

Booster Juice: FAQ's

You've got questions... we've got answers... let's begin!

Nutritional Information

Q: When I have a nutritional question about Booster Juice products, whom do I ask?

A: First, consult the Nutritional Breakdown Binder. This is found in the customer service area (by the straws and napkins) of every Booster Juice store for the customers to look through. If this does not answer the question, then look through this FAQ to see if it is here. If not, or if additional information is needed, send the query through the 'contact' portion of this website and the corporate office will be happy to help.

Q: How many calories are in the Boosters?

A: Boosters can be thought of like Vitamins. They have less than 2 or 3 calories in each serving. The only exceptions to this are:

- Protein Booster:
 - 9 g protein
 - 30 calories
 - 0 g fat

- Fiber Booster:
 - 1 g protein
 - 30 calories
 - 0 g fat

Q: How many calories are in the Whey Protein?

A: The Booster Juice Whey Protein has in one serving:

- 20 g protein
- 90 calories
- 1.6 g Fat

Q: What does the small print on the bottom of the Booster Board mean? – “The finished product provides more than 100 calories”

A: The small print is referring to the Boosters as part of your smoothie. A Booster cannot be ordered separate and alone, it is always part of a smoothie and the small print is meant to specify that. The phrase DOES NOT mean that the Energy Booster contains 100 calories.

Q: My child has a severe nut allergy. Are your products safe for them?

A: While none of our products contain nuts as a listed ingredient, we do receive some of them from manufacturing plants that handle other products that contain nuts. Because of this, there are warning labels on our sorbets and on our Whey Protein indicating that they are manufactured in a facility that handles nuts. Therefore, we cannot guarantee that the slight chance of human error did not occur before the product reached our stores. We would recommend any of our customers with severe nut allergies to order a smoothie with no sorbet and no Booster, or to enjoy one of our fresh juices, instead.

Q: I need to avoid gluten in foods. Which Booster Juice products contain gluten?

A: Gluten is a product found in wheat. People who are diagnosed with Celiac Disease cannot tolerate it. All of our Booster Juice Smoothies and Juices are gluten free. However, the Fiber Booster, Fusion Booster and Wilderness Booster have gluten products in them and should be avoided.

Q: I am eliminating caffeine from my diet. What do I need to know about Booster Juice and caffeine?

A: The Booster Juice products that contain caffeine are: the Brazilian Thunder Açai Smoothie, High Impact Açai Smoothie, Açai NFG Shaker, Oregon Chai Latte, Hot Açai, Açai Berry Bowl, Açai Tetra Packs, Matcha Monsoon Smoothie, Matcha Teazer, Matcha Shaker and the Fusion Booster.

Q: How much caffeine is in Açai, anyway? Is it the same as a coffee? Is caffeine from guarana 'healthier' than caffeine from coffee or tea?

A: Caffeine is naturally found in over 60 plant sources – coffee, tea, cacao (which gives us chocolate), guarana and kola nut (which is in our Fusion Booster) are a few of the more common plants. Caffeine is a chemical compound found in all of these plants. There is no benefit in one source over another. Caffeine is a metabolic stimulant and some comparisons of caffeine content are listed for 8 oz. of

- Brewed Coffee 135 mg
- Brewed Tea 50 mg
- Snapple Iced Tea 48 mg
- Diet Coca Cola 31 mg
- Coca Cola or Pepsi 25 mg
- Zola Açai 17 mg

Our Zola Açai is a great replacement for a morning tea or coffee. It allows our customers who want to reduce their caffeine intake by switching from coffee a reduction of 85% while still getting a little kick to start their day. The nutrition of Açai is so much better than coffee and tea. It has amazing anti-oxidant benefits, Omega fatty acids, amino acids, iron and vitamins, and is recognized as providing excellent levels of sustained energy (click on our 'superfoods' section to read more.)

Q: Does the Zola Açai contain only Açai juice?

A: No, but the ingredient list on the side of the Zola Açai does indicate everything that is in it besides

the Açaí. Please note that there is organic cane sugar added, making it a very sweet drink. The ingredients are: Purified water, Açaí fruit pulp, organic cane sugar, citric acid, natural guarana powder and natural flavors.

Q: Which one of our smoothies is good for customers who have diabetes?

A: There is no one answer for this question, as there are so many differences in diabetic needs. The best solution is to offer our customer the Nutritional Breakdown Binder that has the detailed information on each and every smoothie and drink that we serve. The customer can then find a drink that suits their needs. A few suggestions to help them with their decision may be made:

1. Try a snack size smoothie.
2. Try a fresh juice. The veggie juices will be lower in sugar than the fruit.
3. Try a Life Choice smoothie. These smoothies have no sorbet added to them, but do have extra fruit. The snack size may be suitable.

