

Slenderiiz Guide

SLENDERIIZ®

Drops to Drop

Lose Weight
2x Faster*



*In a study, subjects using Slenderiiz® products lost more than twice as much weight as subjects who did not use Slenderiiz products. All participants limited daily food intake to 1,250 calories. Individual results vary.



Proven Weight Loss

The Slenderiiz® Program is the only healthy and natural program proven to help you lose weight 2x faster* than with diet and exercise alone.

The Slenderiiz Program is more than just weight loss, it's an easy-to-follow path developed in partnership with medical doctors, scientists, wellness experts and athletes to truly transform your mind and body. Now, let's get started on your wellness transformation.

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Reset. Burn Fat. Maintain.

The Slenderiiz Program is simple. There are just three steps to help you win at weight loss.

1

Reset

Reset your mindset and set yourself up for success with a little prep. Begin by changing your diet to just consist of Slenderiiz Approved Foods. That means eliminating fast food and junk food from meals, plus conducting a kitchen cleanse of processed foods. Incorporate the recommended products into your routine for optimal support, and aim to drink 8 fl oz of water, 8-10x daily. These steps will pave the way for your healthier lifestyle.

- Eat from the Slenderiiz Approved Food List
- Stop eating fast food and junk food
- Remove processed food from your kitchen
- Drink 8 fl oz of water, 8-10x daily

2

Burn Fat

After your Reset, keep sticking to the Slenderiiz Approved Food List, plus make sure to incorporate our recommended supplements, so your body is getting everything it needs for optimal performance. Staying hydrated is also important; drink 8 fl. oz of water, 8-10x daily. And unlike the first phase, you're going to add in movement! Try to get in 15-30 minutes of exercise per day. This will help you burn fat!

- Eat only from the Slenderiiz Approved Food List
- Drink 8 fl oz of water, 8-10x daily
- Move 15-30 minutes daily

3

Maintain

To maintain all your hard work, we have a few recommendations. Continue to prioritize the Slenderiiz Approved Food List. Keep up your supplement routine, daily exercise and hydration. All of these steps will help ensure the longevity of your success! After all, it's not just about losing the weight, it's about losing the lifestyle and mindset that got you there.

- Eat from the Slenderiiz Approved Food List
- Drink 8 fl oz of water, 8-10x daily
- Move 15-30 minutes daily
- Avoid processed foods

1 Reset

Begin your wellness journey by hitting the “Reset” button. Whether you’re coming off a food-filled holiday season or simply have strayed from eating healthy, the Reset phase helps you kickstart healthy habits so you start burning fat.

Eat right

Eat three regular, healthy meals with foods from the Slenderiiz Approved Food List. All the foods on the Approved Food List are delicious and nutritious and more importantly low glycemic, meaning they will help keep your blood sugar levels even.

Cut out fast food and junk food

Processed foods will minimize your fat loss by spiking blood sugar and increasing inflammation.

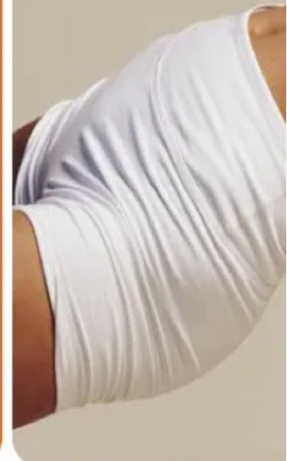


Remove temptation

Avoid temptation by clearing your cupboards and pantries of candy, canned soups, cookies, high-sodium frozen foods, pastries, potato chips, processed meats and soda.

Hydrate

Drink eight fl oz of purified water, 8-10x daily. Providing your body with plenty of purified water allows your body to remove toxins and flush them away as you begin to burn up fat stores.



SLENDERIIZ

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Pro Tip

Your highest-calorie meal should be breakfast and your lowest-calorie meal should be dinner. This practice allows your body time to digest and burn off calories before resting in the evening.

Help your gut

Start taking Probiotix™ daily as directed. Changes in diet can lead to changes in your gut. Probiotix can help reduce bloating and reduce digestive issues.



Detox

Start taking Restorix daily, as directed. Restorix is designed to help safely remove the toxins and heavy metals that can be released as you lose weight.



Drops to drop

Start taking Slenderix™ and Xceler8™ Drops daily, as directed. Slenderix is a homeopathic formula designed to curb hunger and assist the release of fatty deposits. Xceler8 helps increase metabolic rate, enhance energy levels and stabilize mood using a proprietary combination of methylcobalamin (a form of vitamin B12), biotin and a blend of adaptogenic herbs.

