



VALENTUS

LIVIN TRIM

— With Valentus! —

12-in-24 Plan Program Guidelines & Suggestions

Congratulations! You have taken a GREAT step forwards on your path to a healthier, happy you! Our 12in24 Plan has been designed to create the easiest protocol to follow, to create compliance to a simple set of daily steps that will lead to losing unwanted body fat and shedding excess inches from areas of your body that have traditionally been tough to access and burn off. The goal of our 12-in-24 Plan is to assist you with your decision to embrace a better lifestyle.

Lose 12 lbs. or 12" or any combination thereof, within 24 days. Simply drink 3 delicious functional beverages that are strategically designed to aid your body in the EXACT DAILY ORDER, as follows:



- Between 7am-9am, drink one Valentus© Prevail SlimROAST first thing in the morning, 15-30 minutes before your breakfast. Avoid adding traditional dairy or sugar, ideally. If desired, substitute with Almond or Coconut Milk, and sweeten with Stevia, Xylitol or Guava extract.
- Mix one packet's contents thoroughly into 1 cup (250mL) of hot water thoroughly.
- Alternatively, iced coffee can be prepared with 1 cup (250mL) of cold water over ice.
- If there is any sensitivity to the naturally occurring caffeine, simply dose down starting with $\frac{1}{3}$ to $\frac{1}{2}$ of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.



- Drink one Valentus© Prevail TRIM in the afternoon, 30-60 minutes before supper.
- Mix 1 packet's contents thoroughly into 2 cups (500mL) of water and mix thoroughly.
- Drink entire contents within 15 minutes of dissolving crystals for maximum benefit.
- If there is any sensitivity to the natural ingredients, simply dose down starting with $\frac{1}{3}$ to $\frac{1}{2}$ of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.



- Drink one Valentus© Prevail IMMUNE, 30-60 minutes before bed.
- Mix 1 packet's contents thoroughly into 2 cups (500mL) of water.
- Drink entire contents within 15 minutes of dissolving crystals for maximum benefit.
- If there is any sensitivity to the natural ingredients, simply dose down starting with $\frac{1}{3}$ to $\frac{1}{2}$ of a packet for the first 6 days (week 1), and gradually increase your dosage in the following week(s) until fully acclimated.

**6 days a week, take the 7th day off. Repeat for 4 weeks.
That's it, just 24 days!**

