

# Balance & Burn™ System FAQ



## Q. What sets the Balance & Burn System apart from other weight-management products?

A. Balance & Burn is a three-part system designed to help your body use fat efficiently for energy, support healthy blood sugar metabolism, and provide gut support.\*

- **Balance & Care™ stick packs** feature *Akkermansia*, known for its role in helping to support GLP-1 production, which impacts blood sugar metabolism\*
- **Control capsule** features berberine to help promote insulin sensitivity and healthy weight management\*
- **Burn capsule** features a citrus polyphenol blend known to help promote fat metabolism and support weight management. It also includes botanicals, such as green tea extract and black ginger extract, which provide antioxidant support and support healthy metabolism.\*

## Q. What is the intended age range for consumption?

A. The Balance & Burn System is formulated for adults.

## Q. How often should this product be consumed?

A. The Balance & Burn System is intended for daily use.

## Q. When is the best time of day for consumption?

A. It's best to take it in the morning, preferably before 12 p.m.

## Q. Is the Balance & Burn System safe for long-term use?

A. The Balance & Burn System is designed to be a wellness-first approach you can use for ongoing support. Its formulas include powerful botanicals, essential oils, and pre- and postbiotics that work with your body's natural metabolic rhythms. These ingredients support healthy blood sugar metabolism, fat utilization, microbiome diversity, and overall metabolic balance as part of a healthy lifestyle.\*

It's generally suitable for daily use; however, some people may prefer to take a 1–2 week break every few months to reset their routine or evaluate how their body feels. This is optional, not required, and can be guided by personal preference.

As always, if you have any specific questions or have a medical condition, take prescription medications, or are pregnant or nursing, check with your health care provider before making Balance & Burn a long-term part of your routine.

## Q. Can the Balance & Burn system be used with other weight management-related prescriptions/medications?

A. We recommend consulting your health care provider before using this product if you are using another weight-management product or prescription medications.

## Q. How can the Balance & Burn System be used with the Make a Shift™ Reset™ Kit?

A. The Make a Shift Reset Kit is a great starting point to help you make simple shifts to healthier habits with delicious superfruit nutrition and an easy wellness routine. After you complete a 14-day reset, start using the Balance & Burn System to support your healthy weight-management goals.\* And remember to keep drinking 2 ounces of NingXia Red® every day!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Q. Can the Balance & Burn System be used with other Young Living® products?**

A. Yes, the Balance & Burn System can be used with other Young Living products. Recommended companion products include Daily Prebiotic Fiber™, Whole Body Cleanse™, Life 9®, Daily Hormone Essentials™, and Pure Protein Complete™ supplements. Always follow usage directions on each product label.

**Q. How does the Balance & Burn System work?**

A. This system is designed to help your body maintain healthy blood sugar levels already within the normal range and promote fat mobilization. It combines key botanical nutrients, pre- and postbiotics, and essential oils that work together to support healthy gut microbiome diversity and promote overall metabolic health.\*

**Q. Who should consider using the Balance & Burn System?**

A. This system is ideal for adults seeking:

- Support for healthy blood sugar levels already within the normal range\*
- Help supporting a healthy body composition as part of a healthy lifestyle\*
- Gut health and a balanced gut microbiome\*

It's well-suited for those looking for a wellness-first alternative to traditional weight-management products.

**Q. Are there any products or foods this product should not be used with?**

A. We are not aware of any specific food interactions; however, if you have questions about how it fits with your personal health needs or medications, your health care provider is the best resource to guide you.

**Q. Is this product vegetarian and/or vegan-friendly?**

A. Yes, this product is vegan-friendly.

**Q. Are corn-derived ingredients used in the product formulation?**

A. Yes, allulose is derived from non-GMO corn.

**Q. Are soy-derived ingredients used in the product formulation?**

A. There are no soy-derived ingredients in the formula; however, this product may be manufactured in a facility that uses potential allergens in other product formulations. Please rest assured that, according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between productions to prevent contamination. If you have any additional concerns about using this product, we encourage you to speak with your health care provider.

**Q. Are ingredients derived from palm/coconut used in the product formulation?**

A. There are no palm/coconut-derived ingredients in the formula; however, this product may be manufactured in a facility that uses potential allergens in other product formulations. Please rest assured that, according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between productions to prevent contamination. If you have any additional concerns about using this product, we encourage you to speak with your health care provider.

**Q. Are ingredients derived from tree nuts used in the product formulation?**

A. There are no nut-derived ingredients in the formula; however, this product may be manufactured in a facility that uses potential allergens in other product formulations. Please rest assured that, according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between productions to prevent contamination. If you have any additional concerns about using this product, we encourage you to speak with your health care provider.

**Q. Are ingredients derived from sesame used in the product formulation?**

A. There are no sesame-derived ingredients in the formula; however, this product may be manufactured in a facility that uses potential allergens in other product formulations. Please rest assured that, according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between productions to prevent contamination. If you have any additional concerns about using this product, we encourage you to speak with your health care provider.

**Q. Does the Balance & Burn System contain caffeine?**

A. Yes, only the Burn & Control formula contains 25 mg of caffeine per serving from guarana extract. It's designed to gently support metabolic activity and energy without harsh or jittery stimulants.\*

**Q. How many servings are there per package/container?**

A. Each package contains 30 servings.

**Q. Is the Balance & Burn System available internationally?**

A. Yes, the Balance & Burn System will be available for personal use only through Not for Resale (NFR) purchases in Canada on January 10. All other international markets will be able to order the Balance & Burn system on Monday, January 12, with the exception of Indonesia, South Korea and China where it is not available for NFR purchase (limits on NFR orders may apply).