

A silhouette of a woman running on a beach at sunset. The background is a gradient from orange on the left to green on the right, with waves visible in the distance.

SLENDERIIZ

drop to drop

# PHASE ONE: PREPARATION



Start your [Slenderiiz Program](#) by telling your fast food cravings to take a hike!

It's called "junk food" for a reason.

Junk foods are highly processed and minimize your fat loss efforts by:

- Spiking blood sugar
- Increase inflammation
- Slowing your metabolism

## PHASE ONE: PREPARATION



Take two days and prepare your body by eating as normal, except for cutting out fast food and junk food.

For optimal results, start adding healthy fats to your diet such as avocado, raw nuts, and seeds, and begin taking the [Slenderix & Xceler8 drops](#) as directed.

Slenderix is a homeopathic formula designed to curb hunger and assist the release of fatty deposits.

Xceler8 helps increase metabolic rate, enhance energy levels, and stabilize mood using a proprietary combination of methylcobalamin (vitamin B12), biotin, and a blend of adaptogenic herbs

**HANDY TIP:** Adding [Nutrifi supplements](#) to your daily health regimen while participating in the [Slenderix Program](#) can provide crucial cellular nutrition, rebalance fat stores, and optimize your metabolism.

It can also support normal blood sugar, hormone, and energy levels.†

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

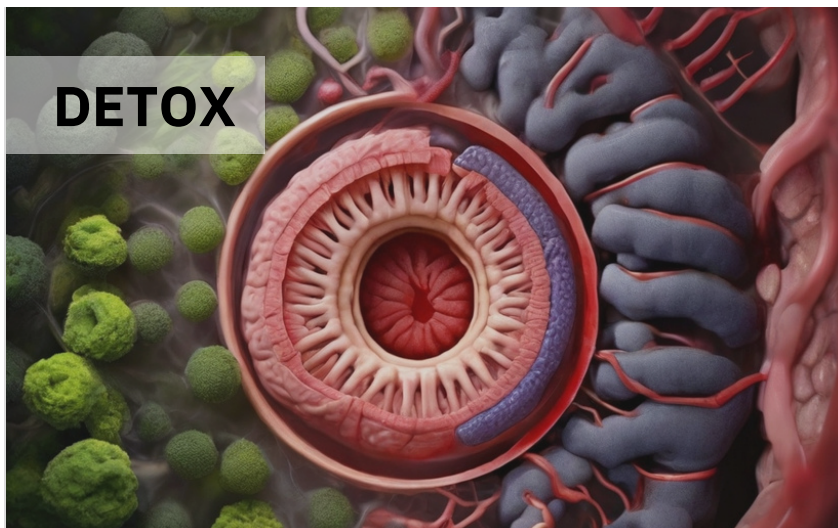


**Optional:** Start taking Probiotix daily as directed.

Changes in diet can lead to changes in your gut.

Probiotix can help reduce bloating and digestive issues.

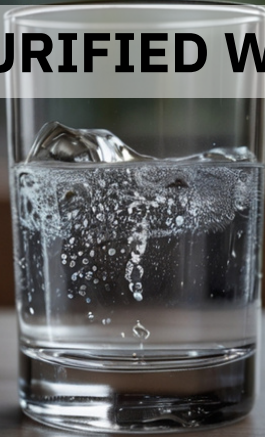
PHASE ONE: **PREPARATION**



**Optional:** Start taking Restoriix daily, as directed.

Restoriix is designed to help safely remove the toxins and heavy metals that can be released as you lose weight

# DRINK PURIFIED WATER



For optimal results, drink at least eight to ten 8-ounce glasses of purified water daily.

This allows your body to remove toxins and flush them away as you begin burning up fat stores.

**HANDY TIP:** The [Puritii Water Filtration System](#) is a great choice for keeping purified water on hand at all times.

