

# Lights ON™ - FAQ's

**Question: What is the shelf life of the Lights ON™ Pouches/Canister?**

Answer: Shelf life has many factors to consider. Where you store and where you live will affect the life of this product, as well as almost any consumable product. We recommend storing in a cool dry place. Average shelf life is 2 years. Storing or transporting in the trunk of your car during the summer in Texas is not a good idea.

**Question: How many times a day can I drink Lights ON™?**

Answer: You can consume Lights ON™ as many times as you desire. For best results, we recommend drinking Lights ON™ in the morning and early afternoon.

**Question: I'm not really feeling that big rush of energy with Lights ON™?**

Answer: Lights ON™ is a mental performance product and is not intended to provide the physical type of energy you might feel with artificially-induced energy products. Athletes may seek a higher level of physical energy, but most people actually need improved mental performance – focus, clarity, feeling mentally sharp, awake and alive. Lights ON™ contains high levels of vitamins and botanicals to provide strong mental alertness as well as a smooth, even physical boost with no crash.

**Question: How much caffeine is in the Lights ON™?**

Answer: As an estimate, it is safe to say that each serving of Lights ON contains 40mg - 50mg of naturally occurring energy nutrients that are similar in function to Caffeine Anhydrous.

**Question: How much Sodium is in the Lights ON™ and Lights Off™?**

Answer: Sodium content per serving:

Lights Off™ < 1mg < 1 % daily value

Lights ON™ 20mg < 1% daily value

**Question: How much sugar does Lights ON™ and Lights Off™ contain?**

Answer:

Lights ON™ contains 5 grams of sugar per serving

Lights Off™ contains 2 grams of sugar per serving

**Question: If I have an allergy to grapes can I take Lights ON™?**

Answer: While there are no grapes added to the formula (grape powder), there are many ingredients that are similar to grapes and you should not take Lights ON™.

**Question: Why does it seem that when I use the Lights on from a canister, and it taste different than when I use a packet out of my box of Lights ON™?**

Answer: Lights ON™ is a product with many ingredients and the serving size is based on weight. One serving is 9 grams of product. When you're filling the packets, the filling machines are dispensing the product into the packets by exact weight. But when you purchase a canister, you can't get a scoop that is exactly 9 grams. Most people will try a level scoop but most times it will be a little more or a little less than 9 grams. This will vary the flavoring some. Another reason some might see a taste change on the canister is if the canister sits on the counter long enough, the heavier minerals will settle to the bottom. Be sure to shake your canister before each use.

**Question: Why does my last order of Lights ON™ taste different than the last? I bought packets both times.**

Answer: Lights ON™ is a naturally flavored product by the ingredients, not by flavoring. Many companies use flavoring for just this reason. When you use natural flavoring you can and will get flavor fluctuation. Sometimes it will be sweeter (usually the fruits), some batches will be more bitter (usually the minerals) and most will taste the same as the last batch you purchased.

**Question: Is there red dye in the Lights ON™?**

Answer: No our product is naturally flavored and colored.

**Question: What form of Glucosamine is in the Lights ON?**

Answer: DynaMAXX sources plant based Glucosamine.

**Question: Is Crystalline Fructose the same as High Fructose Corn Syrup?**

Answer: Crystalline fructose and High Fructose Corn Syrup are not the same. The public, the press and even scientists have confused crystalline fructose with high fructose syrups (HFS) [also known as high fructose corn syrup (HFCS) and isoglucose]. They are not the same product. While most would correctly expect that pure crystalline fructose contains fructose alone, many are surprised to learn that HFS contains nearly equal amounts of glucose and fructose (similar to sucrose). This difference in composition is chemically significant, and leads to differences in certain food applications and specific physiological responses.

Fructose has a low glycemic index and results in moderate release of insulin to the bloodstream relative to glucose and sucrose. Primary applications areas for crystalline fructose include dry mix beverages, low calorie products, flavored water, still and carbonated beverages, sports and energy drinks, chocolate milk, breakfast cereals, baked goods, yogurt, fruit packs and confections.

Summary

Fructose and HFS are not the same. Fructose is sweeter than sucrose so less is needed to achieve the same sweetness, offering calorie savings. Fructose has a low glycemic index and does not cause surges and dips in blood glucose levels. Pure crystalline fructose offers many functional benefits when added to a wide range of foods and beverages, improving product palatability and stability.

**Question: Is fructose a 'natural' sugar?**

Answer: Yes, fructose is a natural sugar. It is found throughout nature as a component of many of the foods we eat.

**Question: Where is fructose found in nature?**

Answer: Fructose is found naturally in many fruits and vegetables, and as one of the several components of honey.