


































# 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
 MORNING	 Glass of water with juice from half slice of fresh lemon  20 - 30 minutes of exercise  <b>BREAKFAST Shake-It!</b>	 Glass of water with juice from half slice of fresh lemon  20 - 30 minutes of exercise  2 <b>go!</b> capsules	 Glass of water with juice from half slice of fresh lemon  20 - 30 minutes of exercise  <b>BREAKFAST</b>
MID-DAY	 Glass of water and a healthy snack  2 <b>go!</b> capsules	 <b>BREAKFAST</b>  Glass of water and a healthy snack	 Glass of water and a healthy snack  2 <b>go!</b> capsules
AFTERNOON	 <b>LUNCH</b>	 <b>LUNCH Shake-It!</b>	 <b>LUNCH</b>
EVENING	 Glass of water and a healthy snack  2 <b>recover!</b> capsules	 1 copo de água e um snack saudável  2 <b>recover!</b> capsules	 Glass of water and a healthy snack  2 <b>recover!</b> capsules
NIGHT	 <b>DINNER</b>  Glass of water before going to bed	 <b>DINNER</b>  Glass of water before going to bed	 <b>DINNER</b>  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

For more information: