



FAQ

Nutra-Cookie™

Try a cookie that tastes great – and is good for you, too!

1. What is the Nutra-Cookie?

Nutra-Cookie is a protein, fiber, fruit and vegetable nutrient cookie that tastes good and is good for you, too. This rich and chewy cookie fuels your body with 9-10 grams of protein, a serving of calcium, 4 grams of prebiotic fiber, and fruit and vegetable nutrients to help keep your hunger pangs at bay.

2. What are the benefits of the Nutra-Cookie?

- A delicious treat that supports weight management and helps curb your appetite
- Provides low-fat protein to support lean muscle mass
- Supports healthy digestion with fiber for fullness
- Fruit and vegetable nutrients to support the maintenance of good health
- Rich in calcium to support healthy bones
- Nutritious snack the entire family can enjoy
- Convenient and portable for on-the-go nutrition
- Gluten-free

3. Why was the Nutra-Cookie developed?

The Nutra-Cookie was designed to be convenient, wholesome nutrition for the entire family and a perfect addition to help you meet your Challenge goals. These cookies are great for those trying to lose or maintain weight when combined with a healthy diet and exercise.

4. Are the cookies kosher?

Yes, the cookies are certified kosher.

5. What is the suggested serving?

Whether you're on a Challenge or are just looking for a nutritious snack, we recommend eating one or two per day between meals.

6. What is the Tri-Sorb™ protein blend?

Tri-Sorb is our unique blend of proteins that taste great. It is a combination of two whey proteins and a non-GMO soy protein to help you feel full. It also helps maintain healthy blood sugar levels that are already within the normal range.

7. How many cookies can I have a day?

If you are on a Challenge, or are trying to lose weight, then having 1–2 per day between meals is the recommended amount to be eaten in combination with a healthy diet and exercise. If you are already at your ideal weight, or just want to snack smart, then you can have more, but keep in mind how many calories you are eating per day in order not to gain weight.

8. Where should the cookies be stored?

Store unopened packages in a cool, dry location.

9. What flavors are available?

Nutra-Cookie is available in Chocolate Chip and Oatmeal Raisin flavors.