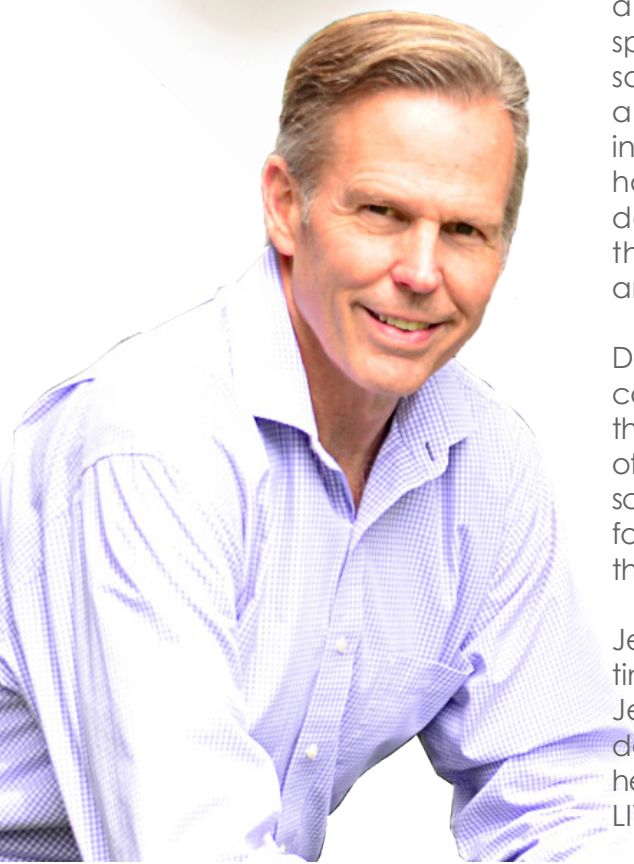




DIET HACKS

BY JEFF TUTTLE

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ABOUT JEFF TUTTLE

Liv International CEO, Jeff Tuttle, is an accomplished scientist with a talent for formulating health-promoting natural products. He has spent 40+ years researching, developing, testing, and marketing safe, effective nutritional supplements. An inspirational speaker with a superb sense of humor, Jeff has traveled the world sharing valuable insights on numerous health and wellness topics. While his formulas have been sold in more than 60 countries and represent billions of dollars in revenue, the true measure of Jeff's success lies in the thousands of lives that have been improved through his products and recommendations.

Despite modern medical advances, Jeff is concerned that when it comes to many serious health issues, people are often misled. In his view, the greatest challenges to wellness today are a tremendous outpouring of misinformation and a marketplace flooded with products that lack scientific validation. He firmly believes each person should take responsibility for their own health and has developed solutions and products to help them succeed in that quest.

Jeff and his wife, Eileen, currently reside in Utah and enjoy spending time with their six grandchildren. A former collegiate volleyball player, Jeff Tuttle's active lifestyle and energetic approach to everything he does are a testament to his philosophy of living well. His mission: To help as many people as possible enjoy optimum health and prosperity--to LIV LIFE WELL.

INTRODUCTION

Disclaimer/Note: This booklet reviews the benefits and challenges associated with popular nutritional strategies for weight loss. It is designed to be helpful to anyone trying to choose the program that best fits their individual needs. In addition, the booklet describes how specific LIV products can be used to maximize the results and minimize the challenges of each weight loss regimen.

Headlines blare, advertisements promise, testimonials abound, before and after photos dazzle, celebrities endorse, and scientific breakthroughs are proclaimed.

“Lose 30 Pounds in 30 Days Without Feeling Hungry”

“A Celebrity's Secret to Losing Weight Forever”

“Thanks, Latest Diet! My Swimsuit is 6 Sizes Smaller Than Last Year”

“My sister's husband's nephew lost 50 pounds on The Newest Diet.”

“Five Foods Discovered that Turn Fat into Muscle.”

“Anyone Can Get Thin Fast”

SO HOW DO YOU CHOOSE A WEIGHT LOSS REGIMEN?

“I chose a new lifestyle, not a new diet” is an expression often used by people who have experienced significant and long-lasting weight loss. As you sort fact from fiction while researching weight loss strategies, keep in mind that long-term success depends on consciously choosing a nutritional lifestyle that you can maintain. This may involve a combination of popular approaches, including short-term regimens, such as cleansing, keto, or extreme calorie reduction, along with fundamental, long-term changes in diet and physical activity.



REASONS THERE ISN'T A "ONE SIZE FITS ALL" DIET?

1

DIFFERENT GENETICS

Carbohydrate sensitivity: About 14% of women and 10% of men have high levels of carbohydrate sensitivity, however, since carbohydrates, including refined foods, sugars and processed foods are so prevalent in the modern diet, they often are the major source of weight gain. Cravings for sugars and carbohydrates or a family history of diabetes can indicate a predisposition to carb sensitivity, which can result in excess weight gain from ingesting high levels of carbohydrates.

Fat sensitivity: Studies show that about 40% of men and 46% of women are genetically predisposed to over-absorb fat. This group should aim to consume less than the recommended amount of saturated fat. For example, variations of the APOA2 gene are associated with a higher risk of obesity, but only if a diet high in saturated fats is consumed. If saturated fat intake is low, this variation is unlikely to cause problems. Saturated fats should still be consumed, but with caution and in moderation. (More information about fat and carb sensitivity is available at www.LIVgenetics.com)

2

VARIATIONS IN METABOLISM AND HORMONE LEVELS AND CHANGES OVER TIME

As we've all noticed, metabolism varies from person to person, and our bodies change over time. What worked at one time to maintain an ideal weight may not work now. As we age, changes in hormone levels typically result in decreased metabolism. As energy levels drop and stress hormones increase, weight is often gained. Some popular diets can cause a rapid decline in metabolic rate—harming the hormones and damaging the metabolism, especially in adults over 40, who have consistently battled to reach and maintain their ideal weight.

3

DIVERSE DIETARY HABITS

Food combining, reduced calories, fast food, keto, paleo, vegan, vegetarian, raw food, see food (whatever I see, I eat), the list of possibilities seems endless. Each person has unique preferences and needs, while each dietary regimen has associated benefits and cautions.

4

A WIDE VARIETY OF ACTIVITY LEVELS

Exercise frequency and intensity affects hormone levels. Athletic performance can be compromised based on the type of diet one chooses. Muscle wasting and decreased mental acuity can be experienced as well, due to high intensity exercise without proper nutritional support.



Confusion is inevitable when two facts are faced:

- 1) There is no magic pill; and,
- 2) No diet works the same way for everyone.

However, it is time for determination, not discouragement! As you research possible diet and activity regimens, use what you know about yourself, your past experiences, and your specific needs to find a good fit. This booklet will examine some of the most popular diet programs, discuss their pros and cons, and explain how LIV products can help you maximize weight loss and minimize negative side effects no matter which program you choose.

WISHING YOU SUCCESS IN REACHING YOUR IDEAL WEIGHT AND LIVING LIFE WELL!

For more info about how bodies process foods differently: <https://tinyurl.com/ybqcn87a>



CHAPTER ONE

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF THE KETOGENIC DIET



CHAPTER 1

LIV PRODUCTS MAXIMIZE THE SUCCESS OF THE KETOGENIC DIET

A BRIEF OVERVIEW OF THE KETOGENIC (KETO) DIET

A ketogenic diet is a very low-carb, high-fat regimen that shares many similarities with the Atkins and low-carb diets. The body is placed in a metabolic state called ketosis through a significant reduction of carbohydrate intake along with a substantial increase in fat intake. Ketosis can lead to weight loss as the body uses ketones produced from fat as a source of energy. There are several versions of the ketogenic diet:

- Standard ketogenic diet: Very low-carb (5%), moderate-protein (20%) and high-fat (75%).
- Cycling ketogenic diet: Cycles keto days with high carb days (i.e. 5 keto days followed by 2 high carb days).
- Targeted ketogenic diet: Allows carbs to be added around workouts.
- High-protein ketogenic diet: Similar to a standard ketogenic diet but with more protein, often with a ratio of 60% fat, 35% protein, and 5% carbs.

CAUTIONS AND SIDE EFFECTS ASSOCIATED WITH KETOGENIC DIETS

One of the challenges of ketogenic diets is balancing the intake of fat and protein. Known side effects of ketogenic diets include:

- | | |
|--------------------------------|-----------------------------------|
| • The “keto flu” | • Hormone imbalance |
| • Brain fog | • Ketoacidosis |
| • Diarrhea | • Reduced muscle mass |
| • Reduced athletic performance | • Increased risk of heart disease |
| • Decreased metabolism | • Low energy level |



LIV PRODUCTS: ENHANCE KETOGENIC DIET RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV's **AMP Up Kit** consists of four key products designed to help maximize fat burning and weight loss when you choose to follow a ketogenic diet.

AMP Plus

AMP Plus is designed to reduce negative aspects of a ketogenic lifestyle while it revs up the metabolism. It activates genes that help burn stored fat for fuel and genes that support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus aids mental focus and concentration. It contains Vitamin b-6 and chromium that help the body convert stored glycogen into energy.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate unpleasant side effects, such as diarrhea, especially in the initial stages of a keto diet. It also helps eliminate many digestive issues that may result from consuming unaccustomedly high levels of fats and proteins. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

LIV SXinney

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. It can replace the electrolytes that often become depleted during a ketogenic diet due to increased water excretion and decreased water retention. Since loss of electrolytes and water is responsible for most keto flu issues, hydrating with LIV SXinney and Green2O (described below) can help reduce symptoms significantly and often eliminate them altogether.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein, which releases CCK, a peptide hormone clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, benefit people fighting the odorous effects of a keto diet and also aid in digestion.
- Soluble fiber is vital to digestive health during the keto diet.