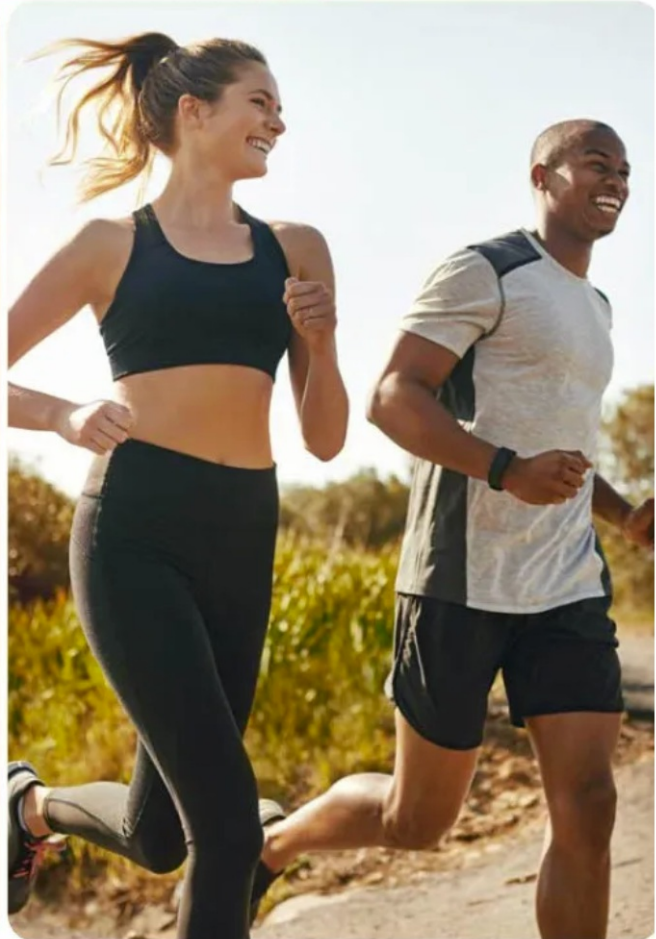


② Burn Fat

A modest aerobic exercise program is good for your health. Start walking, hiking, swimming, jogging, biking, etc, for **15-30 minutes per day, five times per week**.

If you've not been getting much exercise prior to this program, it's important to begin slowly, building up to the recommended amount of exercise over the next few weeks.

Remember, muscle weighs more than fat but it takes up less space. When you increase exercise, you lose fat and gain muscle, which slows the appearance of your weight loss on the scale. Tracking your inches can help you see the difference!



3 Maintain

Congratulations! Reaching your weight loss or fitness goals means you've mastered a set of skills. Essentially, you've built wellness habits and practices. Now the game changes to maintenance.

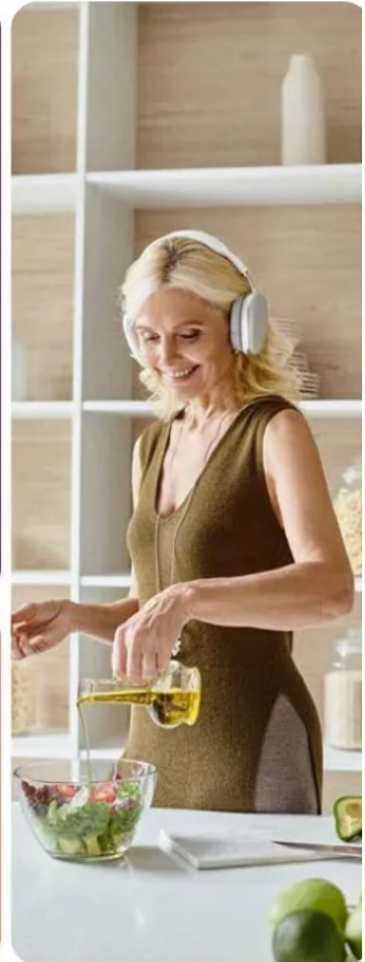
Continue healthy habits

- Eat from the Approved Food List
- Move daily
- Drink 8 fl oz of purified water, 8-10x daily
- Celebrate regularly

Avoid

Stay away from processed foods. Processing often strips food of beneficial fiber and vitamins and processed food typically has high fat, salt and sugar. It's called "junk" food for a reason.

Pro tip If you find yourself hitting a plateau after six months of beginning the program and you've stopped losing weight before you've reached your goal, it's recommended you discontinue taking Slenderix drops for one month. Continue taking Xceler8 drops and consider adding Rejuvenix with breakfast. This will jumpstart your body, allowing further weight loss.



Products With A Purpose

In each phase, there are key Partner.Co products that will not only support your weight loss, but the factors that impact it, such as optimal cellular nutrition, body fat stores and hormone balance, energy elevation and blood sugar levels. Here's how you can benefit the most from our supplements.



1 | **Reset**



Slenderiix

Fights hunger and helps eliminate fat

3x Per Day

Directions:
10 minutes before each meal, hold under tongue for 30 seconds



Xceler8

Helps increase metabolic rate and enhances energy

2x Per Day

Directions:
Before breakfast and lunch and after taking Slenderiix, hold under tongue for 30 seconds



Restoriix

Helps remove toxins and balance pH

1x Per Day

Directions:
Mix 1 scoop with water



Elite™

Helps balance hormones and reduce stress

1x Per Day

Directions:
Mix with 16 fl oz water



Probiotix

Supports gut health and reduces bloat

1x Per Day

Directions:
Take 1 capsule daily



Water

Hydrates and flushes toxins as you begin burning fat

8-10x Per Day

Impact of Blood Sugar and Hormones

Sugar

Brain

Excessive sugar lights up the reward center making it difficult to cut out



Skin

Excessive sugar accelerates skin aging



Heart

High blood sugar levels can harden arteries and damage heart tissues



Liver

The liver converts surplus sugar into fat. Overloading with sugar is similar to overloading with alcohol



Fat Cells

Excess insulin in your blood stream, caused by your body absorbing too much sugar, can cause weight gain



The Slenderiiz Program helps maintain blood sugar levels and balances hormones — such as insulin, leptin, ghrelin and cortisol — so you can reach your wellness goals.

Hormones

