

**Q. What is Lyfta?**

**A.** Lyfta is the natural, herbal way to trim your stress and your appetite. Lyfta naturally controls hunger so you can make healthier eating choices. By reducing stress, Lyfta helps you manage your daily demands without needing to turn to comfort foods. Soon you'll be tackling your top priorities with ease as Lyfta helps you focus and enhances your mental clarity.

**Q. What is the recommended time to take Lyfta?**

**A.** Visi recommends one Lyfta capsule with breakfast and one capsule an hour before lunch.

**Q. What are the benefits of Lyfta?**

**A.** Lyfta increases serotonin levels in your brain to elevate mood and suppress emotional eating. Additionally, Lyfta supports appetite control and cuts cravings, and enhances relaxation while reducing effects of stress and anxiety.

**Q. What is the difference between Valla and Lyfta?**

**A.** Lyfta is formulated to improve mood, provide mental clarity, and help in weight management. Valla is focused on increasing metabolism, creating thermogenesis, and giving you the energy you need to power through tough workouts so you can lose weight and gain muscle.

**Q. Is it safe to take Lyfta for an extended period of time?**

**A.** Yes, each ingredient is completely safe to take for an indefinite period of time.

**Q. At what age can someone start using Lyfta?**

**A.** Lyfta is formulated for adult (18+) use.

**Q. What are Lyfta's capsules made of?**

**A.** Lyfta uses gelatin capsules.