

FAQ | Frequently Asked Questions





Frequently Asked Questions (FAQs)

1. When should I consume High Protein Premix Coffee?

You may enjoy it at any time of the day. It is perfect for those who want a mid-morning or mid-afternoon snack or as a refreshing 'pick-me-up' and to energize you.

2. Can I consume High Protein Premix Coffee when I'm hungry?

Yes, every serving of High Protein Premix Coffee contains a high protein level of 15g. The protein provides satiety and promotes feelings of fullness which reduces snacking.

3. Since the protein level is so high, is it possible to have it substitute a meal?

Herbalife Nutrition encourages consumption of Herbalife Nutrition products in conjunction with a balanced diet and a healthy active lifestyle. High Protein Premix Coffee is not formulated as a meal replacement product. We believe that you should also consume protein and other nutrients such as vitamins and minerals from other meals.

4. Can I consume High Protein Premix Coffee every day?

Yes, you can consume it every day. The recommended daily consumption is 1-2 servings a day.

5. How much caffeine is in High Protein Premix Coffee?

It contains 80mg of caffeine, equivalent to a typical cup of coffee that provides you with a gentle lift.

6. Is there a limit to how many servings a day?

As you may consume other caffeine products during the same day, we recommend the consumption of High Protein Premix Coffee be limited to 1-2 servings per day. Caffeine consumption of up to 400mg per day is safe for non-pregnant adults. *European Safety Food Authority (EFSA)

*These products are not intended to diagnose, treat, cure or prevent any disease.



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7. Can I have a double shot of High Protein Premix Coffee by making 4 scoops of High Protein Premix Coffee with 500ml of water?

We strongly recommend consumers to follow the direction and instruction of use on the label to avoid excessive consumption of caffeine.

8. Can this be taken with other product like Blended Soy and Whey Protein Powder?

Yes, you may add Blended Soy and Whey Protein Powder into your High Protein Premix Coffee for extra protein. However, do note that viscosity of the drink may increase, and we recommend that you blend the drink for an even texture consistency.

9. I see on label that the product contains 0.7g of sugar. Is that added sugar?

No, the sugar is present in some of the ingredients. In High Protein Premix Coffee, Stevia, a natural sweetener is used that adds no calories.

10. Can I include 2 scoops of High Protein Premix Coffee into my Formula 1 Shake?

Yes, you can do so. However, as Formula 1 Shake comes with flavour, adding High Protein Premix Coffee to it may change the shake's taste profile. Also note that High Protein Premix Coffee is not formulated for high-speed blending.

11. Is it suitable for vegetarian?

Yes, it is suitable for vegetarians as it contains no animal derived ingredients.

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12. What are the flavours available for High Protein Premix Coffee?

It is available in 2 flavours - Café Latte flavour and Mocha flavour.

13. What is the taste profile of the 2 flavours?

Café Latte flavour is a full-bodied coffee that has a medium to light roast with notes of natural coffee, low aroma impact, low acidity, and a toasted malt note.

Mocha flavour is a blend of chocolate with shots of Robusta espresso. Perfect for those who prefer the roast quality of a cup of coffee with rich chocolate notes that give a dose of sweet indulgence.

14. What type of bean is used in High Protein Premix Coffee?

It is made with high quality 100% Robusta Coffee Beans roasted in Brazil.

15. Can I use hot water to prepare High Protein Premix Coffee?

You may use water that is not higher than 70°C. We recommend mixing with water <70°C to retain the sensory attributes such as texture, aroma and aftertaste.

16. How many servings are there in 1 pack of High Protein Premix Coffee?

1 pack of High Protein Premix Coffee is good for 14 servings.



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17. What format is the High Protein Premix Coffee in?

It is in powder format.

18. Does it come with scoop?

Yes, all packs of High Protein Premix Coffee come with a scoop.

19. What is the shelf life of High Protein Premix Coffee?

The shelf life is 24 months from the date of manufacturing. You may find the best before date details on the label.

20. I see there are 2 other flavours, Latte Macchiato and House Blend available in other countries. Why are they not available in my country?

Latte Macchiato and House Blend are of the same flavour and taste profile as Café Latte flavour. In Asia Pacific, we use the flavour descriptor 'Café Latte' to communicate the style of the coffee for easy understanding.



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