

Lean & Fit Program



Formula 1 Healthy Meal Nutritional Shake Mix

- A healthy meal with up to 21 vitamins, minerals and essential nutrients*
- 9 g protein and healthy fibre for weight management*
- No Cholesterol*
- No Trans Fats*

Protein Powder



- 5 g (1 scoop)
- 10 g (2 scoops)
- 60 Servings
- Non-Flavour (mixes with anything)

Herbal Beverage



- Fat Burning
- Boosts Metabolism
- Anti-Oxidants
- Increases Stamina

Includes 60 Formula 1 Healthy Meals & Fat Burning Energy Beverage



Lean & Fit Program

Lean & Fit Fast Program

includes all Lean & Fit Products Plus:

- **Formula 2 Multivitamin:** Helps support the immune system, promotes healthy bones, skin & hair*
- **Herbal Aloe:** Soothes the stomach, supports healthy digestion, relieves occasional indigestion, supports nutrient absorption & intestinal health*



Lean & Fit Ultimate Program

includes all Lean & Fit Fast Products Plus:

- **Probiotic:** 4 billion good bacteria/Helps maintain optimal health*
- **Cell-U-Loss:** Formulated for healthy elimination of water, fluid balance, cellulite
- **Natures Raw Guarana (NRG):** Boosts energy & mental alertness & provides an invigorating lift while balancing your energy levels.
- **Active Fibre Complex:** Promotes regularity for your digestive system & digestive health & allows for regular bowel movements.



Additional Enhancers & Snacks

Protein Snacks



- ✓ 15 grams of high quality whey protein*
- ✓ 20 calories per serving*
- ✓ 0 Sugar*



- ✓ Rich, chewy bars satisfy hunger & energy*
- ✓ Protein build lean muscle*
- ✓ Essential vitamins and 10 g of protein per serve*

Digestive Health



- ✓ Soothes the stomach*
- ✓ Supports healthy digestion*
- ✓ Relieves occasional indigestion*
- ✓ Supports nutrient absorption and intestinal health*

Fat Loss

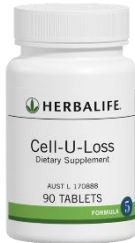


- ✓ A combination of Chitosan and Fenugreek*
- ✓ Chitosan works by binding to unhealthy fats and oils in the stomach and aids elimination*
- ✓ Fenugreek works so you are likely to eat less & feel full longer without cravings*

Enhancers & Targeted Nutrition



- ✓ 4 Billion good bacteria/maintain optimal health
- ✓ Friendly bacteria assist with easy bowel movements
- ✓ Helps maintain healthy digestive function *



- ✓ Supports fluid balance & water circulation & electrolyte balance in your body
- ✓ Helps accelerate centimetre loss
- ✓ Helps maintain the appearance of healthy-looking skin*



- ✓ Increases your mental alertness
- ✓ May help to boost vitality and provide an invigorating lift
- ✓ Balances the energy levels.*



- ✓ Keeps your immune system strong & healthy all year long
- ✓ Antioxidant & Free radical scavenger
- ✓ Supports liver function*



- ✓ Supports muscle relaxation & restful sleep
- ✓ Relieve nervous tension, stress and mild anxiety
- ✓ Aids in relief of pre-menstrual symptoms
- ✓ Acts on alleviating cramps
- ✓ Sport.*



- ✓ Omega 3-fatty acids promote good health
- ✓ Provide temporary relief for arthritic pain
- ✓ Maintain healthy levels of cholesterol & triglyceride.
- ✓ Essential for proper brain function & immune function
- ✓ Helps to reduce inflammation*



- ✓ Assists in the prevention and/or treatment of osteoporosis
- ✓ Includes Vitamin D & minerals for better calcium absorption
- ✓ Provides calcium for strong healthy bones.*