

# FIT KIT INSTRUCTIONS

Nutrition, Hydration, and Calcium



## Protein Shake Mix Meal Replacement, Vanilla

Shake up your daily routine with a delicious vanilla shake that delivers 20 grams of vegan protein, plus 22 essential vitamins and minerals per serving.

### Recommended for:

Supplementing your diet with nutritious vegan protein.

### Directions:

Add 60 g (3scoops) to 255ml cold water and shake vigorously. Take 2 times per day.



## Daily Fibre Boost

Boost your daily dietary fibre intake.

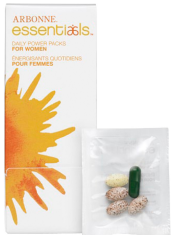
This flavourless blend of soluble fibre can be added to all foods and beverages, including the Chocolate or Vanilla Vitamin/Mineral Shakes. Derived from fruit, grains and vegetables.

### Recommended for:

Supplementing your daily fibre intake.

### Directions:

Add 1 scoop to your favourite drink or food. Enjoy 1-2 servings per day to supplement your fibre intake.



## Daily Power Packs for Women

Daily nutritional packs containing 5 supplements with multivitamins, multi-minerals, probiotics and enzymes, along with bone health and antioxidant formulas targeting to address women's individual needs in an easy-dispensing carton.

### Recommended for:

Women 18 years and above

### Directions:

Take contents of 1 packet daily with a meal



## Energy Fizz Tabs, Pomegranate

A refreshing combination of botanicals, B-vitamins and chromium to help increase alertness and performance as well as help the body to metabolize fats, carbohydrates and proteins.

### Directions:

Add 1 tablet to 8 oz. Of room temperature water and allow the tablet to dissolve completely. Once dissolved, add ice or refrigerate for a refreshing drink. Enjoy 1-3 times per day.

Allow 4-5 minutes for tablet to dissolve; water must be room temperature due to the natural ingredients. It is okay to refrigerate the beverage after tablet is dissolved.

# FIT KIT INSTRUCTIONS

Nutrition, Hydration, and Calcium



## Women's Calcium Plus

A blend of calcium, magnesium, vitamin D and other ingredients as part of a healthy diet, along with physical activity, to help reduce the risk of developing osteoporosis.

### Recommended for:

Women

### Directions:

Take 3 tablets daily, preferably with a meal.



## Fit Chews, Chocolate

These bite-sized treats will deliver a great tasting boost throughout the day.

### Directions:

Enjoy 1 chew between meals to help control your appetite and deliver a boost – 8 maximum per day.



## Herbal Tea

A delicious, mild, decaffeinated herbal tea with 6 botanicals

### Directions:

Pour 250 mL of freshly boiled water over tea bag. Steep 3-5 minutes, dunking tea bag in and out several times. Discard tea bag and enjoy.



## Nutritional Supplement Bar, Chocolate

A healthy balance of protein, fibre, and 15 vitamins and minerals, our supplement bar satisfies hunger and helps boost energy. Made with nutrient-rich quinoa and 9 grams of pea and rice protein. Simple, nutritious, and all wrapped up in a chocolate flavoured bar.

### Recommended for:

Balancing nutrition, boosting energy.

### Directions:

Enjoy 1-2 bars per day. Drink 250 mL of water with the bar.