Green2O is a hydration source that contains powerful polyphenols, which directly activate specific genes involved in the fat burning process. One ingredient, resveratrol, is a polyphenol nutrient known to activate a potent gene signal called SIRT1, which helps break down stored fat to use as fuel and boosts energy. SIRT1 has been shown to increase lifespan in animal studies. Another ingredient, grapeseed extract, is also a potent antioxidant and polyphenol. Green2O also provides antioxidants, electrolytes, chlorophyllins, and healthy trace minerals. It is an excellent source of soluble fiber shown to help balance blood sugar and reduce cravings. It can also help cleanse and reduce keto breath and body odor.

RECIPE FOR SUCCESS

- **LIV SXinney and Green2O:** Drink at least one serving of each per day, LIV SXinney in the morning and Green2O in the afternoon. Carry them with you to stay hydrated, to avoid keto breath and body odor, and to keep blood sugars balanced. For an extra boost of energy, choose **LIV SXinney MAX**.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and to avoid the negative hormonal consequences of restricted carbohydrates.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.

For more information on the LIV products listed above visit www.LIVinternational.com/products



OTHER FACTORS TO CONSIDER BEFORE CHOOSING A KETOGENIC DIET

Ketosis: If you remain under your optimal net carbs limit, then you should enter ketosis within 2 to 3 days, however, it can take up to 7 days. The fastest way to get into ketosis is to exercise on an empty stomach to accelerate the depletion of glycogen in your body.

Exogenous Ketones CAUTION: Read before you start: Exogenous (ingested) ketones (like BHB) do not help you burn fat and move into ketosis. Ingested ketones will show up in the urine, but they are not ketones produced by the breakdown of fat. Exogenous ketones are kind of like alcohol. When they are consumed, everything is stored and nothing else is burned, including fat. Any glucose and fatty acids circulating in the blood are stored. Only the ingested ketones are burned.

More importantly, it appears that the burning of the ingested ketones as fuel (an alternative fuel to glucose and fatty acids) is driven by insulin. Even though it has been suggested that ingested ketones facilitate an increase in glucose uptake, it is pretty clear that they facilitate an increase in insulin (the fat storage hormone).

Most people, who are restricting carbs, or fasting intermittently to enter into ketosis, do so to burn fat and get lean, so it is counterproductive to ingest ketones that will inhibit that process. It is also important to remember that the process of creating ketones in the body requires energy, while ingesting exogenous ketones requires none. If fat loss is the goal, the body should be doing the work of producing its own energy source, ketones.

HOW DO I GET BACK INTO KETOSIS QUICKLY IF I CHEAT?

- Minimize your carb consumption
- Include coconut oil in your diet
- Ramp up your physical activity
- Increase your healthy fat intake
- Try a short fast
- Maintain adequate protein intake



CHAPTER TWO

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF CLEANSING REGIMENS



CHAPTER 2

LIV PRODUCTS MAXIMIZE THE SUCCESS OF CLEANSING REGIMENS

A BRIEF OVERVIEW OF CLEANSING REGIMENS

Cleanses and detox programs are very popular, especially to jumpstart a weight loss program. Most of these regimens involve challenges such as only drinking liquids or abstaining from sugar, alcohol, and processed foods for a period of time. Other cleanses permit the use of healthy foods such as vegetables, fruits, certain grains, and some proteins. The benefits of cleansing or detoxing include improved digestion and bowel regularity, better liver and kidney function, increased energy and vitality, and a break from unhealthy eating habits.

There are hundreds of variations, from juicing cleanses to colon cleanses to high-fiber, raw food cleanses. Most are intended to help prepare the body for a long-term nutritional program designed for achieving and maintaining an ideal weight. Some of the most successful cleanses also include healthy eating protocols during the cleanse period. These protocols can be continued to aid successful weight reduction after the initial cleanse period has ended.

CAUTIONS ASSOCIATED WITH CLEANSING

- The consumption of fiber-heavy foods can initially lead to bloating, gas, and diarrhea as the body adjusts.
- Cleanses are not recommended for teenagers, pregnant women, or those with health conditions. There is a risk of consuming insufficient calories and proteins.
- Digestive discomfort and low energy are sometime associated with cleansing.



LIV PRODUCTS: ENHANCE CLEANSING RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV has developed the **AMP Up Kit** and the **Cleanse Kit** to support cleansing. Choose the kit that best fits your cleanse protocol and specific nutritional needs.

AMP Up Kit

LIV's AMP Up Kit can help maximize cleanse results, especially for: people over 40, people with belly fat, people who lack energy during a cleanse, people with mood swings, and/or people who suffer from digestive issues. The AMP Up Kit contains four key products to enhance a cleanse:

AMP Plus

AMP Plus is designed to reduce negative effects of cleansing while it revs up the metabolism. It activates genes that help burn stored fat for fuel and genes that support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus aids mental focus and concentration. It contains Vitamin b-6 and chromium to help the body convert stored glycogen into energy.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate the initial side effects of a cleanse, such as bloating and gas. It also helps eliminate many of the digestive issues that may result from cleansing. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

LIV SXinney

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. As the body cleanses naturally, it is important to stay hydrated in order to flush out the fat and waste that are being eliminated. LIV SXinney can also replace the electrolytes that often become depleted during cleansing due to increased water excretion and decreased water retention. Since dehydration is often perceived as hunger, LIV SXinney can help reduce hunger symptoms during a cleanse and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing during a cleanse.
- Soluble fiber is key to digestive health during cleansing.

Green2O is an additional hydration source that contains powerful polyphenols which directly activate specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel as well as to boost energy. SIRT1 has also been shown to increase lifespan in animal studies. Another ingredient, grapeseed extract, is also a potent antioxidant and polyphenol. In addition to polyphenols, Green2O provides antioxidants, electrolytes, chlorophyllins, and healthy trace minerals. It is an excellent source of soluble fiber shown to help balance blood sugar and reduce cravings.

RECIPE FOR SUCCESS

- **LIV SXinney and Green2O:** Drink at least 1 LIV SXinney and 1 Green2O per day. We recommend drinking LIV SXinney in the morning and Green2O in the afternoon. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus during a cleanse. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and feel well while you are cleansing.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.

For more information on the LIV products listed above visit www.LIVinternational.com/products



CLEANSE KIT

The Cleanse Kit provides key nutrients to maximize success during and after cleansing. It is excellent for athletes and those who eat processed and fast foods, since it provides additional cleansing and nutritional benefits. The Cleanse Kit contains four products that are designed to address the typical problems encountered when cleansing and to sustain weight loss while maintaining maximum energy. The Cleanse Kit products can be used after the cleansing period for continued weight loss.

ClenzT

ClenzT is effective and easy to implement into a cleanse regimen. A key ingredient, senna, helps stimulate the colon. It has been used for centuries to assist in bowel elimination. When using ClenzT, it is important to stay hydrated, as extra water can be used by the bowels to keep things moving. ClenzT also contains dandelion root, which benefits the kidneys, and milk thistle, which benefits the liver. The liver is one of the most overused elimination organs, so its rejuvenation and protection is vital. Some studies show that milk thistle (silymarin), may also help reduce insulin resistance, inflammation, and liver damage in people with NAFLD (Non Alcoholic Fatty Liver Disease).

LIV SXinney

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. As the body cleanses naturally, it is important to stay hydrated in order to flush out the fat and waste that are being eliminated. LIV SXinney can also replace the electrolytes that often become depleted during cleansing due to increased water excretion and decreased water retention. Since dehydration is often perceived as hunger, LIV SXinney can help reduce hunger symptoms during a cleanse and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing during a cleanse.
- Soluble fiber is key to digestive health during cleansing.

Crave

Crave is a product containing both soluble and insoluble fiber that can help clean and condition the colon. Both kinds of fiber help rid the colon of excessive waste. The insoluble fiber in Crave, called inulin, is a prebiotic, which acts as a scrub brush as it passes through the intestines and helps loosen and carry out excess fecal matter. Prebiotics also promote the growth of beneficial bacteria in the colon. During a cleanse, the soluble fiber in Crave can help the colon trap and eliminate stored toxins. When “cleansing” the body, it is important to focus on colon health. A healthy colon can help boost the immune system and improve digestive wellness.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate the initial side effects of a cleanse, such as bloating and gas. It also helps eliminate many of the digestive issues that may result from cleansing. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body’s natural protective systems, and restores intestinal health.

RECIPE FOR SUCCESS

- **LIV SXinney:** Drink at least one serving each day preferably in the morning between ingesting other nutrients according to the cleansing regimen. For an extra boost of energy, try **LIV SXinney MAX**. Carry it with you to stay hydrated, maintain energy levels, and help keep blood sugars balanced.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.
- **Crave:** Ingest at least one packet a day, either directly from the packet or mixed with water. Carry Crave with you to use in place of a snack.
- **ClenzT:** Start with one capsule before bed and increase as necessary to find your cleanse number.

