

Green Coffee

1. What are the combined benefits of this green coffee powder blend?

This blend combines green coffee bean extract, prebiotic Sunfiber, apple cider vinegar, and L-Theanine to promote sustained energy, support weight management, improve digestion, reduce bloating, and aid natural detoxification. L-Theanine adds calm and focus, reducing jitters and enhancing mental clarity.

2. Why is this green coffee powder supplement effective?

It offers a balanced, synergistic formula with natural ingredients that boost metabolism, enhance gut health, sustain energy levels, and provide mental calmness and focus throughout the day.

3. When is the best time to consume this supplement?

Take one serving in the morning to fuel sustained energy and focus, and one serving after lunch to reduce sugar spikes, decrease afternoon slump, and maintain mental clarity.

4. How do I prepare and consume this supplement?

Tear open one sachet and mix 2 grams with hot water only. Stir well and drink once or twice daily as directed – ideally morning and after lunch.

5. How does L-Theanine contribute to this blend?

L-Theanine provides a calming effect that balances the caffeine in green coffee, promoting focus and mental clarity without jitters or crashes.

6. How does this supplement support gut health?

Sunfiber, a prebiotic fiber in the blend, nourishes beneficial gut bacteria, improves digestion, and supports metabolic balance, helping to reduce bloating and improve nutrient absorption.

7. Is this supplement good value for money?

Yes, it combines multiple health benefits—weight management, energy boost, improved digestion, detoxification, and mental calmness—in one tasty, convenient sachet, providing a holistic and cost-effective wellness solution.

8. Is this product safe for people with medical conditions?

If you have any medical condition, including hypertension or diabetes, please consult your healthcare provider before using this supplement.