



## 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.





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- · Record your starting weight and your starting measurements (up to 7 body locations), and record these ONCE PER WEEK at the exact same time of day (recommended first thing in the morning after you've eliminated your colon and bladder).
- · Take a few photographs of your starting body, in your favourite clothing (swimsuit, shorts, dress etc.) to serve as motivation. Take photos from a straight on angle and from the side. Keep the photo location consistent to serve as a visual reference. For your personal record only, only share publicly if/when you feel comfortable to share your results. A before and after picture is worth a THOUSAND WORDS.
- Drink 8 to 12 glasses of water per day, as these products create thermogenesis.-This is the process of accessing stored fat, converting it to a bodyifriendly fuel and metabolized in the body. A byiproduct when burning fat is heat therefore it's critical that you drink enough water.
- stream for elimination through the bladder/colon. Potential side effects include nausea, diarrhea, mood swings and increase perspiration. • Exterior skeleton fat's primary role in the body is to store toxins. When you metabolize fat cells, toxins are released back into your blood

Weight Loss	Chest	Upper Arm (L)	Upper Arm (R)	Abdomen	Waist (Natural)	Buttocks	Buttocks Upper Knee Thigh (L) (L)	Knee (L)	Knee (R)	Calf (L)	Calf (R)	Total	Inches