

ULTIMATE FAT BURNING 40-Day Schedule

PRODUCTS:

10-Day Transformation (with Daily Fiber Blend) + 30-Day supply of Core 4 Weight Loss.

The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

Scientifically designed to burn stored body fat, this 40-Day Ultimate Fat Burning Pack can maximize weight loss by stimulating your “Skinny Hormone” (aka adiponectin). We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modifications as necessary. This 40-Day plan includes Flex Foods, Flex Beverages and Lifestyle Meals.

DAYS 1 - 10

10-DAY TRANSFORMATION (weight loss)

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>

DAYS 11 - 40

CORE 4 WEIGHT LOSS

Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 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>

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat
DAYS 11-40 • No restrictions