

benevita®





































WEIGHT MANAGEMENT SYSTEM

THE TIME TO MAKE A CHANGE IS NOW

We know how important it is for you to live your life to the fullest while staying healthy, which is exactly why we designed the Benevita Weight Management System. This complete system offers you the ideal balance of proteins, fibre, vitamins and minerals to help you reach and maintain a healthier lifestyle. It includes three components: **Shake-It!**, **Go!** and **Recover!** formulated to help maintain your ideal weight while helping you feel great all day, every day.

HOW IT WORKS:

The Benevita Weight Management System is flexible for most lifestyles and provides your body with the perfect balance of nutrition, energy and rest.

	OPTION 1 MONDAY - FRIDAY	OPTION 2 MONDAY - FRIDAY	WEEKEND SATURDAY & SUNDAY
	 Glass of water with juice from half slice of fresh lemon	 Glass of water with juice from half slice of fresh lemon	 Glass of water with juice from half slice of fresh lemon
	 20 - 30 minutes of exercise	 20 - 30 minutes of exercise	 20 - 30 minutes of exercise
MORNING 	 BREAKFAST Shake-It!	 2 go! capsules	 BREAKFAST
MID-DAY 	 2 Vita+ tablets and a healthy snack	 BREAKFAST	 2 Vita+ tablets and a healthy snack
AFTERNOON 	 2 go! capsules	 2 Vita+ tablets and a healthy snack	 2 go! capsules
	 LUNCH	 LUNCH Shake-It!	 LUNCH
EVENING 	 Glass of water and a healthy snack	 Glass of water and a healthy snack	 Glass of water and a healthy snack
	 2 recover! capsules	 2 recover! capsules	 2 recover! capsules
NIGHT 	 DINNER	 DINNER	 DINNER
	 Glass of water before going to bed	 Glass of water before going to bed	 Glass of water before going to bed

RECOMMENDATIONS:

- Drink 2 litres of water every day
- Avoid foods that are high in fat and sugar
- Walk or exercise at least 4 times per week, 30 minutes per day
- Take 2 Vita+ tablets daily

For more information: