

Here's How to Get
The Best Results
From Our Supplements!

WEIGHT LOSS SUPPLEMENTS



Liver Focus

[LEARN MORE](#)



Blood Sugar Focus

[LEARN MORE](#)



Tummy Focus

[LEARN MORE](#)



Fat Burning Trio

[LEARN MORE](#)

HORMONE SUPPLEMENTS



Hormone Focus

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EstroGlow

[LEARN MORE](#)



ProGestGlow

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Hormone Focus Bundle

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Menopause Support Bundle

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Are You Using Multiple Supplements?

Get A Daily Schedule Here

SAMPLE DAILY REGIMENS

Many use their phone reminders to stay consistent with their daily regimen as consistency is the key to success!



Fat Burning Trio

(Liver Focus, Blood Sugar Focus and Tummy Focus)

[SEE THE SAMPLE REGIMEN](#)



Hormone Focus + The Fat Burning Trio

(Liver Focus, Blood Sugar Focus and Tummy Focus)

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The Hormone Focus Bundle

(Hormone Focus + ProGestGlow)

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The Menopause Support Bundle

(Hormone Focus + EstroGlow + ProGestGlow)

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Weight Loss Supplements

Liver Focus

LIVER FOCUS is a liver cleanse that helps you **detox the liver** and **accelerate fat burning** in the body.



HOW TO TAKE:

- 1 You will slowly work your way up to 3 capsules per day.
- 2 For the first week, begin by taking 2 capsules, morning or night, but be sure to take them about 2 hours away from other medications and supplements. However, Tummy Focus is the only supplement you can take WITH Liver Focus at the same time. If supplements make you queasy, you can take Liver Focus with food.
- 3 After starting with 2 capsules per day for the first week, you can increase to 3 capsules per day to accelerate results. You can take all the capsules at one time.

Please keep in mind that it takes several weeks for the product to build up in your system, but you should expect the best results to show in 30 days.

To get the best results from Liver Focus, do these 5 things:

- ✓ **Drink a lot of water.** You should be drinking a gallon of water per day, as you can't successfully detox without drinking a lot of water to flush out toxins.
- ✓ **Eat clean.** You don't have to be perfect, but eat as healthy as possible. Eating clean is lean protein, good carbs, and healthy fats.
- ✓ **Pee, poop and sweat more frequently.** When you begin a detox, these are the signs that it's working and peeing, pooping and sweating is how you release toxins, and releasing toxins is how you release weight.
- ✓ **Be consistent and follow the instructions.** You start with 2 the first week, and then the next week, scale to 3 capsules per day and be sure to take 2 hours from other medications and supplements. (Note: Liver Focus and Tummy Focus can be taken at the same time). *Please note that Liver Focus is a powerful detox and just as with any detox, typical detox symptoms like fatigue, headaches, nausea or breakouts can occur. This is temporary and can be reduced by taking 1 capsule and drinking more water to flush out toxins faster.*
- ✓ **Be patient.** For the majority of people, the best results show in 30 days at 3 capsules per day as it takes 3-4 weeks for the product to build up in your system and show results.



Weight Loss Supplements

Blood Sugar Focus

BLOOD SUGAR FOCUS (BSF) helps you **maintain your health, weight and energy naturally**. BSF reduces cravings for sugar and carbs and helps prevent blood sugar spikes, which cause fat storage in the body. BSF is ideal for diabetics, pre-diabetics, those with insulin resistance, PCOS, and most importantly, those trying to lose weight, namely belly fat.



HOW TO TAKE:

- 1 To get the fastest results, start off with the maximum dosage (loading dose) of Blood Sugar Focus, which is to take 2 capsules twice a day, WITH MEALS, and always 2 hours away from Liver Focus.
- 2 As an example, that would be 2 capsules with breakfast or lunch and 2 capsules with dinner each day.
- 3 Then after a month, you can go back to the normal dosage of 2-4 capsules of BSF per day.
- 4 **After the first month:** The recommended dosage for BSF is 2 -4 capsules WITH ANY MEAL YOU CHOOSE. It's important that Blood Sugar Focus be taken with meals for it to be most effective. Please keep in mind that it takes several weeks for the product to build up in your system, but you should expect best results to show within 30 days.

To get the best results from Blood Sugar Focus, be sure to:

- ✓ eat healthy,
- ✓ drink lots of water
- ✓ and take every day consistently.

