body while leaving it undernourished. Those types of calories can also wreak havoc on our blood sugar levels, our hormones, our mood, and tax our systems.

## **What is the best way to monitor what I eat?**

There are many methods of logging your food. Old-school methods include handwritten journals or pre-measuring your portions. Smartphone apps such as MyFitness Pal or the Daily Plate provide easy-to-use access to log your daily intake.

## **Will I be extremely hungry when following this plan?**

We designed the Mojo Weight Loss Plan to create a safe calorie deficit, which means you may be hungry the first few days. However, by following the plan you will be pleasantly surprised by how much easier it is to keep your hunger pangs in check. The protein your body will absorb from Nufinna, Probita, and your healthy meals will nourish you and help you feel full.

## **Can I adjust the plan to increase the calories I consume?**

This plan has been optimized to help you achieve your weight loss goals. In certain situations of higher daily caloric burn, such as extreme exercise or breastfeeding, you may adjust your daily caloric intake upwards, but if your goal is to lose weight then you need to maintain a daily caloric deficit.

## **Can I adjust the plan to reduce calories I consume for greater weight loss?**

We do not recommend that eat less than what is set forth in the Mojo Weight Loss Plan. Extreme calorie deprivation can lead to several negative side effects such as muscle loss, slowing metabolism, and increased likelihood of “falling off the wagon” completely. A better way to increase your caloric deficit is by following the plan and increasing your level of activity to burn additional calories.

## **I’m taking medications. Could following this plan affect how they work?**

Certain medications, such as blood thinners or medications for diabetes, are affected by the foods you eat. If you are on medications, consult with your doctor as to whether changing your diet will affect how your medications work.

## **Can you do this while pregnant/nursing?**

Restricting calories while pregnant or nursing is not recommended. Please consult with your doctor before beginning this program.

## **I have a medical condition. Can I do this plan?**

Medical conditions can be affected by changes in diet. If you are concerned that this plan will affect your condition, please consult with your doctor before you start.

## **Will I experience any side effects?**

Any change to your body may cause certain physiological stresses. Many of us have biological addictions to the food that we consume. Additionally, our bodies and cells are full of toxins that have built up over time. During the detoxification phase of the Mojo Weight Loss Plan (your first 10 days), you may experience some detox symptoms such as headaches, skin breakouts, frequent urination, tiredness, moodiness, and nausea. These symptoms are usually short-lived and are a sign that your body is moving in the right direction. The best way to minimize these symptoms is to stick with the plan, stay hydrated, and to get proper rest.

## **Is this plan for men and women?**

This plan was designed for both men and women to participate. The plan guidelines do not need to be changed. When following the plan closely, both men and women will experience weight loss.

## **What does the Mojo Weight Loss Plan cost?**

The program is free, but in order to maximize your results, the use of the Visi products is a must. We have created the Mojo Kickstart Pack for your first 28 days, and the Lean Pack for additional 28-day cycles. The money you’ll save by eating cleaner and replacing meals will actually SAVE you money.