

## Product Instructions

**CONGRATULATIONS!! You are going to LOVE the products and LOVE the results you get from them. It is important to use them consistently and correctly to get your best results. We are here for you to help you reach your goal – reach out any time with questions!**

**Formula 1 Healthy Meal and Protein Drink Mix (PDM):** 8oz. water plus 2 scoops of each – 2 x Daily to Lose Weight, 1x to Maintain, 3x to Gain Muscle - This is a perfect healthy meal that gives you balanced nutrition consisting of protein, fiber and vitamins. You will use this to help you hit your daily protein target.

**Formula 2: Multivitamin:** 1-Tablet at Breakfast-Lunch-Dinner – Provides 21 essential micronutrients, antioxidant Vitamins A, C & E for immune support, and folic acid, calcium and iron.

**Formula 3: Cell Activator:** 1 Tablet at Breakfast & 1 Tablet at Dinner – Helps to repair your villi to increase nutrient absorption.

**Herbal Tea Concentrate:** ½ to 1 teaspoon per 8 to 16 oz. water, hot or cold. Sweeten to taste. Recommend 2 glasses per day. Each glass equals 20 minutes of Aerobic Exercise! Natural Herbal Beverage to increase your energy level and burn calories! “Drink and Shrink”!

**Personalized Protein Powder (PPP):** 1 to 3 Tablespoons with each shake. Makes you feel fuller longer! Great for people who don’t get enough protein in their diet or are getting hungry between shakes. Boosts metabolism and helps build lean muscle faster!

**Total Control:** 1 at Breakfast –Lunch-Dinner. - Helps burn excess abdominal fat and creates a “natural” energy, curbs cravings for fats and sweets, major inch loss as well as pounds! Feel fuller sooner and stay fuller longer.

**Cell-U-Loss:** 1 at Breakfast-Lunch-Dinner - Vitamins, Minerals and Herbs to help improve circulation, help with excess water retention, reduce the appearance of cellulite and promote inch loss. Liposuction in a bottle!

**Snack Defense:** All day craving control-provides extra protection against snacking. Tames the sweet tooth-helps support the metabolism. Take 1 tablet 2 times a day. If you are a night-time “snacker”, take two after dinner or one between meals. Snooze and Lose!

**Thermo Bond:** CHEATERS DELIGHT! 2 Tablets with a high fat cheating meal. - Helps to block up to 50% of saturated fats and cholesterol from the foods you eat so it is not absorbed by your body! Cheater’s Delight!

**Aminogen:** 2 with main meal. - Contains specially selected protein enzymes (no animal products), which act to improve assimilation of dietary protein. Increase the muscle - lose the fat! A mini gym!

**Aloe Concentrate:** 3 capfuls a day. – Mix in tea, shake or water. Digestive & Healing WONDER!! Soothes digestion, eliminates toxins, helps with absorption...Never forget ALOE!!

**Prolessa Duo:** 1 scoop added to Formula 1 shake, mix for 6-8 seconds after blending. Use in one shake per day to give TOTAL appetite control for up to EIGHT HOURS. Also BURNS BODY FAT!