



# Frequently Asked Questions

Why should I only take JumpStart for 15 days?

It's safe to take JumpStart for more than 15 days, but it's primarily intended to be used at the beginning of your weight management journey. JumpStart is formulated to help you start to achieve measurable results in 15 days when combined with a reduced-calorie diet and regular exercise—this helps motivate you to continue to make lifestyle changes and prepare for long-term success.

Can JumpStart be taken with hot liquids?

Yes, JumpStart can be taken with hot liquids.

Can JumpStart be premixed and consumed later?

Yes, but JumpStart should be consumed as soon as possible once opened and/or mixed with water or your favourite beverage.

Do I need to take JumpStart at a specific time of day or in conjunction with a meal?

JumpStart should be taken each morning during the first 15 days of the program. It does not need to be taken in conjunction with a meal. If you forget to take it in the morning, or if you simply prefer to take it at a different time of the day, it is suitable to take at any time of the day.

Can JumpStart be used by itself, or do I need to use the whole system?

Yes, JumpStart can be used by itself but for best results for weight management, we recommend using ageLOC® TRME® products as a system, by combining with balanced eating plan and active lifestyle.





When is the best time to take MyEdge?

We recommend you take MyEdge once a day, right before any meal.

Can MyEdge be mixed with hot liquids?

The ingredients in MyEdge should be able to tolerate high temperatures based on existing research. MyEdge can be dissolved in a range of water temperatures, from very cold to boiling, without impacting its efficacy.

How does MyEdge help with reduced snacking?

MyEdge combines the benefits of Mulberry Leaf Extract with the power of Guar Gum to provide dual-action support to help with satiety, so that you can make better diet decisions.

What are the benefits of Guar Gum in MyEdge?

Guar Gum is a good source of gentle fiber, which helps with satiety (how full you feel and for how long). The Guar Gum in MyEdge is soluble and has a more pleasant texture when mixed with water.



What is the capsule of CSL made from?

The capsule of CSL is made from Hypromellose.

What should I do if I forget to take CSL as per schedule?

If you forget to take CSL, simply take it as soon as you remember.

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Can I take TrimShake after the 90 days?

We recommend that you continue to incorporate the ageLOC® TRME® eating plan as part of your lifestyle even after you reach your goals. You can use TrimShake as a protein source with any meal to ensure that you continue to get adequate protein throughout the day to help support metabolically active lean tissues.

Can I take TrimShake even if I'm not interested in weight management?

Yes. You can use TrimShake anytime as a nutritious snack drink or to add more protein to your diet.

Can I replace more than one meal per day with TrimShake?

No. We don't recommend replacing more than one meal per day with TrimShake so that you may still enjoy foods in a healthy way.



Why is ageLOC® TRME® SmartWin not available in SEA markets?

SmartWin is an ageLOC® TRME® product available in some markets globally. It is composed of prickly pear cactus fruit, drumstick leaf, curry leaf, and turmeric. It supports and complement ageLOC® TRME® Program. In SEA markets, the benefits of ageLOC® TRME® SmartWin can be achieved from taking ageLOC® TRME® MC Complex as part of the ageLOC® TRME® 90-day Program.

Why is ageLOC® TRME® TrimShake offered in SEA markets instead of ageLOC® TRME® M-Shake?

ageLOC® TRME® TrimShake provides a higher amount of protein and calories per serving than ageLOC® TRME® M-Shake; hence, it serves as a good meal complement while providing you with sufficient protein to help maintain lean muscle.





Comparing with TR90® 3-3-3-3 eating plan, the recommended amount of protein intake in a meal is reduced from 2 fists size to 1 fist size. Is the protein sufficient to support on lean muscle maintenance?

Yes, taking 1 fist size of protein is still sufficient to provide you with the protein you need to support muscle maintenance (which helps metabolic burn potential of the body as lean muscle is a very active tissue). We recommend that you eat a mix of meat and non-meat protein throughout the day to get a variety of protein sources.

Additionally, this adjustment to the eating plan encourages individuals to eat more fruits and vegetables, which will provide fibre to help with feeling full along with important phytonutrients for health and wellness during an individual's weight management journey. Many fruits and vegetables also have small amounts of protein, so eating more of these healthy foods will help not only with satiety but also with getting adequate protein for supporting lean muscle.



Is it recommended to mix MC Complex with warm or hot water?

MC Complex powders can be mixed with room temperature, cold, warm or hot water, without impacting its efficacy too.

Here are few recommendations for you when mixing MC Complex powders in water.

- To mix it with room temperature water or cold water, it is recommended to mix with a shaker bottle to get all the powders to disperse in water.
- To mix it with warm or hot water, it is recommended to mix with a shaker bottle. Mixing in warm or hot water with a spoon works too, but this may require additional stirring to help dispersing the powders in water.