

Brett Elliott's Ultimate Herbal

1-Month Rapid SLIM



USER GUIDE SHEET

Both products included and used together over 1 month

Part 1



Ultimate Herbal SLIM 480 Capsules Take 4 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 1-month Rapid Slim plan and follow the food guide provided inside the pack.

For best results

Take 4 x Thermogenik and 4 x XtraFood with your morning BodiTune smoothie. Take 4 x Satisfed 1/2 hour before dinner or before your normal naughty snack time. Take 4 Cleansa at bedtime.

Part 2



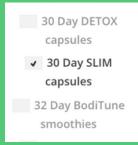
BodiTune Drink 500g or 32 Sachets Take 1 scoop or 1 sachet daily

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





Free Mobile App 'Detox 'n Heal Yourself' Get everything you need in the palm of your hand.



iPhone



Android