

Q: What exactly is a Protein PAK?

A: Designed for optimal protein on the go scenarios, new Body Fortress® 100% Premium Whey Protein PAKS are a new, innovative way to fuel the body without the hassle or mess of a scoop and tub. Simply drop in the Protein PAK, shake until dissolved, and you're good to go.

Q: How do Body Fortress® Protein PAKS work?

A: Body Fortress® Protein PAKS offer a new, unique delivery system for protein seekers on the go. Simply drop the entire Protein PAK into a desired liquid and shake until dissolved for 20g of 100% Premium Whey per PAK. No need to tear the Protein PAK open – the edible coating fully dissolves when mixed with liquid.

Q: Can I eat Protein PAKS whole?

A: No. Body Fortress® 100% Whey Protein PAKS are designed to be fully dissolved in liquid before consumption. While made of food-grade materials, these PAKS are not meant to be eaten whole as ingestion of an unmixed Protein PAK is a choking hazard.

Q: Does the Protein PAK dissolve in milk, almond milk and other liquids?

A: Yes. Body Fortress® Protein PAKS are designed to be fully dissolvable in your favorite base liquids. Both the PAK material and the protein powder itself will dissolve in the liquid of your choice.

Q: How many Protein PAKS should I use at one time?

A: Our recommendation is to shake-up and ingest no more than 2 PAKS in a single serving simply for ease of use.

Q: What is the best temperature of the liquid to dissolve the Protein PAKS in?

A: Body Fortress® 100% Premium Whey Protein PAKS will dissolve best in a room temperature liquid but will also dissolve fully in refrigerated liquids.

Q: How long should I shake product?

A: We recommend to shake or blend product until the Protein PAKS are fully dissolved, typically no more than about 20 -30 seconds.

Q: How long does it take for the PAK to dissolve?

A: Dissolution rate can vary based on a few factors – namely temperature of the liquid and the velocity it is being shaken, but typically it would not take longer than 20-30 seconds.

Q: What temperature should Body Fortress® Protein PAKS be stored at?

A: Body Fortress® Protein PAKS should be stored at room temperature and should avoid excessive heat.

Q: Where are the Protein PAKS made?

A: Body Fortress® Protein PAKS are made in the USA with select ingredients from around the world.

NUTRITION**Q: Are Body Fortress® 100% Premium Whey Protein PAKS made of food safe ingredients?**

A: Yes. Body Fortress® Protein PAKS are made from food grade ingredients that are free of harmful chemicals and safe to ingest.

Q: What portion of the calorie count comes from the Protein PAK coating?

A: One Protein PAK contains 100 calories per serving. There is no significant addition of calories due to the coating.

Q: Will the coating interfere with Amino Acid uptake by my body?

A: No. The coating on the Protein PAK does not interfere in your body's digestive process.

Q: I care about what I put into my body – what exactly is the coating of the PAK made up of?

A: The coating of the PAK is made of a mixture of sugar alcohols, carbohydrates and vegetable oils.

Q: Is there any additional sugar, cholesterol, or carbohydrate content in the coating?

A: No. The coating is not a significant source of sugar, cholesterol or carbohydrates.

Q: Will the Protein PAK make my drink taste like plastic?

A: The coating of the Body Fortress® Protein PAKS are transparent, odorless and tasteless, meaning you will only taste the delicious chocolate or vanilla flavor of our protein powder.

SAFETY**Q: Are Body Fortress® Protein PAKS manufactured in a facility that manufactures products with common allergens?**

A: Body Fortress® Protein PAKS are made in a facility that also processes milk, peanuts, tree nuts, soy, egg, fish, wheat, and sesame.

Q: Is the PAK coating safe to ingest?

A: Yes, the PAK is coating is safe to ingest. The coating is made from 100% food grade ingredients.