## PHASE TWO: FAT BURNING

# PHASE TWO: FAT BURNING

To start your Fat Burning Phase, go through your cupboards and toss out:

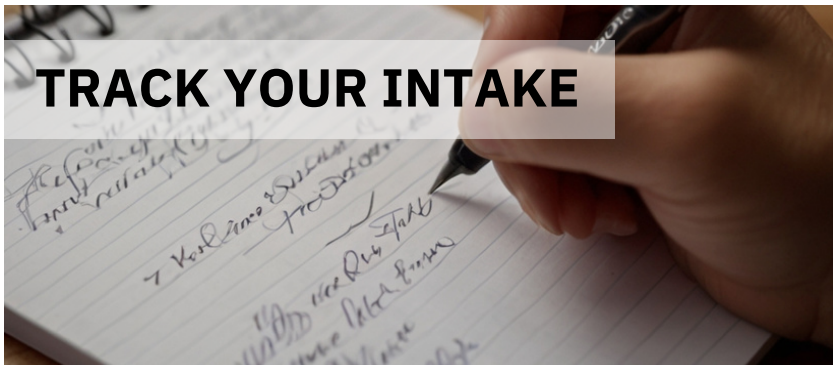
- Cookies
- Pastries
- Candy
- Processed meats
- Potato chips
- Soda
- High-sodium frozen foods
- Boxed foods
- Canned soups

**HANDY TIP:** If you find yourself:

- Hitting a plateau after six months of beginning your program
- You have stopped losing weight before you have reached your goal

It is recommended you discontinue taking the Slenderix drops for one month.

Continue taking the Xceler8 drops and consider adding [Rejuvenix](#) with breakfast. This will jumpstart your body allowing further weight loss.



## TRACK YOUR INTAKE

It's important to make the healthiest, most nutrient-dense food selections while on the Slenderiiz Program.

To help keep you on track, be sure to monitor your food intake every day.

By keeping a food log, you will be able to begin decoding the difference between wholesome, nutritious foods and those that are highly processed, high in calories, and offer very little in nutrients.

You'll soon discover the foods that keep you fuelled the longest due to their nutritional density.

You'll want to choose those that give back the most to your weight loss efforts and keep you full and energized.



## PHASE TWO: FAT BURNING

### TO BEGIN MONITORING YOUR MEALS, SIMPLY:

- + Eat three regular, healthy meals a day from the Approved Food List only.
- + If you prefer, divide your meals into smaller snacks and eat them periodically throughout the day.
- + Track your eating patterns with a mobile app like CalorieCounter, [MyFitnessPal](#), or [other similar ones](#).
- + Eat your meal highest in calories for breakfast and end your day with your lowest caloric meal. This allows the body time to digest and burn off calories before resting for the evening.

Although counting calories can be difficult, it is essential for optimal weight loss and weight management. To get the most out of the Slenderiiz Program, it is important to track and keep your daily intake under 1,250 calories.

Through eating the right foods, it will become easy and natural to restrict calories to 1,250 a day because of their nutrient density.

The [Slenderiiz Program](#) is not about being hungry.

It is about learning how nutritious, healthy foods provide you with more energy, help you feel better, satisfy you for longer, keep your blood sugar levels in control, and in turn help you lose unwanted weight.

**Handy Tip:** Use [PureNourish](#) for two meals each day with water, unsweetened almond, oat, or coconut milk and a cup of added fruit.

Berries that are lowest in sugar can help support your weight loss. Some great choices include strawberries, blackberries, raspberries or blueberries.

## PHASE TWO: FAT BURNING



A modest aerobic exercise program is good for your health. Start walking, hiking, swimming, jogging, biking, etc. for **30 minutes, five times per week**.

If you have not been getting much exercise before this program, it is important to begin slowly and build up to our recommended level of exercise over the next few weeks.

Don't be in a rush to get to this goal, but increase your activity level steadily and safely.

**NOTE:** When exercising, the body builds lean muscle. This can cause discouragement on the scale because muscle weighs more than fat, making you feel like your progress has stalled.

However, muscle takes up less space physically than fat, so be sure to take regular measurements of yourself so you can see the results even when the scale isn't relaying that information.

**HANDY TIP:** Remember, don't fear fat, healthy fats are good for you!

## A ROUTINE SCHEDULE IS GOOD.

Eat the most calories in the morning and the least amount at night to allow your body all day to burn them off.

Do not eat after 7 p.m. to allow your body time to burn off the calories while you are still walking around.

Eating even a small dinner and then zoning out for the rest of the night is damaging to metabolism and interferes with digestion and quality sleep.