Q: Do your Booster Juice smoothies have added sugar in them?

A: First of all, sugar occurs naturally in all fruits and juices. All of our Booster Juice ingredients of pure juice, fresh frozen fruit and homemade yogurt are made without any added sugar and preservatives. The only smoothie ingredient that does have sugar added to it is our sorbets. If a customer wishes to reduce their intake of added sugar they may want to try our Life Choice Smoothies that do not contain any sorbet.

Q: Are your Boosters safe for pregnant women?

A: All the Boosters are safe for pregnant women. Some may be more appropriate, though, than others. Just as some pregnant women avoid Tylenol or other over the counter medications, some herbals are not recommended to be taken on a consistent basis when pregnant. Ginseng and Ginkgo Biloba are not generally recommended while pregnant and these are found in our **Energy Booster** and our **Boggle Booster**. However, if these products were taken before a woman knew that she was pregnant, there would be no harm done. It is consistent, high dosage use of particular herbals that are cautioned against. This would necessitate the use of herbal supplements from a health food store, rather than the addition of a Booster to a smoothie.

There are a few Boosters that are perfect for pregnant women. The Go Girl Booster is an excellent source of calcium with 225 mg in each serving. The Fiber Booster is excellent for overall health and has cholesterol lowering benefits as well as being a good source of Thiamin, Riboflavin, Potassium, Niacin, Vitamin B6, Iron, Magnesium, Phosphorus, Zinc, Copper and has cancer-fighting properties.

Q: I'm avoiding dairy products. What can I have to drink in Booster Juice that is appropriate for me?

A: Two delicious soymilk smoothies are non-dairy choices. These are the Soymilk Slam and the Sonic Soy. Additionally, any Power, Berry, Tropical and Life Choice Smoothie can be made without the

homemade yogurt, leaving it dairy free. The Spirit Smoothies all contain frozen vanilla yogurt, so they must be avoided, and the High Protein Smoothies contain a Whey Protein, which is a dairy derivative. This may or may not be acceptable depending on the specifics of the dairy intolerance. For example: if a customer is lactose intolerant, they may still be fine with a High Protein smoothie. They should choose one that doesn't have Vanilla Frozen Yogurt in it – like the Strawberry Storm. However, if the customer is vegan and is avoiding all dairy products then they would avoid the High Protein Smoothies all together.

Q: How many servings of fruit are in each smoothie? Which smoothies contain the most fruit?

A: Canada's Food Guide to healthy eating provides a guideline to nutritious daily choices. It states that adults and children should eat 5 to 10 servings of fruit and vegetables every day. An adult serving size of fruit is defined as 1 medium size fresh fruit, half a cup of fruit juice or half a cup of frozen fruit. Almost all Booster Juice smoothies contain over 4 servings of fruit. The Life Choice smoothies have the most fruit of all with more than 5 servings. That's your whole day's intake of fruit in one delicious smoothie.

Q: Most Booster Juice 24 oz Smoothies have between 340 and 380 calories. I know that most are virtually fat free, but this still seems like a lot of calories for a smoothie.

A: Booster Juice is very proud of the nutritional make-up of our smoothies. We have designed the recipes and the ingredients that make up our smoothies to be the very best, the very freshest, and the most wholesome that they could be. Let's see how smoothies fit into one's daily food intake.

1. **First off, smoothies provide nutritious calories.** Calories provide energy for the body and are necessary. Some drinks or foods provide only 'empty calories', usually with extremely high sugar and fat contents. Pop, candies, slurpies, chips and cheezies are a few examples of these. These foods don't provide the nutritious building blocks for healthy activity and daily living. They don't fill you up and often leave you craving more high sugar or fat snacks. Smoothies provide both your body and mind with the well-being of good nutrition. Let's compare a few popular snacks with our smoothies, just to gain a little perspective:
2.
 - a. Double Chocolate Cookie, 210 cal, 10 grams fat
 - b. McDonald's Fruit N' Yogurt Parfait with granola, 380 cal, 5 g fat
 - c. Jelly Donut, one, 290 cal, 12 grams fat
 - d. Coke Slurpee, 20 ozs, 330 cal, 0 grams fat
3. **Secondly, let's look at the 'big picture'.** An active adult male may need as many as 3000 calories per day. An active adult female may need 1800 calories per day. (Generally, calories per day for a Moderate Activity level, which is 30 to 60 minutes of exercise 3 to 4 times a week, is 16-18 calories per pound of body weight – so a 140 lb moderately active woman may need 2240 calories daily.) It's quite easy to fit in a 360 calorie smoothie just about anywhere. It can be part of a breakfast or a lunch replacement, maybe a post-workout smoothie or even a nutritious snack to hold you and

the kids over till dinner when you're rushing out to soccer practice.

