

WHAT'S INCLUDED IN THIS KIT

28 Advanced Booster Packets

Extra Strength Tonalin CLA:

Conjugated Linoleic Acid (CLA) stimulates weight loss by speeding up your metabolism. It helps your body convert food into energy more efficiently, making it easy to burn fat rather than store it.

Appetite Appeaser Plus Suppressant:

This potent blend of herbs will help you reduce your caloric intake and give your stomach a chance to return to a normal size. It'll keep you from overeating, give you a natural energy boost, and help to balance your blood sugar.

Green Coffee Bean Extract:

These unroasted beans turn up the heat on fatty deposits. This will help you get slimmer and have more energy to do the things you love.

Raspberry Ketones:

Raspberry ketones increase your body's production of fat-burning hormones, making it easier for you to lose weight the all-natural way.

7-Keto DHEA:

7-Keto DHEA is a metabolism-boosting and fat-burning powerhouse. It improves your lean body mass, trims the bulge from your belly, and increases your energy levels naturally.



Contact Us For More Information



WEIGHT LOSS STARTER KIT

Jump-start your weight loss



HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Weight Loss Starter Kit was formulated to help you lose weight and achieve your health and wellness goals at the same time. Each weight loss packet contains everything you need to naturally and efficiently shed excess pounds and transition into better health! These supplements will suppress your appetite, increase fat burning hormones, and increase your metabolism without stressing the adrenal glands.



WEIGHT LOSS STARTER KIT

ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Weight Loss Starter Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness Kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

Solutions4 Nutritional Shake:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar.

Solutions4 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

INSTRUCTIONS

Advanced Booster Packets:

Take two packets daily, one before breakfast and one in the afternoon.

Solutions4 Nutritional Shake:

Replace one to two meals each day with the shake.

Solutions4 Daily Essentials:

Take one packet daily.

TIPS FOR SUCCESS

Cleanse First:

For best results, use this kit after completing a week-long detoxification program with the Solutions4 7-Day Cleanse Kit. The 7-Day Cleanse Kit will detoxify your body and kick-start it into fat-burning mode. It also helps to eliminate cravings and reduce your stomach to its normal size, preparing your body to achieve the best possible results.

OTHER SUGGESTED PRODUCTS:

Solutions4 Cardio Health Essentials:

Each serving of this stick-pack beverage provides L-arginine, L-citrulline, and CoQ10. These ingredients support the entire circulatory system, which is an integral component of any weight loss program.

Solutions4 Craving & Impulse Control:

This powerful supplement is designed to help manage cravings, boost energy levels, and control impulsive behavior.

Solutions4 Daily Antioxidant Essentials:

Each serving of this delicious stick-pack beverage has essential vitamins, minerals, enzymes, antioxidants, and phytonutrients that your body needs to lose weight quickly and efficiently!

Solutions4 Vitamin B12:

This essential vitamin provides a natural boost of energy, which can make it easier to cut out caffeine and sugar, resulting in weight loss!



WHERE TO GO FROM HERE:

Maintain Your Progress with the Solutions4 Wellness Kit. To retain your results and provide your body with the nutrients it needs to maintain a healthy weight for life, we recommend continued use of the Solutions4 Wellness Kit, which consists of the Solutions4 Nutritional Shake and the Solutions4 Daily Essentials.

If you still have more weight that you'd like to lose, ask your doctor about additional full-service programs and/or weight loss supplements. If you're looking to achieve other results –reduce pain, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.



EATING GUIDELINES

To achieve your weight loss goals, we recommend that you follow these dietary guidelines:



RECOMMENDED:

- Organic dark leafy greens and brightly colored vegetables
- Organic fruits
- Organic eggs and poultry
- Wild-caught fish
- Unrefined, cold-pressed olive oil and coconut oil
- Organic butter



ACCEPTABLE:

- Whole grains and legumes (rice, quinoa, lentils, beans, etc.)
- Non-organic fruits and vegetables
- Non-organic poultry and eggs
- Farm-raised fish
- Organic, grass-fed red meat
- Refined olive oil and coconut oil
- Unrefined natural sweeteners: (honey, pure maple syrup, agave, etc.)



OFF LIMITS:

- Dairy products
- Refined vegetable oils
- Refined grains, flours, and sugars
- Processed foods, fast foods and junk foods
- Alcoholic or caffeinated beverages
- Artificial sweeteners
- Large amounts of red meat