

Brett Elliott's
Ultimate Herbal

2-Month Steady SLIM



USER GUIDE SHEET

Both products included and used together over 1 month

Part 1



Ultimate Herbal SLIM 480 Capsules

Take 2 capsules daily from each of the four bottles

The Herbal SLIM is the ultimate metabolic boost and craving controller, plus a gentle bowel regulator. Follow the 2-month Rapid Slim dose and diet plan and follow the food guide provided inside the pack and on the website.

For best results

Take 2 x *Thermogenik* and 2 x *XtraFood* with your morning BodiTune smoothie.

Take 2 x *Satisfied* 1/2 hour before dinner or before your normal naughty snack time.

Take 2 x *Cleansa* at bedtime.

Part 2



2 x BodiTune Drink 500g or 2 x 32 Sachets

Take 1 scoop or 1 sachet daily

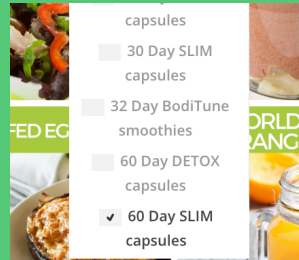
This energizing drink is best taken in the morning or early lunch with a smoothie. It increases metabolism and reduces hunger during the day.

Recipes are provided and you can choose from any of the smoothie recipes each day.

Food Guide

You will find a food guide and some recipes provided within each program.

You can also select your program on the recipe page www.brettelliott.com/food



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