



## Frequently Asked Questions (FAQs)

### 1. What is ST-5™ with MigraStem™?

ST-5™ with MigraStem™ is a delicious and convenient nutrient boost to your favorite beverage that provides scientifically advanced nutrition to support an active and sportive lifestyle by giving all the nutrients and energy you need all along the day. ST-5™ with MigraStem™ contains 5 specialized blends, including the patent pending MigraStem™. With over 40 cell-fueling ingredients, such as 15 grams of plant-based protein, 10 grams of fiber, 20 vitamins and minerals, antioxidants, prebiotics, colostrum and natural plants extracts and digestive enzymes. ST-5™ with MigraStem™ provides everything your body needs to thrive.



Working in tandem with SE2® and StemFlo, ST-5™ with MigraStem™ supports the migration where your body mostly needs energy and nutrients. This trio orchestrates an optimal nutrition. Moreover, ST-5™ with MigraStem™ follows you everywhere with the new packaging in 15 individual sachets.

### 2. What is MigraStem™?

MigraStem™ is a proprietary blend of natural ingredients such as colostrum, plant extracts and medicinal mushroom.

### 3. What is new in ST-5™ with MigraStem™?

The new ST-5™ with MigraStem™ contains 45% less sugar. It is composed of a blend of 3 vegetal proteins with a high bioavailability. Moreover, a blend of ingredients, well known to regulate your intestinal transit have been added to the formula: high content of fiber (10g/portion) with a prebiotic activity, associated with 2 times more of digestive enzymes. The digestion and absorption of nutrients are facilitated and the prebiotic fiber feeds your good bacteria. ST-5™ with MigraStem™ is your secret asset for an active lifestyle!

**4. What are the 5 specialized blends in ST-5™ with MigraStem™?**

ST-5™ is characterized by 5 advantages.

1. Rich in proteins
2. Rich in fibers
3. Rich in 20 vitamins and minerals
4. With isomaltulose, a sugar with a slow and sustained absorption and release in the bloodstream.
5. With 15 individuals sachets, carry everywhere with you your ST-5™.

**5. Can I take ST-5™ with MigraStem™ with SE2® and StemFlo®?**

Yes. All three of Stemtech's products work together to support daily renewal through Release-Circulate-Migrate. SE2® and ST-5™ with MigraStem™ can be consumed anytime and together as well. For maximum benefit with StemFlo®, it is recommended to consume between meals, on an empty stomach.

**6. How do I use ST-5™ with MigraStem™?**

Mix it in any drink of your choice. Blend with ice or frozen fruit. Visit [www.stemtech.com](http://www.stemtech.com), view Products, click ST-5™ with MigraStem™ and you will see a link for recipes at the top of the ST-5™ with MigraStem™ page.

**7. Do I have to take the full recommended serving size of ST-5™ with MigraStem™ each time?**

ST-5™ with MigraStem™ is formulated to have a one sachet complete-serving. However, if you are new to ST-5™ with MigraStem™, you may want to start out with less than a full serving to let your body adjust to increased levels of some nutrients, including fiber and slowly work your way up to a full, one level scoop serving. You should take whatever portion of a serving that works best for your needs, body and activity level.

**8. Is it possible to take too much ST-5™ with MigraStem™?**

Each serving of ST-5™ with MigraStem™ contains 20 vitamins and minerals, with 16 key nutrients delivering at least 100% of the daily value. It is advisable to talk to your health care practitioner if you want to take more than 2 servings of ST-5™ with MigraStem™ a day.

**9. I am taking a multivitamin. Will I get too high of a dose of vitamins and minerals (like Vitamin A) if I take ST-5™ with MigraStem™ as well?**

Since each serving of ST-5™ with MigraStem™ provides 21 vitamins and minerals--- with 16 key nutrients delivering at least 65% of the daily value--- it may not be

necessary to take another multivitamin in conjunction with taking ST-5™ with MigraStem™. Consult your doctor or health care practitioner to determine a diet and supplement routine that best supports your individual health circumstances and lifestyle.

**10. Do I need to take a multivitamin or any other supplements while taking ST-5™ with MigraStem™?**

Each serving of ST-5™ with MigraStem™ contains 21 vitamins and minerals--- with 16 key nutrients delivering at least 65% of the daily value--- 15g protein, 10g fiber, antioxidants, prebiotics, natural plants including goji berry, fucoidan and maca in every serving. Consult your doctor or health care practitioner to determine a diet and supplement routine that best supports your individual health circumstances and lifestyle.

**11. Can I make ST-5™ with Migrastem™ into a hot drink?**

You can make a warm beverage. The point is to not mix your ST-5™ with MigraStem into boiling liquid. Boiling liquid will destroy some of the nutrients. Simply heat your fluid and mix in ST-5™ with MigraStem™. If the fluid does boil, let it cool before mixing in the product.

**12. Is ST-5™ with MigraStem™ helpful for weight loss?**

In combination with healthy eating and regular exercise, ST-5™ with MigraStem™ can support your weight management goals. With 10g of fiber and 15g of protein, ST-5™ with MigraStem™ is naturally filling and satisfying.

**13. Is ST-5™ with MigraStem™ a meal replacement?**

It is not a meal replacement. If one desires to consume the product in a weight loss program, then use the product responsibly. It is not recommended that one consume less than 1200 calories a day unless supervised by a health care practitioner. It is advisable to consult with a health care practitioner prior to embarking on any weight loss regime.

