

Nutritional Programs

***FREE starter kit for every new customer (save A\$17.00) ***



Healthy Shape up Monthly Program – (2 F1 & Vitamins)



Average Monthly Weight loss up to 1-2 Kgs or more

- Fast and Easy meal replacement
- Low calories, Increase Nutrition
- Great start to Lose/Gain/Maintain your weight and FEEL GREAT!
- Ideal Healthy breakfast.

Retail A\$250.50

*** Super fast, Super healthy breakfast as little \$4.18 per meal**



Formula 1 – A\$78.00

Herbal Beverage (original, cinnamon or peach) 100gram – A\$91.00

Protein Powder 360gm – A\$80.00

(F1 flavours - Chocolate, Vanilla, Berry, Choc Mint and Cookies & Cream)

Quickstart Program – (2 F1 + Vitamins + Active Fibre) **FAST WEIGHT LOSS**



Average Monthly Weight loss up to 2-4 Kgs or more

- Every the Shape Up Offers! Plus
- Helps keep digestive system regular
- Increases metabolism
- Healthy Anti Oxidants

Retail A\$360.00

*** Super fast, Super healthy breakfast as little A\$6.00 per meal**

**Advanced Program – (2 F1 + Vitamins + Active Fibre + 100gm Herbal Beverage)
FASTER WEIGHT LOSS**



Average Monthly Weight loss up to 3-5 Kgs or more

- Everything the Quickstart program offers! Plus an extra product.
- Helps with Hunger Control!
- Increased lean muscle
- Promotes FAT BURNING!
- Increases energy and stamina
- Increases metabolism And Healthy Anti Oxidants

Retail A\$451.00

* Super fast, Super healthy breakfast as little A\$7.52 per meal

Ultimate weight loss Program – (2 F1 + Vitamins + Active Fibre + 100gm Herbal Beverage + Aloe + Probiotic)

FASTEST WEIGHT LOSS



Average Monthly Weight loss up to 3-6 Kgs or more

- Everything the Advanced program offers! Plus an extra two products.
- Total Hunger Control!
- Increased lean muscle for effective weight loss and SHAPE AND TONE!
- Supports Healthy Digestive Function.
- Promotes FAT BURNING!
- Increases metabolism & Healthy Anti Oxidants

Retail A\$575.00

* Super fast, Super healthy breakfast as little A\$9.59 per meal

Like to snack?

Ask today about our healthy delicious snacks! Yummy protein choc peanut, vanilla almond or citrus lemon bars!



**Protein Bars (Vanilla, Choc Peanut or Citrus Lemon)
 14 per box – A\$55.50**