Açaí

Q: Is there added sugar?

- *Açaí has some naturally occurring sugar in the berry and we add a pinch of Organic Cane Sugar to bring out the flavor.*
- *Açaí has 25% less sugar than Apple Juice and is very Nutrient Dense.*
- *The Glycemic Index is Low because of Zola's balanced nutrition profile including proteins, good for you fats, and carbohydrates.*

Q: Does it contain caffeine?

- *Zola Açaí has 24mg of naturally occurring caffeine from the Guarana (a seed that grows in the Amazon).*
- *Caffeine equivalent of Iced Tea.*
- *Comparison: Snapple Iced Tea (48mg), Soda (30-60mg), Coffee (60-120mg) 8oz Green Tea (30mg)*

Q: Why does it contain fat?

- *The Açaí berry contains Omega 3, 6, & 9 Fatty Acids – the “good for you” fats.*
- *Same fats found in Salmon, Cod Liver Oil, Olive Oil, Nuts.*

Q: Doesn't production of this drink deteriorate the rainforest?

- *No! Açaí grows on the Açaí Palm Tree...the same tree they cut down for “Heart of Palm.”*
- *Locals make more money harvesting the Açaí fruit year after year rather than cutting down their trees for “Heart of Palm” which puts more money in their pocket and helps save their Rainforest. Only cash to the locals will help save the trees.*

Q: Is it organic?

- *Although it is not currently “Certified Organic” everything in Zola Açaí is Naturally Organic.*

Q: Why hasn't it been available in the Canada until now?

- *The fruit is very delicate and is difficult to process. Zola Acai figured out a way to make an Acai concentrate to allow shipments of Acai to reach Canada.*
- *Açaí has become very popular across North America, and in fact, Booster Juice is the first company in Canada to carry Açaí!!!*

Q: Where can I find more information about the product?

We have a great partner; check out their website – www.ZolaAcai.com.

Wheatgrass

Q: What's so great about Wheatgrass?

A. Wheatgrass was first introduced by Ann Wigmore over 40 years ago. By pressing and squeezing the tender young blades of the wheat plant, a dark green juice is extracted which is a great source of vitamins, minerals, enzymes, amino acids and chlorophyll. During the germination and sprouting phase of the young wheatgrass the stored food in the wheat berry is converted into predigested living food.

Q: What Vitamins and Minerals does Wheatgrass have to offer?

A. In theory, to get the most benefit from vitamins and minerals, a person's total intake should come in a form that is as close to a natural state as possible. Wheatgrass is a living food at the time of juicing and for a period of 10 to 15 minutes after harvest. Wheatgrass juice is high in vitamin C, A, B, and E. The green juice has over 90 minerals which are needed to maintain good metabolism. The presence of these alkaline minerals is found in wheatgrass which contains calcium, magnesium, potassium and iron, a mineral essential for transporting oxygen to the lungs. Organic sodium is also found aiding in digestion and regulation of the amount of fluids in the body.

Q: What are Enzymes and how do they relate to Wheatgrass?

A. Enzymes are an important active ingredient in wheatgrass juice. They are the life force of our foods and are needed to carry out many important biological and chemical functions. In processed foods, enzymes are destroyed by excessive heat. Fresh wheatgrass juice contains the following enzymes to name just a few:

Protease—assists in protein digestion

Cytochrome Oxidase—an anti-oxidant used for proper cell restoration

Amylase—facilitates starch digestion

Lipase—a fat splitting enzyme

Transhydrogenase—helps keep muscle tissue of the heart toned

SOD—(superoxidedismutase) found in all body cells and is known for its ability to lessen the effect of radiation and slow cellular aging.

Q: What are amino acids and how do they relate to Wheatgrass?

A. Protein in grass is in the form of polypeptides, a simpler shorter chain of amino acids that enable fast, more efficient assimilation into the bloodstream and tissues. Wheatgrass includes at least 20 amino acids both essential and non essential. In addition to the essential aminos, wheatgrass juice contains alanine, a blood builder; aspartic acid, converts food to energy, glutamic acid, improves mental balance, arginine, stimulates brain and nerve functions.

Q: What are the benefits of Chlorophyll in Wheatgrass?

