

10-DAY TRANSFORMATION

Weight Loss

PRODUCTS:

Super Amino 23 + Power Shake + Apothe-Cherry + Super Lytes + Daily Fiber Blend. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This program is based on our Core 4 Weight Loss products and enhanced with a supportive product to target weight loss. The schedule is important to stick to, but is also designed to modify for your own needs.

SCHEDULE

3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Daily Fiber Blend and Apothe-Cherry.

 Rise and shine	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
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 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind or 30-60 min. before sleep	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. <i>You may combine these two products, if you prefer</i>

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat