

FIT KIT INSTRUCTIONS

Nutrition, Hydration and Omega-3



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 Men

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

Recommended for:

Men 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.



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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.



Omega-3 Plus

Source of omega-3 fatty acids and docosahexaenoic acid (DHA) for the maintenance of good health

Directions:

Adults and adolescents 13 and over: Take 2 capsules once per day with a meal.