



xynqular®  
look better



## A Slimmer and More Toned You in 30 days!

Have you struggled to lose weight and keep it off? Do you feel like it is impossible to maintain healthy habits? With the Xyngular Weight Loss Kit, we have taken the guesswork out of weight loss. All you need to do is follow this simple 30-day system and you will start to see amazing results. There will be both long and short term benefits that will help you reshape your health and find a permanent solution to meeting and maintaining your weight loss goals.\*

What you can expect with the Xyngular Weight Loss Kit:

SHORT TERM	LONG TERM
Lose weight and inches quickly*	With healthy weight loss, reduce the likelihood of obesity related diseases*
Jumpstart your metabolism*	Learn to lose weight in a healthy way*
Maintain healthy weight Loss*	Stop yo-yo dieting for good*
Curb your cravings *	Look Better*

The Xyngular Weight Loss Kit is designed to help you look your best. Whether you are looking to lose weight and inches, or you just need to tone up, our easy to follow system will help you achieve your goals. You will have access to a unique combination of products, dietary choices, activity suggestions and support, for a 30-day system that really works.\*

\*Always consult a physician before starting any diet or exercise program. Individual results from using Xyngular products may vary depending on diet and exercise. Product results may not reflect the results of all consumers of Xyngular products. Xyngular products are not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the Food and Drug Administration.

# Look Better

Tone Up • Lose Weight • Detox

## Xyngular Weight Loss Kit



Xyng



1-2 capsules



Fat Loss



Appetite Control



Lean (2)



1 scoop



Snack Replacement



Supports Lean Muscle



Cheat+



2 capsules



Calorie Mitigation



Appetite Control



XR2



2 tablets



Suppress Stress Eating



Suppress Nighttime Cravings



Flush



2 capsules



Gut Support



Cleanse

## Food



Days 1, 2, 3, 5, 6	Day 4
Low Carb	High Carb
3x meals 2x smoothies	3x meals 2x smoothies

Meals - Day 1, 2, 3, 5, 6	Meal - Day 4
4-6 oz protein 1-2 cups green vegetables	4-6 oz protein 1 cup of fruits or grains per meal

### Sample Schedule: Days 1-6

Time of Day	Meal/ Shake	Products
Wake Up	Smoothie	Lean
Mid-Morning (no later than 10:00 am)	Meal 1	Xyng (1-2 capsules with food)
Mid-day	Meal 2	Cheat +
Evening (no later than 7:00 pm)	Meal 3	XR2
Night	Smoothie	Lean, Flush*

### Day 7: Free Day!

► Repeat Days 1-6 for 4 weeks, with Day 7 as a free day.

#xyngularweightloss

# burn fat

# Food

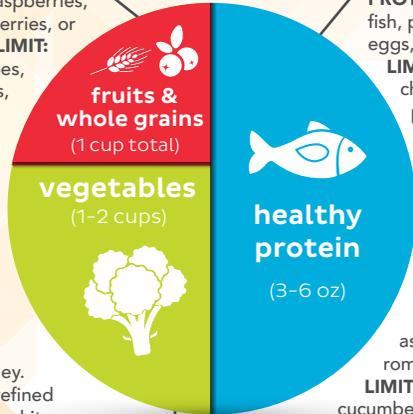
## Xyngular Weight Loss Plate

### FRUIT CHOICES:

blueberries, raspberries, guava, strawberries, or blackberries. **LIMIT:** bananas, grapes, pomegranates, cherries and apples.

### WHOLE GRAIN CHOICES:

100% whole wheat, old fashioned or steel cut oats, brown rice, quinoa or barley. **ELIMINATE:** refined grains such as white rice, pasta or white bread.



### PROTEIN CHOICES:

fish, poultry, turkey, eggs, beans, or nuts. **LIMIT:** red meat, cheese, bacon and processed meats.

### VEGETABLE CHOICES:

spinach, kale, broccoli, bell peppers, asparagus, or romaine lettuce. **LIMIT:** carrots, cucumbers, mushrooms, radishes and onions.



Use healthy oils (olive, coconut, canola) for cooking and on salads.



Drink water, tea, coffee, Spryng, or Xypstix. Limit dairy, juice, soda, and sports drinks.

### Serving Size Tips



3 oz



1 palm



1 cup grains or vegetables



1 fist

## Exercise

Regular exercise boosts your metabolic rate and helps maintain healthy metabolism on a daily basis, leading to faster and more sustainable weight loss. Want to get started? Here are 5 quick ways to burn 150 calories right now!



1. Dance for 30 minutes.
2. Bike for 30 minutes.
3. Swim for 20 minutes.
4. Push a stroller for 1.5 miles.
5. Walk for 30 minutes.

## Support

The Xyngular Way of Health means you never have to do it alone. As a member of the Xyngular family you will have support every step of the way. From Member teams, to the corporate office, personal support is never far.

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