## PLAN YOUR MEALS IN ADVANCE.

Reduce your temptation for unnecessary foods by having a grocery list and sticking around the edges of the grocery store.

This is where you will find fresh foods that are the most healing and rev up your metabolism.

# APPROVED FOOD LIST

Avoid sodium, unhealthy fats,  
and processed foods that will:

- Spike your blood sugar
- Cause inflammation
- Shut down your weight loss

And focus on fresh organic  
foods instead.

## Portion Sizes

**Fruit = Palm**

**Protein = Palm**

**Fat = Thumb**

**Vegetables = 2 Fists**

**Carbohydrates = Tennis Ball**



Palm = 3 oz.



Thumb = 1 oz.



Fist = 1 c.



Tennis Ball = 1/2 c.



# APPROVED FOOD LIST

## PROTEIN (Animal-based)

**Best choices:** grass-fed, free-range, raised without hormones, wild-caught, fresh, not preserved, nitrate-free

- **Beef:** Steaks, Roasts, Ground, Tips
- **Buffalo**
- **Chicken**
- **Duck**
- **Eggs**
- **Fish/Seafood\*:**
  - Anchovies
  - Any white fish
  - Cod
  - Crab
  - Crayfish
  - Flounder
  - Hake
  - Halibut

- Lobster
- Mackerel
- Mussels
- Red Mullet
- Salmon
- Sashimi
- Scallops
- Shrimp
- Swordfish
- Tuna
- Trout

- **Lamb**
- **Turkey**
- **Turkey Bacon**
- **Venison**

*\*Include Restorix as directed to help remove any potential heavy metal buildup.*

## Plant-based

- **Beans:**
  - Black
  - Cannellini
  - Kidney
  - Lima
- **Chickpeas** (Garbanzo Beans)
- **Lentils**
- **Low-Carb Protein Bars**
- **Quinoa**
- **Raw/Sprouted Nuts**
- **Tempeh**
- **Tofu, Organic**

Avoid highly processed meat alternatives due to added salt, preservatives, wheat, and sugar.

## VEGETABLES Anything green is good, so try new greens!

**Best choices:** organic, in-season, fresh

- **Artichokes**
- **Asparagus**
- **Arugula**
- **Bamboo Shoots**
- **Beans:**
  - Green, Runner
- **Bean Sprouts**
- **Beet Greens**
- **Beets**
- **Bell Peppers**
- **Black Kale**
- **Bok Choy**
- **Broccoli**
- **Brussels Sprouts**
- **Cabbage**
- **Carrots**
- **Cauliflower**
- **Celery**
- **Celeriac**
- **Chard**
- **Choi Sum Greens**
- **Chicory Greens**
- **Chili Peppers**
- **Collard Greens**
- **Cress**
- **Sprouted Cress Seeds**
- **Cucumbers**
- **Dandelion Greens**
- **Endive**
- **Curly Endive**
- **Green Beans**
- **Kale**
- **Leeks**
- **Lettuce:**
  - Green Leaf
  - Red Leaf
  - Romaine
- **Mushrooms**
- **Mustard Greens**
- **Okra**
- **Onions**
- **Parsnip**
- **Peas:**
  - Garden
  - Snap
  - Snow
- **Pickles:** Dill
- **Radicchio Greens**
- **Radish:**
  - Daikon
  - Garden
- **Red Cabbage**
- **Rhubarb**
- **Spinach**
- **Sprouts**
- **Shallots**
- **Squash:**
  - Butternut
  - Spaghetti
  - Summer
  - Yellow
- **Sweet Potato**
- **Swiss Chard**
- **Watercress**
- **Yams**
- **Zucchini**

## SEA VEGETABLES

- **Nori**
- **Kelp**
- **Dulse**
- **Kombu**
- **Hijiki**
- **Wakame**

## FRUITS [\(View for more fruit options\)](#)

**Best choices:** organic, in-season, fresh

- **Apples**
- **Cherries**
- **Avocados**
- **Raspberries**
- **Blackberries**
- **Strawberries**
- **Blueberries**
- **Tomatoes**

## CONDIMENTS

*Fermented condiments, such as kimchi or sauerkraut, are helpful for metabolism and digestion. Avoid condiments with sugar, artificial sweeteners, and high amounts of sodium.*

