

Liv Product Usage Guide

WEIGHT RELEASE SYSTEM

Liv Sxinney Max(caffeine) or Stix(no caffeine): Mix one stix (sleeve) with 32-40 ounces of water. Drink throughout the day. Consume 2 each day. Liv Sxinney is an appetite suppresser, converts carbohydrates to energy, pulls fat from fat cells and helps you feel fuller between meals.

Clenz T: Take 1-3 capsules each night before bed for 1 - 2 weeks initially. Detoxifies the liver, kidney and colon. Choose one week a month to take until you reach desired weight release results. Use Clenz T whenever you feel bloated or unable to move your bowels. Not habit forming.

Crave: Take Crave after eating a meal or in between meals. Put the powder in your mouth slowly and chew while drinking Liv Sxinney. You can also mix Crave with Liv Sxinney or water. You may choose to take Crave with both lunch and dinner.

SXinney Mist: Spray on top of the tongue three times, do this several times a day. Sugar blocking affect will last 45 to 90 minutes. Excellent for controlling sweet cravings and managing cortisol levels.

Go NitriMax: Mix one scoop with 4 ounces of water. Stir to dissolve. Choose to take on an empty stomach before bed, first thing in the morning or before work-outs. Go increases lean muscle mass and endurance. Excellent for getting that "cut" look.

PERFORMANCE & WELLNESS SYSTEM

Green 20 (lemon or mint): Mix one stix (sleeve) with 32 - 40 ounces of water. Drink throughout the day. Use one to two stixs each day. Green 20 boosts energy, detoxification, anti-inflammation effects and some will experience weight release.

Go NitriMax: Mix one scoop with 4 ounces of water. Stir to dissolve. Choose to take on an empty stomach before bed, first thing in the morning or before work-outs. Go will increase blood flow throughout your body, anti-aging effects, decreases recovery time, increases energy at the cellular level.

Blox: Take 1-2 capsules daily. Reboot your immune system. Consume more during times of physical stress or illness. Supports your body's ability to reduce inflammation.

SereZen: Spray 3 times under the tongue. Repeat 5 times throughout the day. Balances moods and energy. Reduces anxiety and stress. Helps with addictive behavior.

Clenz T: Take 1-3 capsules each night before bed for 1 - 2 weeks initially. Detoxes the liver, kidney and colon. Cleansing is key to rebooting your digestive and natural detoxing organs. Use Clenz T whenever you feel bloated or unable to move your bowels. Not habit forming.

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DAILY ESSENTIALS

Green Drink - Your choice of Liv Sxinney for continued weight release or maintenance, or Green 20 for wellness and performance. Consume 1-2 stixs per day for optimal results.

Smart: Consume 2 capsules a day as adults and 1 a day for children under 18 years old. Smart provides 100% of the daily requirements for vitamins that you need with increased levels of key vitamins such as vitamin D and B complex. Additional ingredients support the brain. Enhanced memory, mental acuity and learning skills.

Liv Products - Add in those products that enhance your new Liv lifestyle. Crave and Go for those seeking to release weight. Blox and Go for those seeking better health and improved recovery from strenuous work-outs.

LIV ENERGY PRODUCING PRODUCTS

Zing: Take a pinch of Zing whenever you want to increase your alertness. All natural ingredients which enhance learning, cognition and mood and may promote faster reaction time. Zing is a caffeine product. You may also add Zing to your Liv Sxinney or Green 20 for alertness throughout the day.

SereZen: Spray 3 times under the tongue whenever you are feeling a lull in energy. The adaptogenic herbs have shown to help the body adapt to stress and elevate mood.

Go NitriMax: Mix one scoop into 4 ounces of water and stir until dissolved.

LIV WEIGHT RELEASE LIFESTYLE TIPS

*Take your **measurements** before you begin the products. Most people will report changes in their body before they see changes on the scale.

*Start seeing **food as fuel**. Eat only when hungry and strive to eat 4-6 small meals each day. Liv products will help you feel satiated throughout the day. Fewer calories will bring big results.

***Exercise and move your body**. Liv products enhance your efforts at the gym. Recovery, exertion and endurance are all increased when consuming Liv products.

***Cleanse** to improve your digestion and fat burning metabolism. For a complete guide to using the Liv products during a cleanse, go to www.livsxinney.com and download the ebook

Confident Cleansing for Better Health & Weight Release. Listen to the coaching calls for motivation!