



Hello Customer,

Thanks for ordering bone broth protein powder from COGNITUNE! Here are a few tips to get the most out of your supplement, and to make mixing and consumption a breeze.

BONE BROTH PROTEIN POWDER MIXING TIPS

1. **Hot water works better than cold water.** Cold water may leave your drink clumpy. Bone broth mixes differently than traditional protein powders. Use hot water instead, but, try not to use hot water in an enclosed protein shaker to avoid pressure build up. When using hot water, whisk the protein powder in an open container, cup, or bowl.
2. **Use a blender to avoid clumps.** All bone broth protein powder is capable of clumping if not blended properly. Standard protein shaker cups can work. However, for best results and a smooth drink, use a blender.
3. **After blending, let the drink sit for 10 minutes and skim the foam off the top.** When the drink sits, all of the foam rises to the top. You can either skim the foam off or simply leave the blender lid on while pouring to catch the foam.
4. **COGNITUNE HACK - Add MCT Oil or Coconut Oil before blending to eliminate foam.** When blended, all bone broth has a tendency to get foamy. To avoid foam, add a small healthy amount of MCT oil or coconut oil before turning on the blender. This virtually eliminates all of the foam!

Cheers to smarter health!

Sincerely,
Customer Service Team