

WHAT TO EXPECT

When you start using the MindBody GLP-1 System™



Welcome to your activated lifestyle. Keep in mind, you're increasing GLP-1 naturally by working with your body. Activation is a process. Every part of you is as unique as your fingerprint, and your diet, genetics, and environment all play a role in how fast your body will adapt and optimize GLP-1 production. Give the products at least 3 months to reach optimal Activation.*



PHASE 1 (Approx. Weeks 4–6)

Ramp Up and Reset

As MB Core™ activates, MB Enhance™ helps reset your gut to the right environment. Depending on your current microbiome and diet, it may take a while to clear out the bad and reseed the good. You could experience mild side effects—from digestive discomfort and weight fluctuations to headaches—as you start feeding your body differently.*

Spread your scoops out during the day or reduce the dose and increase gradually for as long as you need to. Hydration is non-negotiable. Aim to drink at least 64 ounces of water each day.

Celebrate your non-scale wins: sticking to **SMART goals**, making better choices, and feeling more energy and less hungry.



PHASE 2 (Approx. Weeks 6–10)

Better Balance

As you take the MindBody GLP-1 System every day, your body is becoming more Activated. You'll notice better digestion as your gut balance improves and you get used to more fiber. Your GLP-1 and hunger hormone levels are balancing out, making your mind-body connection stronger and your cravings quieter, so it's easier to make healthy, mindful choices.*

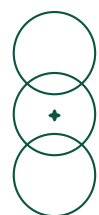
Stay consistent and connected with your goals. If you're still waiting for weight loss, remember, it took time for you to get where you are. Progress is a result of smart choices over time combined with optimal Activation.**



PHASE 3 (Approx. Weeks 10–14)

Activation Optimized

As your microbiome starts to flourish and GLP-1 Activation starts to optimize, the difference becomes noticeable. Hunger and cravings are controlled. Food noise fades away. Optimal GLP-1 leads to a healthier relationship with food, choosing smaller portions and eating less. Our clinical studies showed noticeable weight loss results over the span of 12 weeks. Weight loss results will vary, but during this phase you should also start seeing changes in your body composition or differences in how your clothes fit.**



PHASE 4 (Approx. Weeks 15+)

Live Activated

Keep taking your products and sticking to an activated lifestyle—it's the key to keeping your GLP-1 at optimal levels. Long-term you're supporting cardiovascular health, a better night's sleep, more energy, a balanced mood, and much more, so you can live activated.*



QUESTIONS?

Visit the **Activated Lifestyle page** for tips.

Check out the **LifeVantage blog** for articles about GLP-1, Activation, and more.

Reach out to the Consultant who introduced you to the product or contact us at productquestions@lifevantage.com.

*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.

†Results may vary. Typical weight loss using this product in a 12-week weight management program is 1–2 pounds per week. This product should be used in conjunction with a healthy diet and regular exercise. Consult with a healthcare provider before starting any weight loss program.