**14. Is ST-5™ with MigraStem™ available in different flavors ?**

ST-5™ with MigraStem™ comes in a natural vanilla flavor. This allows the consumer then to drink it as is or add any flavoring to it to suit ones specific taste. Visit [www.stemtech.com](http://www.stemtech.com), view Products, click ST-5™ with MigraStem™ and you will see a link for recipes at the top of the ST-5™ with MigraStem™ page.

**15. How should ST-5™ with MigraStem™ be prepared?**

Mix with any desired liquid, add any fruit, spices, or flavor as desired. Shake or blend. Enjoy. Visit [www.stemtech.com](http://www.stemtech.com), view Products, click ST-5™ with MigraStem™ and you will see a link for recipes at the top of the ST-5™ with MigraStem™ page.

**16. How long should one box last me?**

It depends upon how much product you use. Some people enjoy it mixed up in a thin consistency and others prefer it thicker, therefore requiring more ST-5™ with MigraStem™. Generally, if consumed as suggested, a box will last 2 weeks.

**17. Does ST-5™ with MigraStem™ contain soy?**

ST-5™ with MigraStem™ does not contain soy.

**18. What is colostrum ?**

ST-5™ contains fractionated colostrum which is a component of milk. As a consequence, ST-5™ is not a vegan product. Moreover, colostrum is not suitable for sport professional. Nevertheless, due to the presence of a slowly release sugar, the high content in proteins, fibers and the presence of 20 vitamins and minerals, non-professional sportive people can add easily ST-5™ to their nutritional diet (before, during and after physical exercise). For more information, please consult our website.

**19. Does ST-5™ with MigraStem™ contain gluten ?**

ST-5™ with MigraStem™ does not contain gluten.

**20. What source of protein is used in ST-5™ with MigraStem™?**

ST-5™ with MigraStem™ contains three plant-based protein sources: raw sprouted brown rice, pea and potato; providing high quality protein.

**21. How much fiber is in ST-5™ with MigraStem™?**

If used as recommended, ST-5™ with MigraStem™ provides 10 grams of fiber per serving/level scoop with 6.1 grams coming from soluble fiber. The dietary fiber in ST-5™ with MigraStem™ provides many benefits including intestinal transit and nutrients absorption.

**22. What is Maca and why is it used?**

Maca is also called peruvian ginseng. The origin of the word Maca comes from 2 Quichuas words, MA meaning « harvested in mountains » et CA « fortifying food ». This plant was used as an aphrodisiac plant in the countries of South America. It grows mainly in Peruvian Andes at an altitude between 3700 and 4400m. This plant is sacred for Indians and used during starvation periods due its nutritional richness. To illustrate this, please find some nutritional data concerning Maca:

1. 10-18% of proteins
2. 16 minerals such as potassium, calcium, phosphorus and selenium
3. 7 vitamins, particularly vitamin B1, B2, B12, C and D
4. Rich in essential amino acids.

**23. What is Isomaltulose?**

Isomaltulose in ST-5™ with MigraStem™ is used for its natural sweetness flavor. Isomaltulose, a sugar with tooth friendly properties, has a slow glucose release\*. It has a glycemic index of only 32, providing a low impact on blood sugar and insulin levels. Isomaltulose also provides the body with balanced and sustained energy.

\*Health claim authorized by EFSA on isomaltulose in 2011.

**24. What is Stevia?**

Stevia is a natural high sweetener. It is recognized as SAFE/GRAS by European safety agencies and authorized in food supplements by EFSA and European commission.

**25. Can ST-5™ with MigraStem™ be taken any time of the day?**

It can be consumed when desired.

**26. Can ST-5™ with MigraStem™ interfere with prescription drugs, medications or supplements?**

Consult your doctor and/or natural healthcare practitioner prior to taking ST-5™ with MigraStem™—or any dietary supplement/natural health product—while you are taking prescription medications or other dietary supplement/natural health products.

**27. Are there any warnings for ST-5™ with MigraStem™?**

As with any supplement, if one has any medical condition or is using any medication it is advised to consult with your doctor and find out if there are any foods or nutrients that should be avoided. If the doctor informs you to avoid certain foods or nutrients, then review the ingredient list before consuming any supplement. This product is not intended to diagnose, treat, cure or prevent any disease. Due to the presence of Fucus vesiculosus, the consumption of ST-5™ with anti-coagulants has to be assessed and discussed with your general practitioner.

**28. Is ST-5™ with MigraStem™ safe for children?**

To the best of our knowledge, we see no reason why children cannot consume ST-5™ with MigraStem™. As most supplement usage recommendations are for adults, it is wise for children to reduce the amount used per serving. An example of usage is 1/4 level scoop for children 4 to 8 years old. 1/2 level scoop for children 8 to 12 years old.

**29. What is the shelf-life of ST-5™ with MigraStem™ once opened?**

If unopened, there is a minimum of a one year shelf-life. Once opened, it is advised to always keep the lid tightly on and keep in a cool dry place. (Just an FYI – once past shelf-life this does not mean that the product is bad or rancid, it just means that there may not be 100% nutrient density. In saying this, nutrients are lost at a very slow rate, if the lid is always on the product and the product is kept in a cool dry place.)

**30. Is it okay to freeze my smoothies for a later consumption date?**

Yes, this is fine and tastes great!

**31. Why does the ST-5™ with MigraStem™ label state “consult your physician if you are pregnant or nursing?” What if I get pregnant while I am taking ST-5™ with MigraStem™?**

Many products carry such warnings out of caution rather than any known pregnancy risk. Stemtech is not aware of any evidence that consuming ST-5™ with MigraStem™ during pregnancy will create a health risk. Pregnancy and nursing are often considered special conditions and attending doctors should be made aware of any and all supplements consumed during this time.

This product is not intended to diagnose, treat, cure or prevent any disease.

