

Frequently Asked Questions

Why did LifeVantage decide to create a GLP-1 activating system?

As the leader in Activation science, LifeVantage always strives to find new pathways to activate, and new ways to help people live healthier. With the recent surge of popularity in GLP-1 supplementation and for its role in weight management and overall health, we asked ourselves—can we naturally and safely Activate the mechanism responsible for GLP-1? The answer is “yes.”*

What should I expect after starting the MindBody GLP-1 System?

The MB GLP-1 System is not a quick fix or crash diet. It supports gradual, healthy weight loss and sustained weight management. Once you start taking MB Enhance, you may notice feeling fuller for longer periods. MB Core helps reduce food noise, decreases your desire to snack, promotes a healthier relationship with food, and helps with mindful nutrition, and staying active.**

Will I experience side effects from the MindBody GLP-1 System?

MB GLP-1 System has no reported side effects. MB Enhance contains 13 grams of dietary fiber, which is 48% of the recommended daily value. When starting MB Enhance, we recommend ramping up to a full dose by taking 2 scoops daily for your first 7 days. This allows your body to adjust to the increased fiber and minimize any discomfort associated with sudden dietary changes. After 7 days, you can increase to the recommended 4 scoops daily. If you already consume a fiber-rich diet, you are unlikely to experience any discomfort.*

What if weight loss is not one of my goals? Is the MindBody GLP-1 System for me?

One major benefit of the MB GLP-1 System is the ability to quiet food noise. Food noise is something many struggle with—even at a healthy weight. MB helps reduce food cravings and turns down the desire to snack, so you can focus on what’s more important: being healthy!* The MB GLP-1 System also helps balance the gut microbiome to support healthy digestion and regularity.*

Is the MindBody GLP-1 System gluten free, vegan, and non-GMO?

Yes, MB Core and MB Enhance are formulated without gluten, animal products, and GMOs.

Is the MindBody GLP-1 System formulated with only naturally derived ingredients?

Yes, the MB GLP-1 System is formulated with naturally derived ingredients.

Does the MindBody GLP-1 System contain any caffeine?

No, the MB GLP-1 System does not contain any added caffeine or stimulants.

Can I take the MindBody GLP-1 System if I am pregnant or nursing?

If you are pregnant or nursing, please consult your healthcare provider before adding the MB GLP-1 System to your daily routine.

How should the MindBody System be stored?

Store in a cool, dry place away from direct sunlight.

Where are the MindBody GLP-1 System products made?

The MB GLP-1 System is manufactured in the USA.

Are the MindBody GLP-1 System products clinically proven?

Yes, the MB GLP-1 System has been studied via an *in-vitro* cell culture study. The *in-vitro* study demonstrated a 54% increase in GLP-1 hormone production, as well as a 38% decrease in gene expression of DPP-4, an enzyme which breaks down GLP-1 and a 53% increase in the gene expression of GLP1R, the receptor that binds GLP-1. * **

** Results based on a cell culture study on active ingredient blends in the MindBody GLP-1 System

*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.

*Results may vary. This product should be used in conjunction with a healthy diet and regular exercise. Consult with a healthcare provider before starting any weight loss program.



What if I forget to take the MindBody GLP-1 System one day?

That's ok! Missing a day here or there won't influence current or future results. Simply pick it back up the next day.

Can I take the MindBody GLP-1 System while on other synthetic GLP-1 or similar medications?

Please consult your physician with questions regarding the use of dietary supplements with prescription medications.

How does the MindBody GLP-1 System compare to products that supplement the body with GLP-1 like ingredients?

