

WHAT'S INCLUDED IN THIS KIT

Nutritional Shake:

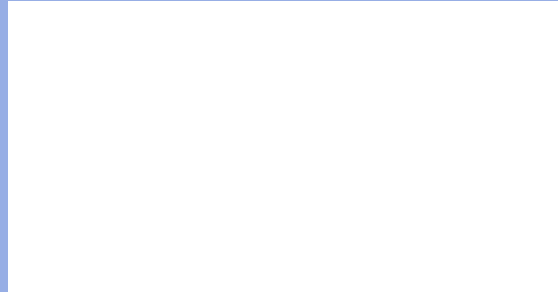
This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

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