Got questions not answered here? Just contact us and we’ll reply soon.

I’m not sure I like beets. What does BeetBoost™ taste like?

BeetBoost is slightly sweet and earthy with a light cherry flavor. Since it’s all natural, the flavors are pure. If you’re not a big fan of beets, you can mix the powder into a smoothie or yogurt. Or mix it in your pancake batter like one of our users. ☺

I don’t like choking down gritty drinks. Does BeetBoost dissolve easily?

Yes, because we grind the dehydrated juice finely, then triple filter it to remove the fibers, it’s the finest juice powder blend available. There’s never any gritty texture or unwanted clumping. Just add water, give it a quick stir, and wah-la…pure juice.

How do I use it?

Mix BeetBoost with about an 8-ounce cup of water. Athletes preload with one pack about 20 – 30 minutes before exercise. During medium to high intensity workouts, they drink another pack every couple of hours for energy and faster recovery. For daily use, take BeetBoost first thing in the morning to feel refreshed, focused, and energized. If needed, you can take another serving for an afternoon pick-me-up.

How is BeetBoost™ made?

We crush and extract the juices from fresh beets and a special blend of tart cherries. Then each juice is dried using a patented, low-temperature dehydration method before they’re ground finely. For extra smooth juice, we filter this fine powder 3 more times through an extremely fine mesh. This removes the fiber, which helps give you a direct “mainline” boost. Finally, the juice powders are combined in exacting amounts to reach the optimal flavor and nutritional benefits. All final products are produced and tested in a FDA-approved facility for regulatory compliance and approval for sale.

Hey, I just found an old packet stuck in the back of my drawer. Is it still good?

To comply with regulations, we say unopened packets of BeetBoost have a two year shelf life. But dehydrated foods have been known to have much longer lifetimes when stored in a cool, dry place.

Is BeetBoost™ a smoothie?

BeetBoost is pure dehydrated beet and tart cherry juices. A smoothie is a creamy beverage made of whole fruit (and sometimes with veggies) typically blended with juice, milk or yogurt. BeetBoost absorbs quickly into your system with water alone, but you can add BeetBoost to your smoothie for a super-smoothie.

What is potassium and why is there so much in BeetBoost?

Potassium is a naturally occurring mineral found in beets. Potassium works with sodium to balance the fluids and electrolyte levels in your body. For athletes or intense workouts, that’s really important. Because steady fluid levels help regulate your heart, muscles and joints. Potassium has also been associated with supporting strong bones and a healthy kidney. BeetBoost contains a whopping 180mg of naturally occurring potassium per serving.

Why does BeetBoost turn my pee or poo red?

Beets are high in a pigment called betanin. It’s a great antioxidant, but if you can’t break it down, it can color your urine or feces red. It’s totally harmless and don’t worry, you’re still absorbing the other nutrients from the beets. Depending on how much water you drink and how often you have bowel movements, the red should go away within 24 hours.