

WHAT'S INCLUDED IN THIS KIT

Cardio Health Essentials:

This stick-pack beverage supports the entire circulatory system and delivers incredible healing benefits in just one serving. With nitric oxide, L-arginine, L-citrulline, and CoQ10, this powerful formula provides a natural energy boost as the perfect pre-workout drink that supports muscular gains and recovery.

Exercise Gel:

Exercise Gel helps get your blood moving the all-natural way. Before exercise, this innovative gel warms muscles and increases circulation. You should use this product before physical activity, or at any other time you need a circulatory boost.

Nutritional Shake:

This quick-and-easy post-workout shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar. Taken after your workout, the 20 grams of protein (per serving) will help your muscles to heal and aid in post-workout recovery.



Contact Us For More Information

FITNESS KIT

Pre- and post-workout products
for increased fitness



Solutions4™
NATURAL CLINICAL HEALTH

HOW THIS KIT WILL BENEFIT YOU

Do you want to take your fitness to the next level?

By combining this ideal blend of pre-workout supplementation and post-workout nutrition, the Solutions4 Fitness Kit is designed to give athletes and casual exercisers alike the most effective, natural, and potent nutrients available. These supplements allow you to workout harder and recover more quickly while preventing injury and fatigue so you can accomplish your fitness goals!



FITNESS KIT

ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

Solutions4 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

INSTRUCTIONS

Cardio Health Essentials:

Drink once per day prior to workout. Mix one stick-pack with six to eight ounces of water and enjoy.

Exercise Gel:

Prior to workout, apply to the problem areas of the body, any sore muscles or joints, or anywhere you wish to reduce tissue toxins. It can be used up to three times daily with or without exercise for improved circulation and mobility.

Nutritional Shake:

Use this shake after completing a workout, mix one to two scoops with eight ounces of water.

Daily Essentials:

Take one packet daily.

TIPS FOR SUCCESS

Cleanse First:

Before starting the Fitness Kit, we recommend using the Solutions4 7-Day Cleanse Kit. Cleansing will prepare you by detoxing the body internally, rejuvenating the immune system, and creating an optimal environment for achieving your goals with the Fitness Kit.

OTHER SUGGESTED PRODUCTS:

Solutions4 B12:

Vitamin B12 is essential to the functioning of the brain, nerves, and circulatory system. This essential vitamin is known to insulate nerve cells and help the body build new, healthy cells! Also provides you with a boost in energy that can be helpful during workouts.

Solutions4 Daily Antioxidant Essentials:

Each serving of this delicious beverage has essential vitamins, minerals, enzymes, antioxidants, and phytonutrients that your body needs to function at its very best! Use this stick-pack beverage to enhance your results and maintain a lifetime of good health.

Solutions4 Essential Greens:

Each stick-pack mixes with water to provide your body with the vitamins, minerals, and antioxidants that nourish your body and energize your mind. We've packed in a potent blend of greens like spinach, kale, kombu seaweed, and spirulina. Each time you drink your Essential Greens, you'll know your body is getting 100% nutrition.

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WHERE TO GO FROM HERE

Maintain Your Progress with the Solutions4 Wellness Kit:

To retain your results from the Fitness Kit, be sure that you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake.

If you're looking to achieve other results – lose weight, reduce pain, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.

EATING GUIDELINES

If you're eating foods that put undue stress on the body, you'll be actively working against the supplements that you're taking. To help you get the most out of this kit, we recommend that you follow these dietary guidelines:



RECOMMENDED:

Organic dark leafy greens and brightly colored vegetables
Organic fruits
Organic eggs and poultry
Wild-caught fish
Unrefined, cold-pressed olive oil and coconut oil
Organic butter



ACCEPTABLE:

Whole grains and legumes (rice, quinoa, lentils, beans, etc.)
Non-organic fruits and vegetables
Non-organic poultry and eggs
Farm-raised fish
Organic, grass-fed red meat
Refined olive oil and coconut oil
Unrefined natural sweeteners: (honey, pure maple syrup, agave, etc.)



OFF LIMITS:

Dairy products
Refined vegetable oils
Refined grains, flours, and sugars
Processed foods, fast foods and junk foods
Alcoholic or caffeinated beverages
Artificial sweeteners
Large amounts of red meat