For more information on the LIV products listed above visit www.LIVinternational.com/products



OTHER FACTORS TO CONSIDER BEFORE CHOOSING A CLEANSE

Whole Food Nutrition Educator, Joline Wondergem, shares excellent strategies for a successful cleanse and a nutritional program for weight maintenance in her book *Confident Cleansing for Better Health and Weight Release*. She states, "After years of nutrient poor food and a body subjected to toxins throughout their environment, there is a very good chance your internal organs are working at less than full capacity. Additionally, the vital organs you use to burn fat and create energy have been compromised. Your liver, for exAMPlE is directly responsible for digesting and assimilating fats. If you have a roll of fat at your waistline, you may have what is commonly called a fatty liver. Unless you can bring your liver back to full function you may not be able to release weight."

Joline endorses the use of LIV products during cleanses to facilitate the release of toxins, open up the digestive organs, and reset the metabolism. During a cleanse, she advises boosting hydration to allow toxins to easily flow through the liver, kidneys, colon, and lymphatic system.

Joline recommends scheduling a cleanse during a time when no pressing deadlines, athletic competitions, or plans that may lead to overexertion are on the calendar. Her experience has taught that better results are achieved by staying committed to a cleanse program for at least 5 days, and up to 14 days for a more dedicated cleanse. Confident cleansing is about taking the necessary time to let the body rest and reduce daily stresses.

In Joline's opinion, very restrictive cleansing programs are often only effective during the cleanse period with any weight lost being quickly regained. A person must be ready to accept that health is earned and be willing to make permanent changes to achieve wellness goals. A less restrictive cleanse program may be most helpful in preparing the body for long-term weight loss success.

ADDITIONAL CLEANSING TIPS ARE AVAILABLE AT
WWW.LIVSXINNEY.COM/CLEANSING



CHAPTER THREE

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF LOW-CALORIE DIETS



CHAPTER 3

LIV PRODUCTS MAXIMIZE THE SUCCESS OF LOW-CALORIE DIETS

A BRIEF OVERVIEW OF LOW AND REDUCED CALORIE DIETS

Reducing caloric intake is the standard, practical way to lose weight. It is also the most sustainable. As a general rule, reducing net caloric intake by 500 calories per day, through a combination of eating less and exercising more, will result in the loss of 1 pound per week. Just eating 200 less calories a day can result in a loss of 20 pounds in a year. Variations to these numbers occur due to differences in metabolism, type of food eaten, activity levels, and sleep habits. Factors such as age, genetics, metabolism, hormonal balance, stress, insulin, and cortisol levels also affect the number of calories required for weight loss. A drastic reduction in calories can lead to unpleasant and, in extreme cases, dangerous side effects. However, cutting calories by a reasonable amount is a great way to start a weight loss program especially if the calories eaten are rich in protein, fiber, complex carbohydrates, and healthy fats.

SIDE EFFECTS ASSOCIATED WITH CALORIE REDUCTION DIETS

- Loss of essential nutrients
- Nausea
- Visual disturbances
- Fatigue
- Headaches
- Constipation or diarrhea
- Menstrual issues
- Muscle loss
- Gall stones



LIV PRODUCTS: ENHANCE LOW CALORIE DIET RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV's Ideal Weight Kit and AMP Up Kit both support calorie reduction diets. While the Ideal Weight Kit is usually the top choice, it is important to choose the kit that best fits your specific health issues and nutritional needs.

Ideal Weight Kit

The Ideal Weight Kit provides key nutrients to maximize the success of reduced calorie nutritional regimens. It is excellent for athletes, and those who eat processed and fast foods, since it provides additional cleansing and nutritional benefits. The Ideal Weight Kit contains four products that are designed to address the typical problems encountered during a low-calorie diet and to sustain weight loss while maintaining maximum energy.

LIV Pro15

LIV Pro15 provides the extra protein the body needs during a restricted calorie diet. It contains a highly absorbable protein, coconut water electrolytes, and essential minerals but no fat or carbohydrates. LIV Pro15 is an ideal product for those who want to maintain or build muscle, because it maximizes protein intake and provides sustained energy.

LIV SXinney

LIV SXinney is a source of healthy, calorie-free hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. LIV SXinney can also replace the electrolytes that often become depleted during dieting. Since dehydration is often perceived as hunger, LIV SXinney can help reduce hunger symptoms and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing.
- Soluble fiber is key to digestive health.

Crave

Crave is the perfect weight loss solution for people who tend to snack, especially in response to energy fluctuations. It is a great source of insoluble and soluble fiber with only 2 grams of carbohydrates per packet. Both types of fiber help rid the colon of excessive waste. The insoluble fiber in Crave, called inulin, is a prebiotic, which aids in digestion. Prebiotics also promote the growth of beneficial bacteria in the colon. A healthy colon can help boost the immune system and improve digestive wellness.

ClenzT promotes regularity and supports healthy bowel function. Some people on low-calorie diets experience constipation due to increased amounts of foods that are difficult to digest, such as nuts, low-starch vegetables, and dairy products. A key ingredient in ClenzT, senna, helps stimulate the colon and has been used for centuries to assist people with bowel elimination. When using ClenzT, it is important to stay hydrated, as extra water can be used by the bowels to keep things moving. ClenzT also contains dandelion root, which benefits the kidneys, and milk thistle, which benefits the liver. The liver is one of the most overused elimination organs, so its rejuvenation and protection is vital. Some studies show that milk thistle (silymarin) may also help reduce insulin resistance, inflammation, and liver damage in people with NAFLD (Non-Alcoholic Fatty Liver Disease).

RECIPE FOR SUCCESS

- **LIV SXinney:** Drink at least one serving each day preferably in the morning between ingesting other nutrients according to the cleansing regimen. For an extra boost of energy, try **LIV SXinney MAX**. Carry it with you to stay hydrated, maintain energy levels, and help keep blood sugars balanced.
- **LIV Pro15:** Mix one scoop of protein into 4-8 ounces of water, into a smoothie, into coffee as a creamer, into a bowl of fruit, or into anything permissible for your cleanse. LIVPro15 can be taken right after a workout or as needed to reduce hunger and boost energy.
- **Crave:** Ingest at least one packet a day, either directly from the packet or mixed with water. Carry Crave with you to use in place of a snack.
- **ClenzT:** Start with one capsule before bed and increase as necessary to find your cleanse number. ClenzT can be swallowed in capsule form, or the capsule can be opened and the contents mixed in hot water to make a refreshing lemon tea.

For more information on the LIV products listed above visit www.LIVinternational.com/products



AMP Up Kit

LIV's AMP Up Kit contains four key products that can help maximize results of a reduced-calorie diet, especially for people over 40 years old, people with stubborn belly fat, people with low energy when dieting, and for people who have plateaued in the quest for their ideal weight.

AMP Plus

AMP Plus is designed to reduce the negative effects of a reduced-calorie lifestyle. It activates genes that help burn stored fat for fuel and genes that support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus aids mental focus and concentration. It contains Vitamin b-6 and chromium to help the body convert stored glycogen into energy.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate intestinal and digestive issues associated with a reduced-calorie diet. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

LIV SXinney

LIV SXinney is a source of healthy, calorie-free hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. LIV SXinney can also replace the electrolytes that often become depleted during dieting. Since dehydration is often perceived as hunger, LIV SXinney can help reduce hunger symptoms and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

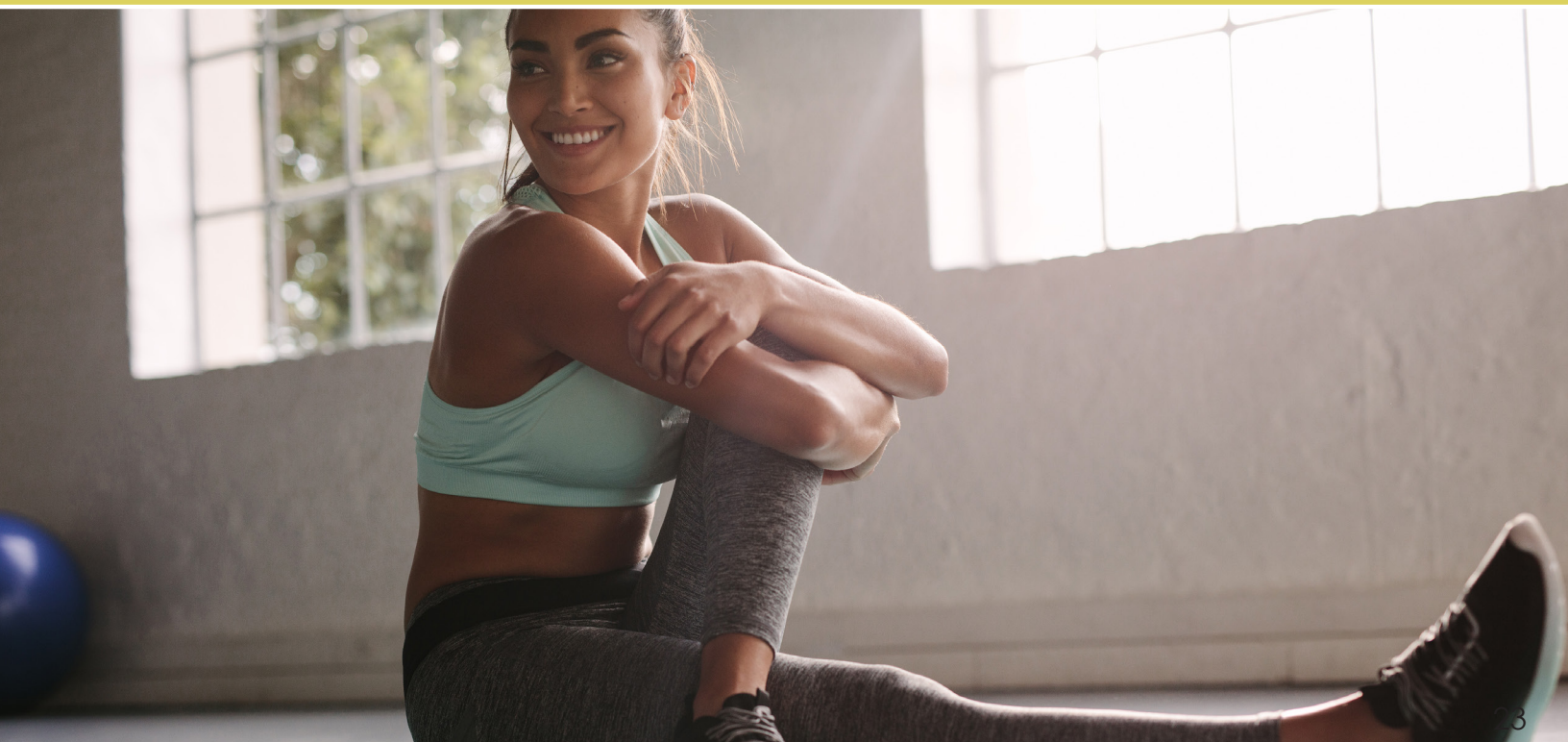
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- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing.
- Soluble fiber is key to digestive health.