A. Wheatgrass is 70% chlorophyll (the green part of the plant). Dr. G.H. Earp Thomas, a scientific researcher, considers Wheatgrass chlorophyll "the richest nutritional liquid known to man." The Wheatgrass Book by Ann Wigmore, includes evidence of the blood cleansing and building abilities of chlorophyll, its effects on the circulatory system and oxygen supply, and its role in detoxifying and regenerating the liver. Wheatgrass juice is high in oxygen like all other green plant juices. The brain and all other body tissues function at an optimal level in a highly oxygenated environment.

Chlorophyll benefits the body in many ways:

- rebuilds the blood stream
- releases heavy metals
- improves blood sugar problems
- neutralizes toxins in the body
- helps purify the liver and wash drug deposits from the body
- increases endurance during physical exercise

Q: How can wheatgrass be used as an antibacterial fix?

A. Wheatgrass can be used inside and outside the body. In the book "Survival into The 21st Century" by Rev. Viktoras Kuluinskas, M.S., it states "In therapeutic amounts, wheatgrass juice will detoxify the body by increasing the elimination of hardened mucous, crystallized acids and solidified, decaying fecal matter. It's high enzyme content helps dissolve tumors. It is the fastest, surest way to eliminate internal waste and provide an optimum nutritional environment. "

Q: How much Wheatgrass should I drink?

A. Always drink wheatgrass juice on an empty stomach and wait 30 minutes before eating. For normal health maintenance, take 1-2ounces of wheatgrass juice daily. Therapeutic dosages are 4-8 ounces daily. Nausea is common with over-drinking, cut back or mix wheatgrass juice with celery or other green juices. Gradually increase the amount by one ounce weekly.

Q: What is the nutritional value of Wheatgrass?

A. Fresh wheatgrass juice is 95% structured water and 2% pre-digested protein. Grass has 11 times the calcium of cow's milk, 5 times the iron of spinach, 4 times the vitamin B1 of whole-wheat flour, 7 times the vitamin C in oranges, as well as an abundance of the elusive vegetarian vitamin B12 (80mcg/100g). Researchers also found unidentified growth factors that enabled large animals to survive on a 100% grass diet, while they failed on a diet of carrots, broccoli, cabbage and spinach.

Q: What are the specific health benefits of Wheatgrass?

A. Grass is a complete food containing all known nutritional elements. People with wheat allergies, by the way, have nothing to fear from this wheat food. Although the grass is grown from grain, it metamorphoses completely into a vegetable with none of the allergies proteins common to glutinous grains. Grass is non-toxic in any dose, but you may react to the results of its detoxifying power. Grass is powerful purgative for the liver, and too much can release too many poisons too quickly. Wheatgrass also cleanses and heals the large intestine, another collection point of toxins in the body. But it is, perhaps most famous as a blood purifier.

Grass is one of the planet's best sources of high quality chlorophyll. Ultimately, all food on the planet, whether animal or vegetable, comes directly or indirectly from chlorophyll. Even more amazing is that this "blood of plants" is a chemical cousin to haemin. Haemin is a component of haemoglobin, the red, iron-rich, oxygen-carrying portion of human blood. Wheatgrass juice literally gives you a sunshine transfusion. When you drink it, this enzyme-rich and metabolically active, fresh, living food transfers its high vibration into your system. A one-ounce shot of this liquid chlorophyll leaves you with a "buzz." Eastern philosophy might say it raises your Kundalini, or chi, giving you a natural high. It is this energetic lift that enables grass to enhance your body's ability to heal.

Fast Facts on Why Wheatgrass Juice Supports Health

1. One of the greatest benefits of fresh wheatgrass is that it is a living food when consumed. This means that it is absorbed effortlessly through out the body.
2. Being a living food also means it has the electrical “spark of life”, delivering a full spectrum of vitamins, minerals, enzymes, chlorophyll and much more to support your body’s health and healing.
3. Disease or infection in the body is associated with inflammation. Wheatgrass is 70% chlorophyll, which reduces inflammation, reestablishes blood flow to support the body to remove toxic waste and replenish the site with life supporting nutrients and oxygen.
4. Chlorophyll is anti bacterial and an antiseptic, which also works to reverse infection and speed healing without scaring. When drinking – hold in your mouth as long as possible for longer exposure to any harmful bacteria, rendering them harmless and also preventing tooth decay.
5. As the chlorophyll continues to move through the digestive track the antiseptic nature cleans and cultivates a desirable environment to produce more friendly bacteria (flora), which is essential to the absorption of nutrients.
6. Chlorophyll is also antifungal and effectively reduces and balances candida overgrowth in the digestive track.
7. As a ph adjuster, wheatgrass juice is a powerful green food that raises your ph by alkalizing your metabolism.