- **Horseradish, Pure**  
(not horseradish sauce)
- **Ketchup, Organic**  
(no sugar or sucralose)
- **Kimchi**
- **Mustard**
- **Olives:**
  - Packed in Vinegar, Sun-dried
- **Picante Sauce**
- **Pickle Relish**
- **Salsa**  
(read ingredients; often contains sugar)
- **Sauerkraut**
- **Soy Sauce**  
(wheat-free, low sodium)
- **Tabasco Sauce**
- **Tamari** (gluten-free)
- **Wasabi**

## CONDIMENTS

*Reserve 250-300 calories a day for healthy fats. Avoid vegetable, canola, corn, peanut, soybean, sunflower, and cottonseed oils.*

- **Coconut Oil** (may be used for cooking:  
1 spoonful = 100 calories)
- **Avocado**
- **Avocado Oil**
- **Borage Oil**
- **Olive Oil, Extra Virgin, Cold-Pressed**
- **Flaxseed Oil**
- **50 mg Chia Seeds, Hemp Seeds, Raw Pumpkin Seeds, Raw Walnuts**  
(or 2 spoonfuls of their cold-pressed oils for salads/dressing)

## HERBS

- **Basil**
- **Bay Leaf**
- **Caraway Seeds**
- **Cardamom**
- **Cayenne Pepper**
- **Chives**
- **Cinnamon**
- **Cloves**
- **Chili Flakes**
- **Cilantro**
- **/Coriander Leaves**
- **Curry Leaves**
- **Dill**
- **Fennel**
- **Garlic**
- **Ginger**
- **Lemongrass**
- **Makrut Lime Leaves**
- **Mint**
- **Oregano**
- **Nutritional Yeast**
- **Paprika**
- **Parsley**
- **Rosemary**
- **Sage**
- **Saffron**
- **Tarragon**
- **Thyme**
- **Turmeric**
- **Vanilla Bean**  
(not essence with an alcohol base)

## SPICES

**Best choices:** salt-free and sugar-free spices

- **Apple Cider Vinegar**
- **Balsamic Vinegar**
- **Black/Pink Pepper**
- **Cayenne**
- **Cumin**
- **Curry Powder**  
(all varieties, but check for no sugar)
- **Dulse Flakes**
- **Garlic**
- **Kelp Flakes**
- **Lemon**
- **Lime**
- **Mustard**
- **Onion Powder**
- **Sea Salt**
- **Turmeric**

## SWEETENERS

- **Liquid Stevia Drops/Powder**  
(should not contain maltodextrin)
- **Monk Fruit**

## AVOID

*Barley, Bread, Cereals, Chemical Sugar, Replacements, Chips, Chocolate, Commercial Dairy Products, Couscous, Flour, Iodized Table Salt, Jam, Pasta, Potatoes, Pretzels, Processed Meats, Rice, Roasted/Salted Nuts, Sodium-Rich Foods (i.e., Canned Soups), Trans Fats, Vegetable Oils*

PHASE THREE: MAINTENANCE

# PHASE THREE: MAINTENANCE

Congratulations on reaching your goal! Now, it is important to maintain your healthy lifestyle including a balanced diet and regular exercise.

By now, you understand the danger processed foods bring to your health and weight control.

You have been eating a low-glycemic diet and now it is time to gradually add carbohydrates back into your diet.

## AVOID PITFALLS

To avoid common pitfalls, build your lifestyle around the healthy food choices from the Fat Burning Phase.

Be aware of what time of day you eat, how much you take into your body, and the quality of those calories.

By following these guidelines you are eating in a way that avoids spiking your blood sugar and will continue to support the new, healthier you.

Finally, keep taking your Nutrifii supplements.

These products provide various health benefits that are important for maintaining a healthy body.

# SAMPLE DAILY MENU

Simplify your meal routine with this easy-to-use menu that will help you stress and lose more

## Breakfast

2 protein portions  
1 fruit portion

## Snack

1 fruit portions  
½ avocado portion or  
½ cup of nuts

## Lunch

1 protein portion  
2 vegetable portions  
1 healthy fat portion

## Snack

(no fruit after 1p.m.)  
1 vegetable portion  
1 healthy fat protion

## Dinner

1 protein portion  
2 vegetable portions  
1 healthy fat portion

## Snack

1 protein portion

## Pro tip

Consume a minimum of 1,200 calories a day.