New methods of supplementing and stimulating GLP-1 hormone production have gained popularity among consumers seeking rapid weight loss with minimal adjustment to their current lifestyle. However, these "magic bullets" aren't without their downsides: nausea, vomiting and GI distress—especially in the early stages—cause many consumers to stop before seeing benefits. Most of these products require weekly injections. Most insurers do not cover these products, and the non-insurance cost can be very high. The popularity of these products has led to shortages and unreliable availability. The long-term effects of these products are not yet known.*

The MB System offers dual activation and dual amplification of GLP-1. First, GLP-1 activation happens directly in the L-cells with an 8-ingredient blend, each helping Activation in a unique way. Next, it optimizes the lower intestine microbiome to further support GLP-1 activation. Amplification follows when GLP-1 receptor activation increases and the enzymes that break down GLP-1 are reduced.*

Can I take the MindBody GLP-1 System if I am diabetic?

Please consult your physician with questions about dietary supplements in relation to specific medical conditions.

How does the MindBody GLP-1 System help curb cravings?

Balanced GLP-1 levels help curb cravings by balancing blood sugar levels, slowing the rate at which food leaves the stomach, and by quieting food noise through the mind body connection.† The system helps balance leptin and ghrelin hormones, which regulate hunger, making you feel more satisfied and less hungry.*

†MindBody GLP-1 System helps maintain blood sugar levels already within a normal, healthy range.

What things should I notice when I start taking these products?

You should notice satiety effects almost immediately. This is largely due to the resistant starches and various types of fiber in MB Enhance. The starches and fiber will fill you up, helping you to feel satisfied longer. As the ingredients in MB Core begin to take effect in the gut, stimulating GLP-1 production, you will notice that you are less prone to food noise and less likely to snack or have cravings.*

Why are the MB products sold as a system?

LifeVantage designed the MB System to work together so everyone gets optimal results. MB Core activates GLP-1 production, while MB Enhance creates the ideal environment for it to thrive. Together, they deliver dual activation, increasing GLP-1 production by 54% in cell studies.**

Where can I find the research studies behind these formulas?

Information about the MindBody GLP-1 System scientific studies can be found at lifevantage.com/science/mindbody.

Can I take the products in the MB GLP-1 System alone or do they have to be used together?

Both products are designed to be taken together for best results. Our research has shown GLP-1 increases by 54% only if both products are used together.* **

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Can I take MB Core with a meal?

MB Core should be taken at least 30 minutes before your first calories of the day with a glass of water.

How many servings of MB Core can I take in one day?

The recommended serving size of MB Core is 2 capsules per day. It is not recommended to take more than one serving per day.

MB Enhance FAQ

Can I add MB Enhance to any food or drink?

Yes, you can add MB Enhance to any food or beverage. We suggest protein shakes, smoothies, coffee, tea, yogurt, oatmeal, or other LifeVantage products like AXIO® or Daily Wellness. You can even bake with MB Enhance! Just remember that it has a subtle vanilla flavor. Avoid combining MB Enhance with sugary drinks.

Does MB Enhance serve as a meal replacement?

No, MB Enhance is not a meal replacement. You should still focus on eating protein-rich healthy meals, fruits and vegetables, and some complex carbohydrates.

Please reference: lifestyle.lifevantage.com for education on macronutrients, serving sizes, and sample meal plans.

How many servings of MB Enhance can I consume in one day?

The serving size is 4 slightly rounded scoops per day. You may take all 4 scoops at once or spread them throughout the day. It is not recommended to take more than one serving per day.

What are resistant starches/fiber?

Resistant starches and fiber are two different types of carbohydrates that resist digestion in the small intestine and reach the colon intact. Unlike regular starches and fiber, which are broken down into glucose and absorbed into the body, resistant starches and fiber pass through the digestive system without being absorbed until they reach the colon. Resistant starches and fiber act as prebiotics, helping to feed beneficial gut bacteria. They can help increase satiety and balance blood sugar levels already within a normal range. The resistant starches and fiber in MB Enhance are potato starch and tapioca fiber.

What type of sweeteners are used in MB Enhance?

MB Enhance uses allulose and stevia leaf extract as a sweetener.

How will MB Enhance affect the taste of the food or beverage it is added to?

MB Enhance has a subtle vanilla flavor and is mildly sweet. It blends well with most beverages and foods without noticeably altering the flavor.

