

## WHAT'S INCLUDED IN THIS KIT

### Nutritional Shake:

This quick-and-easy meal replacement 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.

### 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.



Contact Us For More Information



## WELLNESS KIT

For daily optimal wellbeing



**Solutions4**  
NATURAL CLINICAL HEALTH

## HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Wellness Kit is used in conjunction with other kits as well as a stand-alone, health-maintenance kit. The Wellness Kit combines the Daily Essentials and the Nutritional Shake providing your body with the nutrients it needs to stay healthy and support you on your journey to continual health.



## WELLNESS KIT

### INSTRUCTIONS

#### **Nutritional Shake:**

Replace one to two meals each day with the shake.

#### **Daily Essentials:**

Take one packet daily.

### TIPS FOR SUCCESS

#### **Cleanse First:**

Before beginning the Wellness Kit, we recommend you do the Solutions4 7-Day Cleanse Kit. Cleansing will prepare your body for healing by detoxing your system internally, creating an optimal environment for ridding the body of toxins, and achieving the best results for overall health.

### FOR ADDITIONAL HELP

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 and other conditions. Talk to your doctor to determine which course of action is right for you.

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## 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**