

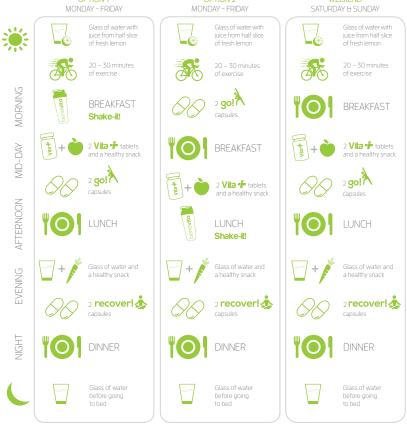
Denevita® WEIGHT MANAGEMENT SYSTEM

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.



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