If you are exercising, replace the calories burned if daily calories drop below 1,200.

Eat 80 g of protein a day.

Stick to green vegetables as much as possible.

Use oil, avocado, or nuts as the fat.



## Continue healthy habits

- Eat from the Approved Food List
- Move daily
- Drink 8 fl oz of purified water, 8-10x daily
- Celebrate regularly

Recipes will be posted on [our blog](#).



# Products With A Purpose

In each phase, there are key products that will not only support your weight loss, but the factors that impact it, such as:

- Optimal cellular nutrition
- Body fat stores
- Hormone balance
- Energy elevation
- Blood sugar levels

Here's how you can benefit the most from our supplements.

## 1 | Preparation



### Slenderiix

Fights hunger and helps eliminate fat

**3x Per Day**

**Directions:**

10 minutes before each meal, hold under tongue for 30 seconds



### Xceler8

Helps increase metabolic rate and enhances energy

**2x Per Day**

**Directions:**

Before breakfast and lunch and after taking Slenderiix, hold under tongue for 30 seconds



### Restoriix

Helps remove toxins and balance pH

**1x Per Day**

**Directions:**

Mix 1 scoop with water



### Elite

Helps balance hormones and reduce stress

**1x Per Day**

**Directions:**

Mix with 16 fl oz water



### Probiotix

Supports gut health and reduces bloat

**1x Per Day**

**Directions:**

Take 1 capsule daily



### Water

Hydrates and flushes toxins as you begin burning fat

**8-10x Per Day**

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

## 2 | Fat Burning



### PureNourish™

Provides protein and amino acids

**2x Per Day**

**Directions:** Blend 2 scoops with 8 fl oz water, unsweetened almond, oat or coconut milk and a cup of added fruit.



### Power Boost™

Helps build muscle and boosts mental cognition

**1x Per Day**

**Directions:** Add 1 scoop to 2 scoops PureNourish and 8 fl oz water



### Beauty Boost™

Rehydrates and helps fortify skin and hair

**1x Per Day**

**Directions:** Add 1 scoop to 2 scoops PureNourish and 8 fl oz water



### Renew

Helps reduce body fat, combat soreness and improve restorative sleep

**1x Per Day**

**Directions:** Blend 1 stick pack to 4-8 fl oz water



### Rejuveniix™

Helps increase energy

**1x Per Day**

**Directions:** Take 2-4 capsules daily as needed



### Giving Greens®

Provides nutrients of 2.5 lbs (1.1 kg) of veggies plus digestive support

**1x Per Day**

**Directions:** Blend 2 scoops with 8 fl oz water

## 3 | Maintenance



### PureNourish™

Provides healthy, low calorie snack

**1x Per Day**

**Directions:** Blend 2 scoops with 8 fl oz water, unsweetened almond, oat or coconut milk



### Optimal-M™

Provides minerals to support bones, nerves and muscles

**2x Per Day**

**Directions:** Take 2 capsules twice daily



### Optimal-V™

Provides vitamins to support heart, eyes, skin and lungs

**2x Per Day**

**Directions:** Take 2 capsules twice daily



### Vináli™

Helps boost immunity and maintain skin

**2x Per Day**

**Directions:** Take 1 capsule twice daily



### Tahitian Noni®

#### ORIGINAL

Provides nutrients and boosts immunity

**1x Per Day**

**Directions:** Drink 2 fl oz (60 ml) daily



### Omega-Q™

Supports the cardiovascular system and brain health

**2x Per Day**

**Directions:** Take 1 softgel twice daily, preferably with meals

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# Q&A

## **Q: What should I expect when starting this program?**

**A:** You may experience a withdrawal from processed foods if your diet is high in fast food, frozen prepared, or canned food before the program.

As these chemical residues work their way out of your system, you may experience some cravings.

But it is important to be strong through these first 48 hours so you can get to the good part!

The Slenderix drops will begin to take full effect after about 48 hours.

To ensure weight loss, eat plenty of fibrous vegetables like broccoli, cauliflower, spinach, cucumbers, red peppers, and cabbage.

