

FITBODIES
4 LIFE

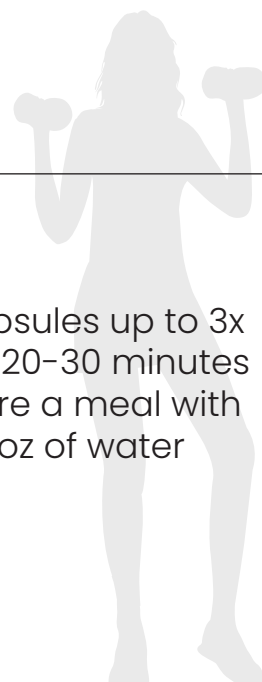
SUGGESTED
SUPPLEMENT



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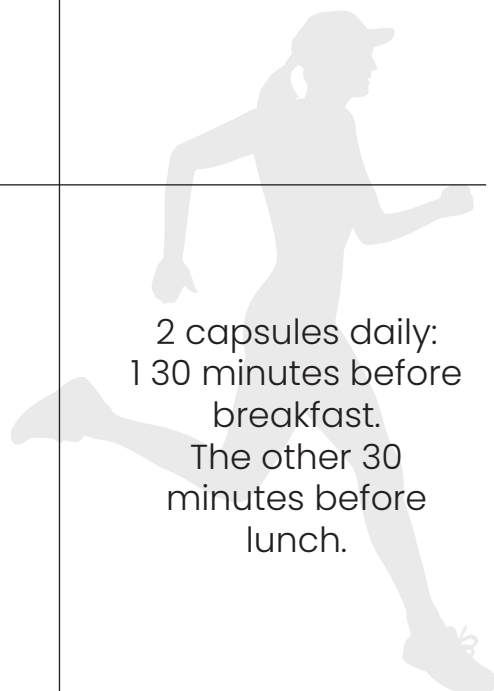


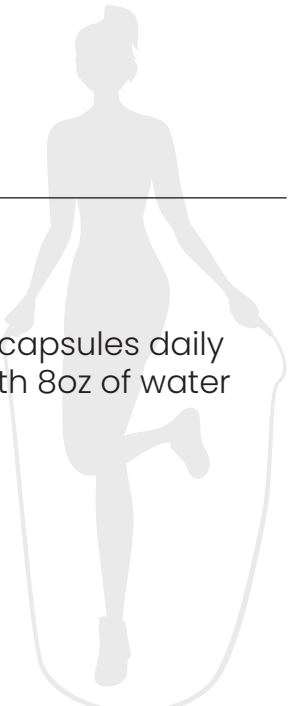
SUPPLEMENT	BENEFITS	HOW TO USE
PLANT-BASED PROTEIN  vanilla-chocolate-banana	Rich in iron, arginine, and branched-chain amino acids Improves muscle growth Improves heart health Increases metabolism Reduces appetite Controls blood sugar levels	Smoothies Protein shakes Baked snacks
WHEY PROTEIN  vanilla-chocolate-strawberry banana	Rich in iron, arginine, and branched-chain amino acids Improves muscle growth Improves heart health Increases metabolism Reduces appetite Controls blood sugar levels	Smoothies Protein shakes Baked snacks
BCAA 	Improves exercise-performance Improves muscle recovery Increases muscle growth Maintains lean body mass	3 capsules up to 3x daily 20-30 minutes before a meal with 8oz of water





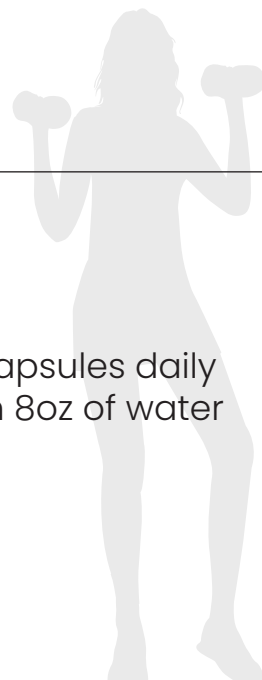
SUPPLEMENT	BENEFITS	HOW TO USE
APPLE CIDER VINEGAR 	Detoxes , cleanses, & improves digestions Helps burn fat Improves blood sugar levels	2 capsules with breakfast or lunch
GREEN TEA EXTRACT 	Boosts metabolism Improves antioxidant intake Boosts weight lost Enhances memory	2 capsules daily: Take 1 30 minutes before breakfast. Take 1 30 minutes before lunch.
TURMERIC 	Anti-inflammatory Promotes heart health Soothes digestion and reduces bloating and gas Boosts stress tolerance	2 capsules daily: 1 30 minutes before breakfast. The other 30 minutes before lunch.



