

THE XEN-FIT™ CHALLENGE SUMMARY GUIDE

What do I take? What do I do? Just 3 Simple Steps!

STEP
1

Xenesta® Premium Supplements



NÜVIVE® BODY for MEN or WOMEN

To begin, a “loading phase” of six (6) capsules per day is recommended for the first 30–90 days or longer. To accomplish this, take two (2) NÜVIVE® BODY Capsules with breakfast, lunch and dinner. If you don’t eat breakfast, then take three (3) NÜVIVE® BODY Capsules with lunch and dinner.

X-FUEL™ or MemoryWorks®

Take 1 serving of X-FUEL™ or MemoryWorks® per day. The choice is yours on the timing. Many people prefer these energetic nutrients in the afternoon right after lunch while others prefer the morning. If you exercise in the morning or early afternoon, try sipping on 1-serving of X-FUEL™ to FUEL your workouts!

NÜVIVE® BOOST

For even greater XEN-FIT™ results, add NÜVIVE® BOOST Superfood Infusion to X-FUEL™ or MemoryWorks®! NÜVIVE® BOOST contains USDA Organic Lion’s Mane Mushroom, CherryPURE® Tart Cherry Extract, and an infusion of other antioxidant-rich berry and fruit extracts from around the world.

The botanical ingredients in NÜVIVE® BOOST promote faster recovery of isometric strength and muscle function after exercise. That means faster relief from the minor aches, discomfort, and stiffness that can follow everyday muscle exertion.[†]

- Supports muscle recovery after exercise[†]
- Faster relief from aches and stiffness associated with muscle exertion[†]
- Packed with powerful brain / body healthy antioxidants called anthocyanins[†]

NÜVIVE® CORE

Optimally we recommend you never skip a meal – ever! The goal is to keep your metabolism high. This is where NÜVIVE® CORE comes in – if you find you have to skip a meal, you can take a serving of this superior Grass Fed New Zealand Whey Protein to support your metabolism. Optimally however you won’t miss any meals, and you will add one-serving of this superior protein to your diet immediately after exercise (within 10–20 minutes) to help support lean healthy muscle recovery after every exercise event.[†]



[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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STEP 2



Eat The XEN-FIT™ Way!

The XEN-FIT™ CHALLENGE empowers people with the ability to apply proven, science-based knowledge about diet, nutrition, and exercise. These 3-steps together are powerful. Please see the **XEN-FIT™ 3-Step Program Guide** we created to guide you on exactly what to eat and why – you'll find you are **EMPOWERED** with hundreds of foods to choose from! You will **BOOST** your metabolism and shed pounds by eating 3 to 5 times a day the XEN-FIT™ way! Please see the **XEN-FIT™ 3-Step Program Guide** for details.

The XEN-FIT™ CHALLENGE is all about **EMPOWERING YOU** with the ability to apply proven, science-based knowledge about diet, nutrition and exercise. We ask that you engage these 3-steps 100% for just 30 days to see how fantastic you can look and feel. This powerful 3-Step Program can serve to **TRANSFORM YOUR HEALTH AND YOUR LIFE!** Even better – create a **TEAM** of like-minded individuals around you who you know and love! **TEAM** stands for **T**ogether **E**verybody **A**chieves **M**ore and together – you can **EMPOWER** each other to reach your goals!

STEP 3



Exercise – Just 10 Minutes A Day The XEN-FIT™ Way!

Exercise is a **POWERFUL** way to boost metabolism and mood and to reset healthy hormone levels in both men and women, while boosting growth hormone and helping you to look younger and feel fantastic. The really good news is only 10-minutes dedicated to “the right kind of exercise” can produce all of the beneficial effects that you are looking for – and who really doesn't have 10-minutes a day! Please see the **XEN-FIT™ Program Guide** for details.

At the end of 30-days, many people choose to continue for another 30-day cycle, oftentimes 90 days longer to reinforce and sustain the benefits of the program and reach specific lean-body composition goals. It's up to you! We just ask that for 30-days you'll give it all you've got for yourself – and share the benefits of the program with everyone you know and love!

VIEW ALL OF OUR PRODUCTS AT
www.Xenesta.com