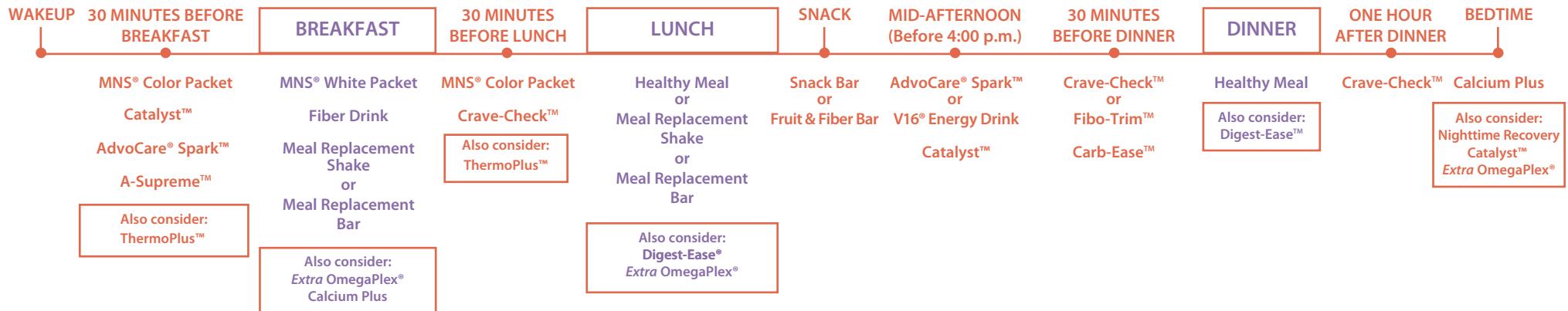




METABOLIC NUTRITION SYSTEM



Weight Management Timeline



NOTE:

Use Herbal Cleanse once every 90 days.

Take Crave-Check™ with a full glass of water and drink plenty of water throughout the day.

We recommend 30 to 60 minutes of physical activity five times per week and suggest incorporating these products into your routine: Muscle Fuel™ (30 minutes before physical activity), Catalyst™ (five minutes before physical activity), and Post-Workout Recovery (immediately following physical activity).