Green₂O is an additional hydration source that contains powerful polyphenols which directly activate or turn on specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel as well as to boost energy. SIRT1 has also been shown to increase lifespan in animal studies. Another ingredient, grapeseed extract, is also a potent antioxidant and polyphenol. In addition to polyphenols, Green₂O provides antioxidants, electrolytes, chlorophyllins, and healthy trace minerals. It is an excellent source of soluble fiber shown to help balance blood sugar and reduce cravings.

RECIPE FOR SUCCESS

- **LIV SXinney and Green₂O:** Drink at least 1 LIV SXinney and 1 Green₂O per day. We recommend drinking LIV SXinney in the morning and Green₂O in the afternoon. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and for a feeling of wellbeing.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.

For more information on the LIV products listed above visit www.LIVinternational.com/products



OTHER FACTORS TO CONSIDER BEFORE CHOOSING A REDUCED-CALORIE DIET

Calorie requirements: The recommended estimated calorie needs of a normal man to maintain his weight falls between 2000 and 2800 per day, depending on activity level. For a woman, that estimate is between 1600 and 2400 calories per day. Low-calorie diets usually permit between 800 and 1,500 calories per day.

Effectiveness of very low-calorie diets: If you have a BMI over 30, a very low-calorie diet may allow you to lose about 3 to 5 pounds per week, for an average total weight loss of 44 pounds over a 3-month period. Losing that amount of weight may improve weight-related medical conditions, including diabetes, high blood pressure, and high cholesterol. However, in the long-run, very low-calorie diets are not much more effective than more moderate diets. Once you go off any diet, if you return to old eating habits, you will most likely regain the weight you have lost, and in some cases, gain additional weight.

CAUTION: Very low-calorie diets are not recommended for pregnant or breastfeeding women and are not appropriate for children or teens except when recommended by a medical professional. Talk to your doctor to find out if a reduced-calorie diet is safe for you.



CHAPTER FOUR

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF THE PALEO DIET



CHAPTER 4

LIV PRODUCTS MAXIMIZE THE SUCCESS OF THE PALEO DIET

A BRIEF OVERVIEW OF THE PALEO DIET

The Paleo Diet focuses on consuming whole foods that were available to our ancestors, including protein, vegetables, fruits, nuts, seeds, and healthy fats. Quality meats, from grass-fed animals or wild game, and fish, rich in omega-3 fatty acids such as salmon, mackerel, and albacore tuna, are recommended. The Paleo Diet is not calorie restrictive. Eating whole foods, whenever hunger is felt, is encouraged. A key element of the Paleo Diet is the avoidance of processed foods and beverages. Other foods not permitted on the diet are grains (such as wheat, oats, and barley), legumes (such as beans, lentils, peanuts, and peas), potatoes, dairy products, refined sugar, and salt. The Paleo Diet is considered appropriate for all ages and is sustainable for those willing to forgo the convenience of processed foods. However, high-level athletes following a strict Paleo protocol may find it challenging to maintain their fitness and energy levels.

CHALLENGES AND SIDE EFFECTS ASSOCIATED WITH THE PALEO DIET

Low energy: A lack of energy-rich carbs in the diet sometimes results in weakness, fatigue, and mood swings, especially in the initial stages of the diet.

Muscle loss: When carbohydrates are restricted, the body turns to both body fat and muscle to fuel aerobic exercise. This may result in a breakdown of muscle mass signaled by feelings of muscle fatigue and exhaustion.

Nutrient and mineral deficiencies: Restricting dairy products may lead to deficiencies in calcium and vitamin D, which are critical to bone health. The exclusion of cereal grains, such as wheat, rye, barley, oats, corn, and brown rice, deprives the body of sources of fiber, B vitamins, iron, magnesium, and selenium.

Kidney and heart disease: Frequent ingestion of saturated fats may increase the risk of kidney and heart disease, as well as some types of cancer.

Inconvenience: Staying on a strict Paleo Diet long enough to see results is a real challenge, especially when traveling or eating out.



LIV PRODUCTS: ENHANCE PALEO DIET RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV's Ideal Weight Kit and AMP Up Kit both support the Paleo Diet. Choose the kit that best fits your specific health concerns and nutritional needs.

AMP Up Kit

LIV's AMP Up Kit contains four key products that can help maximize results of a Paleo Diet, especially for people over 40, people with stubborn belly fat, people with low energy when dieting, people with mood swings, or people who suffer from digestive issues.

AMP Plus

AMP Plus is designed to reduce the negative effects of a Paleo lifestyle. It activates genes that help burn stored fat for fuel and genes that support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus aids mental focus and concentration. It contains Vitamin b-6 and chromium to help the body convert stored glycogen into energy.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate digestive issues that are often associated with the Paleo diet, such as difficulty in digesting foods like nuts and meats. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant-derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

LIV SXinney

LIV SXinney is a source of healthy, calorie-free hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. LIV SXinney can replace the electrolytes that often become depleted with a diet that restricts grains and dairy. Since dehydration is often perceived as hunger, LIV SXinney and Green2O (described below) can help reduce hunger symptoms and provide important nutrients to support healthy weight loss. Since the Paleo Diet does not allow processed and/or sugary beverages, LIV SXinney and Green2O are perfect companions to the Paleo lifestyle weight loss protocol.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing as well as reducing the bad breath and body odor that often accompany diets high in protein and fat.
- Soluble fiber is key to digestive health.

Green₂O is an additional hydration source that contains powerful polyphenols which directly activate or turn on specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel to boost energy. SIRT1 has also been shown to increase lifespan in animal studies. Another ingredient, grapeseed extract, is also a potent antioxidant and polyphenol. In addition to polyphenols, Green₂O provides antioxidants, electrolytes, chlorophyllins, and healthy trace minerals. It is an excellent source of soluble fiber shown to help balance blood sugar, remove toxins, and reduce cravings. Green₂O can also help reduce the bad breath and body odor that often accompany diets high in protein and fat.

RECIPE FOR SUCCESS

- **LIV SXinney and Green₂O:** Drink at least 1 LIV SXinney and 1 Green₂O per day. We recommend drinking LIV SXinney in the morning and Green₂O in the afternoon. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, avoid bad breath and body odor, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and avoid the mood swings and hormonal issues associated with the Paleo Diet.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.

For more information on the LIV products listed above visit www.LIVinternational.com/products



IDEAL WEIGHT KIT

The Ideal Weight Kit provides key nutrients to maximize the success of a Paleo nutritional regimen, especially for people who wish to focus on fitness and maintaining and increasing muscle mass. It is also the best choice for people under 40 who do not find it difficult to lose weight. It is excellent for those who have been in the habit of eating processed and fast foods, since it provides additional cleansing benefits. The Ideal Weight Kit contains four products that are designed to address the challenges encountered during a Paleo Diet and to sustain weight loss while maintaining maximum energy.

LIV Pro15

LIV Pro15 provides the extra protein the body needs to maintain and build muscle. It contains a highly absorbable protein, coconut water electrolytes, and essential minerals but no fat or carbohydrates. LIV Pro15 is an ideal product to take after a workout; it maximizes protein intake and provides sustained energy. (*See note at end for LIVPro15 protein source information)

LIV SXinney

LIV SXinney is a source of healthy, calorie-free hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. LIV SXinney can replace the electrolytes that often become depleted with a diet that restricts grains and dairy. Since dehydration is often perceived as hunger, LIV SXinney and Green₂O (described below) can help reduce hunger symptoms and provide important nutrients to support healthy weight loss. Since the Paleo Diet does not allow processed and/or sugary beverages, LIV SXinney and Green₂O are perfect companions to the Paleo lifestyle weight loss protocol.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- Coleus forskohlii stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- Garcinia cambogia works to help inhibit citrate lysate, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing as well as reducing the bad breath and body odor that often accompany diets high in protein and fat.
- Soluble fiber is key to digestive health.

