

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 *Satisfied* 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](http://www.brettelliott.com/food)

- ☐ 30 Day DETOX capsules
- ☒ 30 Day SLIM capsules
- ☐ 32 Day BodiTune smoothies



### Free Mobile App

'Detox 'n Heal Yourself'

Get everything you need in the palm of your hand.



iPhone



Android