



# IDEAL WEIGHT

The key to reaching your optimum weight is LIV SXinney. Drink at least 2 sticks per day dissolved in 32-44 ounces of water. LIV SXinney will help fill you up, reduce appetite and help you burn calories. Drink it throughout the day, especially during times when you wish to “cheat”. LIV SXinney can help maintain healthy blood sugar levels so you don’t have an energy “crash”.

Take Crave with you and use it before meals to help you eat less. Use it as an in-between meal snack to give you that energy boost and cut cravings without all the calories of junk food. Use at least one pack of Crave a day. The prebiotics in Crave also support a healthy digestive system. If you crave sweets, use more Crave -the healthy and filling alternative. Crave is also a great snack for kids!

Start with 1 capsule of ClenzT at night before bed. Increase the number of capsules each night until you have found the right number for you. Most people use 1-3 capsules per night. ClenzT is a key to cleansing your intestinal system. If you seem to be bloated or have a sluggish intestinal system, increase the amount of ClenzT.

Are you trying to eat at least 5 small meals per day but finding it difficult? Take 1 serving of LivPro15 in place of a meal or as an in between meal snack. It will help you feel full longer and reduce cravings.