Crave

Crave is the perfect weight loss solution for people who tend to snack, especially in response to energy fluctuations. It is a great source of insoluble and soluble fiber with only 2 grams of carbohydrates per packet. Both types of fiber help rid the colon of excessive waste. The insoluble fiber in Crave, called inulin, is a prebiotic, which aids in digestion. Prebiotics also promote the growth of beneficial bacteria in the colon. A healthy colon can help boost the immune system and improve digestive wellness.

ClenzT promotes regularity and supports healthy bowel function. Some people on the Paleo Diet experience constipation due to increased amounts of foods that are difficult to digest, such as nuts and low-starch vegetables. A key ingredient in ClenzT, senna, helps stimulate the colon and has been used for centuries to assist people with bowel elimination. When using ClenzT, it is important to stay hydrated, as extra water can be used by the bowels to keep things moving. ClenzT also contains dandelion root, which benefits the kidneys, and milk thistle, which benefits the liver. The liver is one of the most overused elimination organs, so its rejuvenation and protection is vital. Some studies show that milk thistle (silymarin) may also help reduce insulin resistance, inflammation, and liver damage in people with NAFLD (Non-Alcoholic Fatty Liver Disease).

RECIPE FOR SUCCESS

- **LIV SXinney:** Drink at least one serving each day preferably in the morning between ingesting other foods according to the Paleo lifestyle protocol. For an extra boost of energy, try **LIV SXinney MAX**. Carry it with you to stay hydrated, maintain energy levels, and help keep blood sugars balanced.
- **LIV Pro15:** Mix one scoop of protein into 4-8 ounces of water, into a smoothie, into a hot drink as a creamer, into a bowl of fruit, or into anything permissible on the Paleo Diet. LIVPro15 can be taken directly after a workout or as needed to reduce hunger and boost energy.
- **Crave:** Ingest at least one packet a day, either directly from the packet or mixed with water. Carry Crave with you to use in place of a snack.
- **ClenzT:** Start with one capsule before bed and increase as necessary to find your cleanse number. The capsule can also be opened and the contents mixed in hot water to make a refreshing lemon tea.

For more information on the LIV products listed above visit www.LIVinternational.com/products



***The protein source in LIV Pro15:** According to Paleo experts, whey protein is a “gray area food”. It is derived from dairy, however, in high-quality brands, like LIV Pro15, most of the potential irritants and allergens found in dairy are filtered out. Protein supplements are most commonly used post-workout or during weight loss for an immediate boost of protein without taking time to prepare a meal. Whey powder is not superior to real food; it is just more convenient.
www.paleoleap.com

CHAPTER FIVE

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF FASTING REGIMENS



CHAPTER 5

LIV PRODUCTS MAXIMIZE THE SUCCESS OF FASTING REGIMENS

A BRIEF OVERVIEW OF POPULAR FASTING DIETS

Intermittent fasting (IF) is a pattern of eating that involves regular short-term fasts and the consumption of meals within a shorter than traditional time period during the day. Several studies have indicated that short-term, intermittent fasting regimens, lasting up to 24 weeks in duration, lead to weight loss in overweight individuals. Popular intermittent fasting methods include:

The 16/8 method: A person fasts for 16 hours and eats only during an 8-hour window, normally from around noon to 8 p.m. Participants in studies of this method consumed fewer calories and lost weight.

Alternate day fasting: A person fasts every other day and eats normally on non-fasting days. Supervision by a healthcare professional is recommended.

The 5:2 diet: A person fasts 2 out of every 7 days. Some programs suggest participants should consume 500–600 calories on fasting days. Supervision by a healthcare professional is highly recommended.

Those who train for endurance events or engage in other types of intense exercise should be aware that intermittent fasting might affect their performance, especially when practice or competition falls on fasting days. Fasting has become a popular method of losing weight but should be undertaken with care and a thorough understanding of the possible health risks.

CAUTIONS AND SIDE EFFECTS ASSOCIATED WITH FASTING

- People who fast commonly experience dehydration as a result of not ingesting fluids from food.
- Overeating on non-fast days can lead to weight gain.
- Fasting can increase stress hormone cortisol levels and disrupt sleep. Increases in cortisol can result in weight gain.
- Fasting may result in insufficient intake of vitamins, minerals, and other nutrients from food. It is vital to eat very healthy foods on non-fasting days.
- Fasting may cause bloating, diarrhea, caffeine dependency, reduced energy, hunger pangs, heartburn, brain fog, and headaches.
- Fasting may have a negative impact on women's hormones.
- Intermittent Fasting (IF) may result in muscle loss. Exercise and adequate protein intake may help preserve lean body mass in dieters.
- IF may impair the normal activity of the pancreas and the production of insulin, which may raise the risk of Type 2 diabetes.
- IF may impact metabolism and actually increase abdominal fat. Some health professionals believe fasting is ineffective for long-term weight loss.



LIV PRODUCTS: ENHANCE FASTING RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV has developed the AMP Up Kit and the Ideal Weight Kit to support fasting protocols. Choose the kit that best fits your nutritional and health needs.

AMP Up Kit

LIV's AMP Up Kit can help maximize fasting results, especially for: people over 40, people with belly fat, people who lack energy during a fast, people with mood swings, and/or people who suffer from digestive issues. The AMP Up Kit contains four key products to enhance a fasting weight loss plan:

AMP Plus

AMP Plus is designed to reduce negative effects of intermittent fasting while it revs up the metabolism. It activates genes that help burn stored fat for fuel and support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus aids mental focus and concentration. It contains Vitamin b-6 and chromium to help the body convert stored glycogen into energy.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate the unpleasant side effects of an intermittent fasting diet, such as diarrhea or constipation. It also helps eliminate other digestive issues that may result from fasting. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

LIV SXinney

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. It can help with hydration and also replace the electrolytes that often become depleted during fasting due to decreased water retention. Since dehydration is often perceived as hunger, LIV SXinney and Green2O (described on the next page) can help reduce hunger symptoms during a fast and provide important nutrients to support healthy weight loss. Most fasting protocols allow drinking 0 calorie liquids during fasting periods. making LIV SXinney and Green2O perfect companions to the fasting protocol.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, aid digestion and detox, as well as help reduce the bad breath and body odor that often accompany fasting.
- Soluble fiber is key to digestive health during fasting.

Green₂O is an additional hydration source that contains powerful polyphenols which directly activate specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel as well as to boost energy. Another ingredient, grapeseed extract, is also a potent antioxidant and polyphenol. In addition to polyphenols, Green₂O provides antioxidants, electrolytes, chlorophyllins, and healthy trace minerals. It is an excellent source of soluble fiber shown to help balance blood sugar and reduce cravings. Green₂O can also help reduce bad breath and body odor.

RECIPE FOR SUCCESS

- **LIV SXinney and Green₂O:** Drink at least 1 LIV SXinney and 1 Green₂O per day. We recommend drinking LIV SXinney in the morning and Green₂O in the afternoon. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus during a fast. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and avoid the negative hormonal consequences of a fasting protocol.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal on non-fasting days for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.

For more information on the LIV products listed above visit www.LIVinternational.com/products



IDEAL WEIGHT KIT

LIV's Ideal Weight Kit provides key nutrients to maximize the success of an intermittent fasting regimen, especially for people who wish to focus on fitness and maintaining and increasing muscle mass. It is also excellent for those who eat processed and fast foods, since it provides additional cleansing benefits. The Ideal Weight Kit contains four products that are designed to sustain weight loss while maintaining maximum energy during a fasting diet.

ClenzT

ClenzT promotes regularity and supports healthy bowel function. During an intermittent fast regimen, some people experience constipation due to difficulties in digestion after a fast. A key ingredient in ClenzT, senna, helps stimulate the colon and has been used for centuries to assist people with bowel elimination. When using ClenzT, it is important to stay hydrated, as extra water can be used by the bowels to keep things moving. ClenzT also contains dandelion root, which benefits the kidneys, and milk thistle, which benefits the liver. The liver is one of the most overused elimination organs, so its rejuvenation and protection is vital. Some studies show that milk thistle (silymarin) may also help reduce insulin resistance, inflammation, and liver damage in people with NAFLD (Non-Alcoholic Fatty Liver Disease).

LIV SXinney

LIV SXinney is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. It can help with hydration and also replace the electrolytes that often become depleted during fasting due to decreased water retention. Since dehydration is often perceived as hunger, LIV SXinney and Green₂O (described below) can help reduce hunger symptoms during a fast and provide important nutrients to support healthy weight loss. Most fasting protocols allow drinking 0 calorie liquids during fasting periods, making LIV SXinney and Green₂O perfect companions to the fasting protocol.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, aid digestion and detox, as well as help reduce the bad breath and body odor that often accompany fasting.
- Soluble fiber is key to digestive health during fasting.

