

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, a Purium gym bag and 10-Day Transformation Weight Loss Schedule.

This program is based with our Core3 products and enhanced with supportive products 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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 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>