If you are truly hungry and not just experiencing withdrawal from the chemicals in processed foods, you need to eat more fiber-rich vegetables and drink more water.

Fiber and water intake are extremely important to your success with this program.

## **Q: Do I need to exercise while on this program?**

**A:** Exercise is important in maintaining a healthy lifestyle.

Even small amounts each day will benefit you.

Exercise will help you to lose inches though the scale may not reflect it as quickly because you are, at the same time, gaining muscle.

# Q&A

## **Q: What if I need to cheat?**

**A:** If you are going to deviate from the program at all, then eat more lean proteins or green vegetables and healthy fats.

Try to not eat sweets!

Eating sugar, starch and vegetable oils can set your weight loss back and change your fat-burning potential by three to four days.

Small deviations will not usually cause a sudden weight gain, but will slow your weight loss.

We prefer that you do not stray from the program, but if you do, be smart in your approach.

Make sure that your departure from the "ideal" is in moderation.

Don't allow your cheating to set you back to the point that you give up.

## **Q: What do I do if I hit a plateau?**

**A:** It is normal to experience plateaus for two to five days.

If it persists for longer than six days, you need to do one of two things to push your metabolism out of the plateau to allow your continued weight loss:

**Option 1:** For one full day, eat only protein, water, Slenderix & Xceler8 drops.

**Option 2:** Drink three PureNourish shakes a day with two apples as in between meal snacks, Slenderix & Xceler8 drops, and plenty of water.

\*Shakes can be prepared with two cups of organic baby spinach blended into the shake to increase fiber and digestive-cleansing enzymes.

Hormone Free

## SLENDERIIX

HOMEOPATHIC WEIGHT  
MANAGEMENT FORMULA

**1 Bottle**

Dietary Supplement

## XCELER8

METABOLISM SUPPORT &  
INCREASED ENERGY

**1 Bottle**

**Purpose:** Helps to temporarily reduce minor hunger pangs and control appetite to support weight loss efforts.

**Directions:** Place 0.7 ml (approximately 15 drops) under the tongue three times daily before meals. Leave under tongue for 30 seconds, then swallow. Do not eat or drink 10 minutes before or after taking Slenderiix.

**Warnings:** If pregnant or breastfeeding, do not use. Keep out of reach of children. Not for use by children under 18.

**Purpose:** Helps metabolism and increased energy in weight loss efforts. †

**Directions:** Shake well before using. Take 1 mL two times daily, 10 minutes after taking Slenderiix drops with breakfast and lunch. Meal can be eaten immediately following Xceler8.

**Warnings:** If pregnant or breastfeeding, do not use. Keep out of reach of children. Not for use by children under 18.

**Tamper Resistant Seal:** If seal is broken or missing, do not use.

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**Ingredients:** Ammonium Bromatum 12X, Avena Sativa 6X, Calcarea Carbonica 9X, Fucus vesiculosus 6X, Graphites 12X, Ignatia Amara 9X, Kali Phosphoricum 12X, Lycopodium Clavatum 6X, Natrum Mur 12X, Sulfuricum Acidum 12X, Thyroidinum 9X.

**Inactive Ingredients:** Grain Alcohol 20%, Natural Flavors, Stevia Leaf, USP Purified Water

**Store in a cool place, away from sunlight.**

Supplement Facts		
Serving Size: 24 (1 ml)		
Servings Per Container: 59		
	Amount Per Serving	%DV
Vitamin B12 <sup>(as Methylcobalamin)</sup>	600 mcg	25,000%
Biotin	100 mcg	333%
Rosehips Fruit Extract	10 mg	*
Acerola Fruit	2.5 mg	*
Proprietary Energy Blend	37.5 mg	*
*Green Tea Leaf Extract, Fresh Ashwagandha Root Extract, Rhodiola Rosea Root Extract		
*Daily Value (DV) Not Established.		

**Other Ingredients:** Vegetable Glycerin, Water, Stevia Leaf Extract, Peppermint Essential Oil

**Contains one (1) 2 fl oz (59 mL) of Slenderiix and Xceler8**

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Always check with your healthcare professional before starting any weight loss program, and before discontinuing or reducing dosage of prescription medications. Results may depend on diet and exercise.