Crave

Crave is the perfect product for people who tend to snack, especially in response to energy fluctuations. It is a great source of insoluble and soluble fiber with only 2 grams of carbohydrates per packet. Both types of fiber help rid the colon of excessive waste. The insoluble fiber in Crave, called inulin, is a prebiotic, which aids in digestion and boosts the immune system. Prebiotics also promote the growth of beneficial bacteria in the colon.

LIV Pro15

LIV Pro15 provides the extra protein the body needs during an intermittent fasting diet. It contains a highly absorbable protein, coconut water electrolytes, and minerals but no fat or carbohydrates. LIV Pro15 is an ideal product for those who want to maintain or build muscle, because it maximizes protein intake and provides sustained energy during fasting regimens. LIV Pro15 is a great product to take right before starting a fast.

RECIPE FOR SUCCESS

- **LIV SXinney:** Drink at least one serving each day, preferably in the morning. You may be able to drink LIV SXinney while fasting, depending on the protocol you have chosen. For an extra boost of energy, try **LIV SXinney MAX**. Carry it with you to help stay hydrated, maintain energy levels, keep blood sugars balanced, and avoid bad breath and body odor often associated with fasting.
- **LIV Pro15:** Mix one scoop of protein into 4-8 ounces of water, into a smoothie, into coffee as a creamer, into a bowl of fruit, or into anything permissible for your fast regimen. LIVPro15 can be taken right after a workout or as needed to reduce hunger and boost energy. Some people like to make it the last thing they ingest before starting a fast.
- **Crave:** Ingest at least one packet a day during non-fast periods, either directly from the packet or mixed with water. Carry Crave with you to use in place of a snack.
- **ClenzT:** Start with one capsule before bed and increase as necessary to find your cleanse number. The capsule can also be opened and the contents mixed in hot water for a refreshing lemon tea.

For more information on the LIV products listed above visit www.LIVinternational.com/products



CHAPTER SIX

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF THE WHOLE30 DIET



CHAPTER 6

LIV PRODUCTS MAXIMIZE THE SUCCESS OF THE WHOLE30 DIET

A BRIEF OVERVIEW OF THE WHOLE30 DIET PLAN

Whole30 is a 30-day plan designed to encourage healthful eating habits by eliminating foods that may have a negative impact on the body. Weight loss is considered a benefit but not the sole focus of the program. The main goal of Whole30 is to create overall feelings of wellness and wellbeing. Other benefits reported are improved digestive health, increased energy, and better-quality sleep.

Whole30 promoters recommend foods with very few ingredients listed, only pronounceable ingredients listed, or, ideally, no ingredients listed as in whole and unprocessed foods. This regimen includes moderate portions of meat, seafood, and eggs, vegetables, fruit, coffee, and plenty of natural fats along with natural herbs, spices, and seasonings. The diet prohibits sugar, artificial sweeteners, alcohol, tobacco, grains, beans and legumes, soy, dairy, and all additives used in processed foods. The plan suggests participants weigh in only on Day 1 and Day 30.

The 30-day diet can be repeated as often as desired, with the goal of it eventually becoming a long-term healthy lifestyle. The Whole30 guide and menu plan can be purchased fairly inexpensively, and program creators claim that more money will be saved on a participant's grocery bill than will be spent on the plan.

CAUTIONS AND SIDE EFFECTS ASSOCIATED WITH THE WHOLE30 DIET

Compliance with the Whole30 Diet can be a real challenge for many people. It requires a 100% commitment for a full 30 days. If any prohibited food is eaten, the 30-day time period required, starts over. According to diet creators, the full life-changing, health-producing benefits of the program cannot be realized unless plan requirements are followed with exactness.

Side effects commonly associated with the Whole30 Diet, especially in the first 14 days, may include:

- Headaches
- Crankiness
- Brain fog
- Cravings
- General malaise
- Sleepiness
- Crankiness
- Skin breakouts
- Mild digestive issues (bloating, irregularity)



LIV PRODUCTS: ENHANCE WHOLE30 DIET RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

The Whole30 Diet is very restrictive. No sweeteners of any type, even natural, non-caloric sweeteners like stevia, are allowed. However, there are two excellent LIV products, AMP Plus and E-3 Enzymes+, that not only fit into the diet but can help maximize results and reduce negative side effects of the regimen. If constipation is a problem during Whole30 experience, ClenzT can also be added to promote healthy bowel function.

AMP Plus

AMP Plus is designed to reduce the negative effects of a Whole30 Diet. It activates genes that help burn stored fat for fuel and genes that support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus also aids mental focus and concentration. It contains Vitamin b-6 and chromium to help the body convert stored glycogen into energy.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate digestive issues that are often associated with the Whole30 Diet, such as difficulty in digesting foods like nuts and meats. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic L. reuteri. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

ClenzT

ClenzT promotes regularity and supports healthy bowel function. Some people participating in the Whole30 Diet experience constipation due to increased amounts of foods that are difficult to digest, such as meats, nuts, and low-starch vegetables. ClenzT supports healthy, regular elimination of waste from the colon and enhances the body's natural detoxification process. A key ingredient in ClenzT, senna, helps stimulate the colon and has been used for centuries to assist people with bowel elimination. When using ClenzT, it is important to stay hydrated, as extra water can be used by the bowels to keep things moving. ClenzT also contains dandelion root, which benefits the kidneys, and milk thistle, which benefits the liver. The liver is one of the most overused elimination organs, so its rejuvenation and protection is vital. Some studies show that milk thistle (silymarin) may also help reduce insulin resistance, inflammation, and liver damage in people with NAFLD (Non-Alcoholic Fatty Liver Disease).

RECIPE FOR SUCCESS

- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and avoid the mood swings and hormonal issues sometimes associated with the first few weeks of the Whole30 Diet.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.
- **ClenzT:** Start with one capsule before bed and increase as necessary to find your cleanse number. The capsule can also be opened and the contents mixed in hot water to make a refreshing lemon tea.

For more information on the LIV products listed above visit www.LIVinternational.com/products



CHAPTER SEVEN

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF CARB CYCLING



CHAPTER 7

LIV PRODUCTS MAXIMIZE THE SUCCESS OF CARB CYCLING

A BRIEF OVERVIEW OF CARB CYCLING

Carb Cycling, a relatively new dietary approach, is primarily based on the mechanisms behind carbohydrate utilization and manipulation. The program involves eating a high carb diet for a period of time and low or moderate carb diets during other time periods. The cycle is designed to help people move past weight loss plateaus, overcome cravings, balance hormones, and increase energy. It is also reported to be beneficial in increasing and maintaining lean muscle mass.

Diets, such as Keto and Paleo, which require the avoidance of a number of foods, are often difficult to sustain. Although the key to weight loss is always an overall reduction in net calories, the Carb Cycling plan revolves around carb counting instead of food or calorie restrictions. There are many variations of Carb Cycling, including daily cycling or longer periods of high and low-carb cycles.

CAUTIONS AND SIDE EFFECTS ASSOCIATED WITH CARB CYCLING

Carb Cycling can be a complicated nutritional strategy that may be difficult to follow. A typical weekly Carb Cycling diet may include two high-carb, low-fat days, two moderate-carb, moderate-fat days, and three low-carb, high-fat days. Protein intake should remain about the same every day. This requires considerable planning and record keeping of not only food intake but also physical activity.

In some cases, the side effects associated with low carb diets may also occur during some Carb Cycling intervals, at least initially. They may include:

- Cravings
- Constipation
- Diarrhea and nausea
- Fatigue
- Muscle weakness
- Headache
- Irritability
- Loss of focus
- Hormone imbalance



LIV PRODUCTS: ENHANCE CARB CYCLING RESULTS AND REDUCE NEGATIVE SIDE EFFECTS

LIV provides two kits, AMP Up and Ideal Weight, for nutritional support of Carb Cycling for weight loss. These kits are designed to increase success and mitigate the negative effects of Carb Cycling diets. Choose the kit that best fits your specific health concerns and nutritional needs.

AMP Up Kit

LIV's AMP Up Kit contains four key products that can help maximize results of Carb Cycling, especially for people over 40, people with stubborn belly fat, people with low energy when dieting, people with mood swings, or people who suffer from digestive issues.

AMP Plus

AMP Plus is designed to reduce the negative effects of a Carb Cycling. It activates genes that help burn stored fat for fuel and genes that support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus aids mental focus and concentration. It contains Vitamin b-6 and chromium to help the body convert stored glycogen into energy.

E-3 Enzymes+

E-3 Enzymes+ is formulated to mitigate digestive issues that are often associated with low-carb diet days, such as difficulty in digesting foods like nuts and meats. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

LIV SXinney

LIV SXinney is a source of healthy, calorie-free hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins, plant concentrates, and alkaline hydration. LIV SXinney can replace the electrolytes that often become depleted with a diet that restricts carbohydrates. Since dehydration is often perceived as hunger, LIV SXinney and Green2O (described below) can help reduce hunger symptoms and provide important nutrients to support healthy weight loss.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing as well as reducing the bad breath and body odor that may accompany Carb Cycling.
- Soluble fiber is key to digestive health.

Green₂O is an additional hydration source that contains powerful polyphenols which directly activate or turn on specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal, called SIRT1, to help break down stored fat to be used as fuel to boost energy. SIRT1 has also been shown to increase lifespan in animal studies. Another ingredient, grapeseed extract, is also a potent antioxidant and polyphenol. In addition to polyphenols, Green₂O provides antioxidants, electrolytes, chlorophyllins, and healthy trace minerals. It is an excellent source of soluble fiber shown to help balance blood sugar, remove toxins, and reduce cravings. Green₂O can also help reduce the bad breath and body odor that can accompany Carb Cycling.