*You can take both **Liver Focus** and **BSF**, but Liver Focus should be taken **2 hours apart** from BSF to get the most out of both products. And BSF is always taken with meals.*



Weight Loss Supplements

Tummy Focus

TUMMY FOCUS (TF) is a powerful and effective colon cleanser that uses ozonated magnesium oxide to cleanse the entire digestive tract. The magnesium oxide compounds help reduce bloating, gas, occasional constipation, all while helping the body to eliminate waste and toxins. Tummy Focus provides a gentle and effective way to cleanse the colon and support gut health.



HOW TO TAKE:

- 1 It's important to find the number of capsules (anywhere from 3 - 5 capsules) that are right for you.
- 2 To get the best results, begin by taking 3 capsules on an empty stomach with 10-12 ounces of water at bedtime.
- 3 The next night, adjust the dosage up or down by 1 capsule until the desired cleanse is achieved. This can be done up to 5 capsules at bedtime. The typical dosage is anywhere from 2 - 5 capsules depending on the individual.
- 4 Continue this dosage to achieve desired results as directed by a healthcare professional. Many take Tummy Focus with Liver Focus together at bedtime.

Also note that it's important to drink plenty of water, up to a gallon per day if you're detoxing or trying to lose weight.



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Weight Loss Supplements

Fat Burning Trio

The Fat Burning Trio (Liver Focus, Blood Sugar Focus and Tummy Focus) works to accelerate fat burning, reduce belly fat and support a healthy lifestyle.



Blood Sugar Focus (BSF): To get the fastest results, start off with the maximum dosage (loading dose) of Blood Sugar Focus (BSF) which is to take 2 capsules twice a day, WITH MEALS, and always 2 hours away from Liver Focus.

As an example, that would be 2 capsules with breakfast or lunch and 2 capsules with dinner each day. Then after a month, you can go back to the normal dosage of 2-4 capsules of BSF per day.

BSF must be taken 2 hours apart from Liver Focus.



Liver Focus: It can be taken morning, bedtime and with or without food. Liver focus is 2 capsules the first week, then 3 capsules after that. You can take all the capsules at one time.

Many take Liver Focus and Tummy Focus together at bedtime, which is very effective.



Tummy Focus : For Tummy Focus, you will take 3-5 capsules at bedtime; it's important to find the dosage that is right for you. Start by taking 3 capsules on an empty stomach with 10-12 ounces of water at bedtime. Adjust dose up or down by 1 capsule until the desired cleanse is achieved. Continue this dosage to achieve desired results as directed by a healthcare professional.

Be sure to consult your physician.



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Hormone Supplements

Hormone Focus

Hormone Focus naturally supports hormonal balance.



HOW TO TAKE:

For optimal results, take 2 capsules with a meal and a glass of water or as directed by a healthcare professional.

Some women who have trouble sleeping related to estrogen dominance, perimenopause or menopause find that taking Hormone Focus at night helps them stay asleep longer.

It's important to consult with a healthcare professional when making dosage adjustments.



Hormone Supplements

Hormone Focus Bundle

The Hormone Focus Bundle is a Natural Solution to Correct Hormonal Imbalances, including Estrogen Dominance and Perimenopause.



ProGestGlow: Use as directed by your healthcare provider, typically once or twice daily (morning and/or bedtime). Dispense 1 pump of the cream per application. Apply the cream to areas of thin skin with minimal fat and visible veins, such as the inner upper arms, inner thighs, inner forearms, behind the knees, and back of the neck. You can also apply the cream to the inner wrist or inner elbow. Rotate application sites to avoid irritation and wash hands after application.

For best results, use consistently at the same times each day to maintain balanced hormone levels.



Hormone Focus supplement: For optimal results, take 2 capsules with a meal and a glass of water or as directed by a healthcare professional. Some women who have trouble sleeping related to estrogen dominance, perimenopause or menopause find that taking Hormone Focus at night helps them stay asleep longer.

It's important to consult with a healthcare professional when making dosage adjustments.



Hormone Supplements

Menopause Support Bundle

The Menopause Support Bundle (**Hormone Focus + EstroGlow + ProGestGlow**) is A Natural Solution to Reduce the Symptoms of Menopause and Post-Menopause, such as Hot Flashes, Mood Swings, Weight Gain and Insomnia



EstroGlow and ProGestGlow: Use as directed by your healthcare provider, typically once or twice daily (morning and/or bedtime). Dispense 1 pump of the cream per application. Apply the cream to areas of thin skin with minimal fat and visible veins, such as the inner upper arms, inner thighs, inner forearms, behind the knees, and back of the neck. You can also apply the cream to the inner wrist or inner elbow. Rotate application sites to avoid irritation and wash hands after application.

For best results, use consistently at the same times each day to maintain balanced hormone levels.



