

CORE 4 WEIGHT LOSS

Daily

PRODUCTS:

Super Amino 23 +
Power Shake +
Apothe-Cherry +
Daily Fiber

Organically maintain your health with daily vegan protein, fruits, veggies and fiber.

This pack of 4 products is the easiest way to get high-quality protein, fruits, veggies and fiber into your body every day. Along with a healthy diet, this pack can help you stay on a healthy track daily. We recommend consuming Flex Foods, Flex Beverages and Lifestyle Meals with this daily plan for ideal nutrition.

NOTE: Produce up to 40% more of your “skinny hormone” (aka adiponectin) with 100 days use of this pack.

SCHEDULE

Feel more energy, improve digestion, increase mental clarity, get deeper sleep and increase your skinny hormone. Follow this schedule and you will feel great and continue losing weight.

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 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>