

## YOUR WEIGHT LOSS KIT INCLUDES 28 “ADVANCED BOOSTER PACKS” WITH THE FOLLOWING INGREDIENTS:



### **EXTRA STRENGTH TONALIN® CLA**

Conjugated Linoleic Acid (CLA) speeds up weight loss by speeding up your metabolism. It helps your body convert food into energy more efficiently, making it easy to burn fat rather than store it.



### **APPETITE APPEASER PLUS SUPPRESSANT**

This potent blend of herbs will help you reduce your calorie intake and give your stomach a chance to return to a normal size. It'll keep you from overeating, give you a natural energy boost, and help to balance your blood sugar.



### **GREEN COFFEE BEAN EXTRACT**

These unroasted beans turn up the heat on fatty deposits. They contain chlorogenic acid, a polyphenol that encourages the body to use excess fat for energy. You'll get slimmer and have more energy to do the things you love!



### **RASPBERRY KETONES**

Raspberry ketones are the substances that give raspberries their unique and enticing aroma. When ketones are extracted from raspberries, they can be used to facilitate healthy weight loss. Raspberry ketones increase your body's production of fat-burning hormones, making it easier for you to lose weight the all-natural way.



### **7-KETO® DHEA**

7-Keto DHEA is a metabolism-boosting and fat-burning powerhouse. It improves your lean body mass, trims the bulge from your belly, and increases your energy levels naturally.

QUICK START WEIGHT LOSS

# YOUR 14-DAY QUICK START WEIGHT LOSS KIT

## STEP-BY-STEP

### INSTRUCTIONS AT A GLANCE

- 1-2 Servings of Solutions4 Nutritional Shake (replacing 1-2 solid meals with a shake)
- 2 Advanced Booster Packs Daily (taken before breakfast and lunch)
- 64 Ounces of Water Daily



### FOOD GUIDELINES

- No Dairy
- Limited Use of Whole Grains
- Lots of Organic Dark Leafy Greens and Brightly Colored Vegetables
- Limited Quantities of Organic Fruits
- Organic Poultry and Eggs
- Wild-Caught Fish
- Sparing Use of Organic, Grass-Fed Red Meat
- Unrefined, Cold-Pressed Olive and Coconut Oil
- Organic, Additive-Free Vegetable Broth
- Solutions4 Nutritional Shake

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