RECIPE FOR SUCCESS

- **LIV SXinney and Green₂O:** Drink at least 1 LIV SXinney and 1 Green₂O per day. We recommend drinking LIV SXinney in the morning and Green₂O in the afternoon. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, avoid bad breath and body odor, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and avoid the mood swings and hormonal issues associated with the Carb Cycling.
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.

For more information on the LIV products listed above visit www.LIVinternational.com/products



IDEAL WEIGHT KIT

The Ideal Weight Kit provides key nutrients to maximize the success of Carb Cycling, especially for people who wish to focus on fitness and maintaining and increasing muscle mass. It is the best choice for people under 40 who exercise regularly. It is also excellent for those who have been in the habit of eating processed and fast foods, since it provides cleansing benefits. The Ideal Weight Kit contains four products designed to sustain weight loss while maintaining maximum energy.

LIV Pro15

LIV Pro15 provides the extra protein the body needs to maintain and build muscle. It contains a highly absorbable protein, coconut water electrolytes, and essential minerals but no fat or carbohydrates. LIV Pro15 is an ideal product to take after a workout; it maximizes protein intake and provides sustained energy.

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- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing as well as reducing the bad breath and body odor that may accompany Carb Cycling.
- Soluble fiber is key to digestive health.

Crave

Crave is the perfect weight loss solution for people who tend to snack, especially in response to energy fluctuations. It is a great source of insoluble and soluble fiber with only 2 grams of carbohydrates per packet. Both types of fiber help rid the colon of excessive waste. The insoluble fiber in Crave, called inulin, is a prebiotic, which aids in digestion. Prebiotics also promote the growth of beneficial bacteria in the colon. A healthy colon can help boost the immune system and improve digestive wellness.

ClenzT promotes regularity and supports healthy bowel function. Some people who Carb Cycle experience constipation due to increased amounts of foods that are difficult to digest, such as nuts, low-starch vegetables, and dairy products. A key ingredient in ClenzT, senna, helps stimulate the colon and has been used for centuries to assist people with bowel elimination. When using ClenzT, it is important to stay hydrated, as extra water can be used by the bowels to keep things moving. ClenzT also contains dandelion root, which benefits the kidneys, and milk thistle, which benefits the liver. The liver is one of the most overused elimination organs, so its rejuvenation and protection is vital. Some studies show that milk thistle (silymarin) may also help reduce insulin resistance, inflammation, and liver damage in people with NAFLD (Non-Alcoholic Fatty Liver Disease).

RECIPE FOR SUCCESS

- **LIV SXinney:** Drink at least one serving each day preferably in the morning between ingesting other foods according to the Carb Cycling protocol. For an extra boost of energy, try **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus. Carry LIV SXinney with you to stay hydrated, maintain energy levels, reduce hunger and cravings, avoid bad breath and body odor, and help keep blood sugars balanced.
- **LIV Pro15:** Mix one scoop of protein into 4-8 ounces of water, into a smoothie, into a hot drink as a creamer, into a bowl of fruit, or into anything that fits into your diet plan. LIVPro15 can be taken directly after a workout or as needed to reduce hunger and boost energy.
- **Crave:** Ingest at least one packet a day, either directly from the packet or mixed with water. Carry Crave with you to use in place of a snack.
- **ClenzT:** Start with one capsule before bed and increase as necessary to find your cleanse number. The capsule can also be opened and the contents mixed in hot water to make a refreshing lemon tea.

For more information on the LIV products listed above visit www.LIVinternational.com/products



IMPORTANT INFORMATION TO CONSIDER BEFORE CHOOSING A CARB CYCLING PROGRAM

Carb Cycling science: The goal of Carb Cycling is to match the body's need for calories or glucose. For exAMPlE, AMPlE carbohydrates are provided on intense training days to refuel muscle glycogen, which may improve performance and reduce muscle breakdown. High-carb periods may also improve the function of the weight and appetite regulating hormones, leptin and ghrelin, which play an important role in long-term dieting success.

The low-carb days are designed to switch the body over to a predominantly fat-burning energy system to enhance metabolic health. Low-carb days may also improve insulin sensitivity and lower cholesterol. The goal is to maximize the benefits of carbohydrates without overly stimulating the production of insulin.

The effectiveness of Carb Cycling has not been thoroughly researched. Those who choose Carb Cycling as a weight loss regimen should closely monitor their progress to determine if it works for them.

Carb Cycling and weight loss: The main mechanism behind weight loss is a caloric deficit, which means fewer calories are consumed than the body burns over a prolonged period of time. If Carb Cycling is implemented with a calorie deficit, weight loss is likely to occur with minimal negative side effects.

Carb Cycling protocols: In spite of the complexity of Carb Cycling, many people enjoy the flexibility of this nutritional regimen and find it sustainable. An excellent exAMPlE of Carb Cycling protocol and a sAMPlE diet can be found at:

<https://www.healthline.com/nutrition/carb-cycling-101#section6>

DAY	EXERCISE	CARB INTAKE	FAT INTAKE	AMOUNT OF CARBS
Monday	Weight Training	High Carb	Low Fat	200g
Tuesday	Aerobic Exercise	Mod Carb	Mod Fat	100g
Wednesday	Rest Day	Low Carb	High Fat	30g
Thursday	Weight Training	High Carb	Low Fat	200g
Friday	Weight Training	High Carb	Low Fat	200g
Saturday	Rest Day	Low Carb	High Fat	30g
Sunday	Rest Day	Low Carb	High Fat	30g

LOW CARB PERIOD	HIGH CARB PERIOD	AMOUNT OF CARBS
Day 1-11	Day 12, 13 & 14	200g-400g per day
Week 1-4	Week 5	150g-400g per day

As the table suggests, carb refeeds are usually scheduled around high intensity workouts. A carb refeed is an increase in carb intake that results in increased leptin. It keeps the metabolism from adapting to a continuous low carbohydrate intake. The perceived benefits of refeeds (high carb spikes) are more energy, weight loss, and fewer cravings for unhealthy foods.

The amount of carbs recommend per day depends on activity level, muscle mass, and carbohydrate tolerance. An athlete, who trains for 3 hours per day, or a 250 lb. bodybuilder may need the upper carb refeed limit, while others may only need 150-200g. The schedule in the table and the menu plans below are only suggestions, Carb Cycling must be tailored to the individual.

CARB CYCLING SAMPLE MENU PLANS

High-Carb Day

- Breakfast: 3 boiled eggs, 3 slices of 7 seed/grain bread, tomatoes, mushrooms, and a side bowl of mixed fruit (60 g carbs).
- Lunch: 6 oz. sweet potato, 6 oz. lean meat or fish, mixed vegetables (45 g carbs).
- Pre-workout: 1 serving oatmeal, almond milk, 1 cup berries, whey protein (50 g carbs).
- Dinner: 1 serving whole meal rice, 6 oz. lean chicken, homemade tomato sauce, 1 serving kidney beans, mixed vegetables (70 g carbs).

Moderate-Carb Day

- Breakfast: Grass-fed high protein yogurt, 1 cup mixed berries, stevia, 1 spoon seed mix (25 g carbs).
- Lunch: 6 oz chicken salad with 4 oz. diced potatoes (25 g carbs).
- Pre-workout: 1 banana with whey protein shake (30 g carbs).
- Dinner: 1 serving sweet potato fries, 6 oz. lean beef, homemade tomato sauce, 1 serving kidney beans, mixed vegetables (40 g carbs).

Low-Carb Day

- Breakfast: 3 eggs with 3 slices bacon and mixed vegetables (10 g carbs).
- Lunch: 6 oz. salmon salad with 1 spoon oLIVE oil (10 g carbs).
- Snack: 1 oz. mixed nuts with 1 serving turkey slices (10 g carbs).
- Dinner: 6 oz. steak, half of an avocado, mixed vegetables (16 g carbs).

Recommended Healthy Carbohydrate Food Sources

- Whole grains: Unmodified grains are linked with many health benefits. Sources include: brown rice, oats and quinoa.
- Vegetables: Every vegetable has a different vitamin and mineral content, eat a variety of colors to get a good balance.
- Unprocessed fruits: As with vegetables, every fruit is nutritionally unique. Berries have a high antioxidant content and low glycemic load.
- Legumes: Full of fiber and minerals, legumes are a great choice for slow digesting carbohydrates, which are full of fiber and minerals.
- Tubers: Potatoes, sweet potatoes are healthy, filling carb sources.

CHAPTER EIGHT

LIV PRODUCTS MAXIMIZE THE
SUCCESS OF THE TOM BRADY
ALKALINE DIET



CHAPTER 8

LIV PRODUCTS MAXIMIZE THE SUCCESS OF THE TOM BRADY ALKALINE DIET

A BRIEF OVERVIEW OF THE TOM BRADY ALKALINE DIET

Renowned New England Patriots quarterback, Tom Brady, promotes and follows an alkaline-food focused, anti-inflammatory diet. About 80 percent of his calories come from alkaline foods, because he believes they “help the body thrive, whereas eating too many acidifying foods leads to a condition called acidosis, which makes us more prone to infections, colds, flu, low energy, fatigue, sore muscles, joint pain, hip fractures, bone spurs, poor concentration, and mood swings.” The diet plan consists of mostly organic, seasonal, locally-grown, plant-based foods such as vegetables, fruits, nuts, and beans, along with small amounts of grass-fed, hormone-free meat and poultry and wild fish.