SUPPLEMENT	BENEFITS	HOW TO USE
SUPER REDS 	Improves skin elasticity Reduces premature aging Boosts metabolism Increases energy Improves mental focus	Mix with water Use in oatmeal Use in baked snacks Add in a smoothie
SUPER GREENS 	Increases energy Improves digestion Lessens wrinkles Rejuvenates skin Boosts metabolism	Mix with water Add in a smoothie
OMEGA 3 	Boosts brain function Supports bone health Decreases symptoms of menopause Boosts DHA	2 capsules daily with 8oz of water 

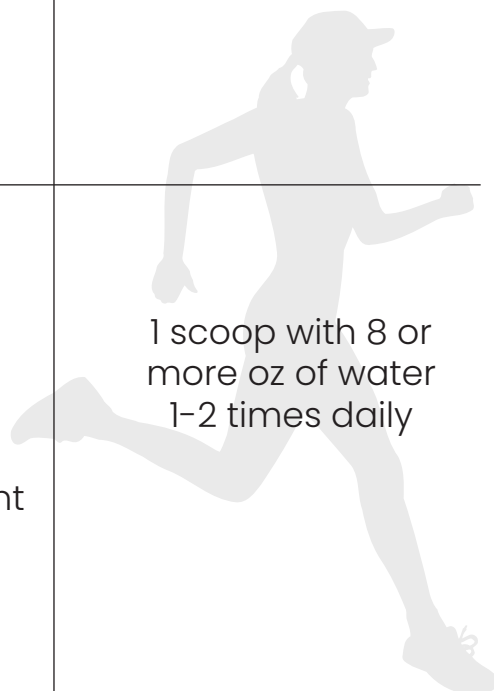


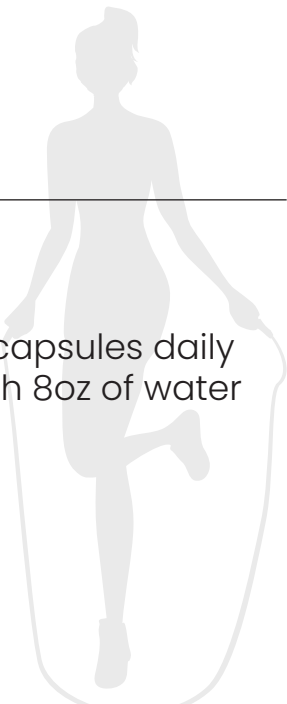
SUPPLEMENT	BENEFITS	HOW TO USE
PROBIOTIC 	9 probiotic strands Alleviates constipation Alleviates diarrhea Reduces bloating Immune support Intestinal support	1 capsule daily with 8oz of water
MULTIVITAMIN 	Synergistic blend of vitamins, minerals, & antioxidants Improves energy levels Improves overall health	2 capsule daily with 8oz of water
ULTRA CLEANSE 	Improves gut health Aids in weight loss Improves metabolism Fights hunger Reduces cholesterol	2 capsules daily with 8oz of water





SUPPLEMENT	BENEFITS	HOW TO USE
ULTRA LEAN 	Eliminates excess water weight Helps reduce inflammation Lowers blood pressure Helps reduce cholesterol	2 capsules daily 20-30 minutes before a meal with 8oz of water
SHRED 	Improves weight loss Suppresses appetite Improves energy levels Increases mental focus Boosts metabolism	2 capsules in the afternoon before a meal & with 8oz of water
IGNITE 	Provides explosive energy Increases mental alertness Enhances focus Boosts mood Helps with weight management	1 scoop with 8 or more oz of water 1-2 times daily



SUPPLEMENT	BENEFITS	HOW TO USE
FUEL 	Increases muscle strength Improves workout performance Improves blood flow & circulation Sharpens mental focus Promotes energy Enhances endurance	1 scoop with 8oz water 30 minutes before a workout
COLLAGEN 	Improves arthritis symptoms Improves skin health Increases muscle mass Improves skin elasticity Reduces the appearance of cellulite	Smoothies Baked snacks Broth
AGELESS 	Hydrates & firms facial skin Reduces age spots Reduces fine lines Strengthens hair & nails Supports metabolism Lowers cholesterol	2 capsules daily with 8oz of water 



SUPPLEMENT	BENEFITS	HOW TO USE
BALANCE 	Promotes healthy cortisol levels Helps normalize estrogen levels Helps reduce hot flashes & night sweats Increases energy & metabolism	2 capsules daily with 8oz water



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