Hormone Focus supplement: For optimal results, take 2 capsules with a meal and a glass of water or as directed by a healthcare professional. Some women who have trouble sleeping related to estrogen dominance, perimenopause or menopause find that taking Hormone Focus at night helps them stay asleep longer.

It's important to consult with a healthcare professional when making dosage adjustments.



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Hormone Supplements

EstroGlow

ESTROGLOW is a bioidentical topical estrogen cream specifically formulated to **provide relief from the discomforts of hormonal imbalances** associated with menopause, post-menopause, and a hysterectomy.



HOW TO TAKE:



- 1 Use as directed by your healthcare provider, typically once or twice daily (morning and/or bedtime).
- 2 Dispense 1 pump of the cream per application.
- 3 Apply the cream to areas of thin skin with minimal fat and visible veins, such as the inner upper arms, inner thighs, inner forearms, behind the knees, and back of the neck. You can also apply the cream to the inner wrist or inner elbow.
- 4 Rotate application sites to avoid irritation and wash hands after application.

For best results, use consistently at the same times each day to maintain balanced hormone levels.



IMPORTANT NOTE:

EstroGlow, ideally, should not be taken alone. It should be taken with ProGestGlow.

Anytime you take bioidentical estrogen (EstroGlow), you need bioidentical progesterone (ProGestGlow) to avoid causing estrogen dominant symptoms.

Success is about hormonal balance between estrogen and progesterone.



Hormone Supplements

ProGestGlow

PROGESTGLOW is an effective concentration of **bioidentical topical progesterone cream** to relieve symptoms of hormonal imbalances.



HOW TO TAKE:

- 1 Use as directed by your healthcare provider, typically once or twice daily (morning and/or bedtime).
- 2 Dispense 1 pump of the cream per application.
- 3 Apply the cream to areas of thin skin with minimal fat and visible veins, such as the inner upper arms, inner thighs, inner forearms, behind the knees, and back of the neck. You can also apply the cream to the inner wrist or inner elbow.
- 4 Rotate application sites to avoid irritation and wash hands after application.

For best results, use consistently at the same times each day to maintain balanced hormone levels.



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Weight Loss Supplements

Fat Burning Trio

(Liver Focus, Blood Sugar Focus and Tummy Focus)

Option 1	Liver Focus	Blood Sugar Focus	Tummy Focus
<p>MORNING</p>	<p>3 capsules</p>		
<p>BREAKFAST OR LUNCH</p>		<p>2 capsules</p>	
<p>DINNER</p>		<p>2 capsules</p>	
<p>BEDTIME</p>			<p>3-5 capsules</p>

Option 2	Liver Focus	Blood Sugar Focus	Tummy Focus
<p>MORNING</p>			
<p>BREAKFAST OR LUNCH</p>		<p>2 capsules</p>	
<p>DINNER</p>		<p>2 capsules</p>	
<p>BEDTIME</p>	<p>3 capsules</p>		<p>3-5 capsules</p>





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Hormone Supplements
Weight Loss Supplements

Hormone Focus + The Fat Burning Trio

(Liver Focus, Blood Sugar Focus and Tummy Focus)

Option 1	Liver Focus	Blood Sugar Focus	Tummy Focus	Hormone Focus
 MORNING	3 capsules			
 BREAKFAST OR LUNCH		2 capsules		
 DINNER		2 capsules		
 BEDTIME			3-5 capsules	2 capsules

Option 2	Liver Focus	Blood Sugar Focus	Tummy Focus	Hormone Focus
 MORNING				
 BREAKFAST OR LUNCH		2 capsules		2 capsules
 DINNER		2 capsules		
 BEDTIME	3 capsules		3-5 capsules	

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Hormone Supplements

The Hormone Focus Bundle

(Hormone Focus + ProGestGlow)

Option 1	Hormone Focus	ProGestGlow
<p>MORNING</p>		1 Pump
<p>BREAKFAST OR LUNCH</p>	2 capsules	
<p>DINNER</p>		
<p>BEDTIME</p>		1 Pump (optional)



NOTE:

the hormone creams (ProGestGlow and EstroGlow) are always taken morning or bedtime; always rotate the application site and wash hands after application.



Hormone Supplements

The Menopause Support Bundle

(Hormone Focus + EstroGlow + ProGestGlow)

Option 1	Hormone Focus	ProGestGlow	EstroGlow
<p>MORNING</p>		1 Pump	1 Pump
<p>BREAKFAST OR LUNCH</p>	2 capsules		
<p>DINNER</p>			
<p>BEDTIME</p>		1 Pump (optional)	1 Pump (optional)



NOTE:

the hormone creams (ProGestGlow and EstroGlow) are always taken morning or bedtime; always rotate the application site and wash hands after application.