The Tom Brady Alkaline Diet prohibits most cooking oils and trans fats, but extra virgin olive oil and coconut oil are permitted in food preparation. The diet excludes dairy, with the exception of whey protein. Also prohibited are sugar, corn, white potatoes, fruit juice, and gluten-containing breads, pastas, and cereals. Processed foods, foods containing GMOs, high-fructose corn syrup, MSG, artificial sweeteners, soy, jams and jellies, salty and sugary snacks, sweetened drinks, coffee, alcohol, and prepackaged condiments like ketchup and soy sauce are to be avoided. The diet also recommends not eating acidic nightshade plants, including tomatoes, peppers, and mushrooms.

CHALLENGES ASSOCIATED WITH THE TOM BRADY ALKALINE DIET

The Tom Brady Alkaline Diet is a healthy eating plan. However, the diet is highly restrictive and requires a great deal of planning and preparation, so strict adherence to the regimen may not be sustainable for some people.



LIV PRODUCTS: ENHANCE THE TOM BRADY ALKALINE DIET RESULTS

LIV has developed two kits containing products that support weight loss and fit well with the Tom Brady Alkaline Diet (TB Alkaline Diet). People over 40, who have difficulty losing weight, should consider the AMP Plus Kit. People, who are active and focusing on fitness and performance, may obtain optimal results by choosing the Ideal Weight Kit. Select the kit that best fits your specific health concerns and nutritional needs.

AMP Up Kit

LIV's AMP Up Kit contains four key products that can help maximize results of the TB Alkaline Diet, especially for people over 40, people with stubborn belly fat, people with low energy when dieting, people with mood swings, or people who suffer from digestive issues.

AMP Plus

AMP Plus is designed to maximize the health and weight-loss benefits of a TB Alkaline lifestyle. It activates genes that help burn stored fat for fuel and genes that support healthy hormone balance, cortisol levels, and thyroid function. AMP Plus aids mental focus and concentration. It contains Vitamin B5-6 and chromium to help the body convert stored glycogen into energy.

E-3

Enzymes+

E-3 Enzymes+ is formulated to mitigate digestive issues associated with changes in diet, such as difficulties in digesting foods like nuts, meats and low-starch vegetables. An advanced, multifunctional supplement, E-3 Enzymes+ contains plant derived enzymes, amino acids, antioxidant flavonoids, herbs, and the unique probiotic *L. reuteri*. This combination simultaneously aids in digestion, supports the body's natural protective systems, and restores intestinal health.

LIV

SXinney

LIV SXinney is a source of healthy, calorie-free hydration – alkaline hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins and plant concentrates. LIV SXinney can replace the electrolytes and minerals that often become depleted with eating regimens, such as the TB Alkaline Diet, that restrict grains and dairy. Since dehydration is often perceived as hunger, LIV SXinney and Green2O (described below) can help reduce hunger symptoms and provide important nutrients to support healthy weight loss. Since the TB Alkaline Diet does not allow processed and/or sugary beverages, LIV SXinney and Green2O are perfect companions to the diet protocol.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

- Carbohydrates that come from non-digestible, soluble fiber and, therefore, do not count as carbs.
- A unique potato protein which releases CCK (a peptide hormone) clinically shown to produce a feeling of gastric fullness and reduce food consumption up to 20%.
- *Coleus forskohlii* stimulates the enzyme adenylate cyclase to help release fat from cells, suppress the appetite, and increase lean body mass.
- *Garcinia cambogia* works to help inhibit citrate lyase, an enzyme that converts carbohydrates into fat.
- Chlorophyllins and essential oils, such as spearmint, are helpful for digestion and detoxing.
- Soluble fiber is key to digestive health.

Green₂O is an additional hydration source that contains powerful polyphenols, which directly activate or turn on specific genes that are involved in the fat burning process. Resveratrol is a polyphenol nutrient known to activate a potent gene signal called SIRT1 to help break down stored fat to be used as fuel to boost energy. SIRT1 has also been shown to increase lifespan in animal studies. Another ingredient, grapeseed extract, is also a potent antioxidant and polyphenol. In addition to polyphenols, Green₂O provides antioxidants, electrolytes, chlorophyllins, and healthy trace minerals. It is an excellent source of soluble fiber shown to help balance blood sugar, remove toxins, and reduce cravings.

RECIPE FOR SUCCESS

- **LIV SXinney and Green₂O:** Drink at least 1 LIV SXinney and 1 Green₂O per day. We recommend drinking LIV SXinney in the morning and Green₂O in the afternoon. For an extra boost, choose **LIV SXinney MAX**, which contains a small amount of naturally-sourced caffeine to keep energy levels up and improve focus. Carry LIV SXinney with you to stay hydrated, reduce hunger and cravings, and keep blood sugars balanced.
- **AMP Plus:** Take 2 capsules per day when most needed to boost energy and avoid the mood swings and hormonal issues. (Note: AMP Plus contains a small amount of naturally-derived caffeine.)
- **E-3 Enzymes+:** Take 2 capsules each day with your largest meal for maximum digestion. This is especially important when increased amounts of nuts and proteins are ingested. For chronic digestive issues, E-3 Enzymes+ may also be taken as a systemic enzyme at night without food.

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IDEAL WEIGHT KIT

The Ideal Weight Kit provides key nutrients to maximize the success of the TB Alkaline nutritional regimen, especially for people under 40, who are fit and wish to focus on maintaining and increasing muscle mass. It is excellent for those who have been in the habit of eating processed and fast foods, since it provides additional cleansing benefits. The Ideal Weight Kit contains four products that are designed to support the TB Alkaline Diet by promoting weight loss while maintaining maximum energy.

LIV Pro15

LIV Pro15 provides the extra protein the body needs to maintain and build muscle. It contains a highly absorbable protein, coconut water electrolytes, and essential minerals but no fat or carbohydrates. LIV Pro15 is an ideal product to take after a workout; it maximizes protein intake and provides sustained energy. *(Note: Although whey protein comes from dairy, it is a permitted protein source in the TB Alkaline nutritional program.)*

LIV SXinney

LIV SXinney is a source of healthy, calorie-free hydration – alkaline hydration. It is a concentrated, instant beverage that provides important electrolytes, vitamins and plant concentrates. LIV SXinney can replace the electrolytes and minerals that often become depleted with eating regimens, such as the TB Alkaline Diet, that restrict grains and dairy. Since dehydration is often perceived as hunger, LIV SXinney and Green₂O (described below) can help reduce hunger symptoms and provide important nutrients to support healthy weight loss. Since the TB Alkaline Diet does not allow processed and/or sugary beverages, LIV SXinney and Green₂O are perfect companions to the diet protocol.

Other beneficial, weight-loss enhancing ingredients in LIV SXinney include:

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- Soluble fiber is key to digestive health.

Crave

Crave is a great weight loss solution for people who tend to snack, especially in response to energy fluctuations. It is an excellent source of insoluble and soluble fiber with only 2 grams of carbohydrates per packet. Both types of fiber help rid the colon of excessive waste. The insoluble fiber in Crave, called inulin, is a prebiotic, which aids in digestion. Prebiotics also promote the growth of beneficial bacteria in the colon. A healthy colon can help boost the immune system and improve digestive wellness.

(Note: Crave contains the same amount of fructose as found in an apple.)

ClenzT promotes regularity and supports healthy bowel function. Some people on the TB Alkaline Diet experience constipation due to increased amounts of foods that are difficult to digest, such as nuts and low-starch vegetables. A key ingredient in ClenzT, senna, helps stimulate the colon and has been used for centuries to assist people with bowel elimination. When using ClenzT, it is important to stay hydrated, as extra water can be used by the bowels to keep things moving. ClenzT also contains dandelion root, which benefits the kidneys, and milk thistle, which benefits the liver. The liver is one of the most overused elimination organs, so its rejuvenation and protection is vital. Some studies show that milk thistle (silymarin) may also help reduce insulin resistance, inflammation, and liver damage in people with NAFLD (Non-Alcoholic Fatty Liver Disease).

RECIPE FOR SUCCESS

- **LIV SXinney:** Drink at least one serving each day preferably in the morning between ingesting other foods according to the TB Alkaline protocol. For an extra boost of energy, try **LIV SXinney MAX**. Carry it with you to stay hydrated, maintain energy levels, and help keep blood sugars balanced. (Note: LIV SXinney Max contains a small amount of naturally-sourced caffeine.)
- **LIV Pro15:** Mix one scoop of protein into 4-8 ounces of water (no shaker required, just mix and drink), into a smoothie, into a hot drink as a creamer, into a bowl of fruit, or into anything permissible on the TB Alkaline Diet. LIVPro15 can be taken directly after a workout or as needed to reduce hunger and boost energy.
- **Crave:** Ingest at least one packet a day, either directly from the packet or mixed with water. Carry Crave with you to use in place of a snack.
- **ClenzT:** Start with one capsule before bed and increase as necessary to find your cleanse number. The capsule can also be opened and the contents mixed in hot water to create a refreshing lemon tea.

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