**THAWING INSTRUCTIONS**

- Bottles should arrive frozen.
- Store bottles in your freezer until you are ready to start drinking them.
- Thaw out the number of bottles you plan on drinking each day.
- Thaw the bottles in your refrigerator. Thawing may take 24 - 48 hours depending on how cold your refrigerator is.
- Once thawed, bottles should remain in the refrigerator and be consumed within 24 hours.

**QUESTIONS?**

We are here for you. Contact us with any questions and concerns at:

- support@rawgeneration.com
- CALL: 732-305-2870
- TEXT: 732-876-9373

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**FACTS AND QUESTIONS**

- **When should I drink a protein smoothie?**
  The short answer is anytime! They are great to drink first thing in the morning, as a snack or meal replacement at any point throughout the day, or about 30 minutes after your workout. They also make a delicious guilt-free dessert!

- **What if I can’t drink a full bottle?**
  There is no right or wrong amount to drink and you do not need to finish the entire bottle in one shot. Just respect your hunger levels and only drink as much as you need. **PRO TIP:** Sip your smoothies. Eating slower allows your body to register that you are full before you’ve eaten too much.

- **Can I cleanse with protein smoothies?**
  Yes, we offer a protein cleanse that is a combination of 3 protein smoothies with 3 juices. If you are going to do a cleanse with these protein smoothies, it is best to incorporate juices, especially green juice, to maintain a wide variety of vitamins and minerals.

- **What else can I do to look & feel better?**
  In addition to drinking plant-based protein smoothies, it is a good idea to do a cleanse at least a few times a year. You can also try adding more vegetables to each meal, and reducing or removing dairy, gluten, and alcohol from your diet.

- **How should I store the bottles?**
  Since our products are shipped frozen, there is no rush to drink them. If you do not plan on consuming them as soon as you receive your shipment, store the bottles in the freezer. Otherwise, thaw them in the refrigerator, one day’s worth of bottles at a time.

- **What is the shelf life?**
  The bottles can be stored in the freezer for up to 6 months. Once completely thawed in the refrigerator (may take 24 - 48 hours depending on how cold your refrigerator is), they should be consumed within 24 hours. They should be refrigerated at all times and consumed very cold.