Your MB Base

What you experience on the MindBody GLP-1 System™ is in the name. This patent-pending system is clinically shown to naturally increase GLP-1 by an average of 140%, and when GLP-1 is working for you, it means a stronger connection between your mind and body.* Ω

1 Identify habits and make adjustments.

Mind

Ask yourself if you're actually hungry and notice what you're craving. Aim to prioritize protein to help increase GLP-1 and shift eating habits.

Body

Make sure you are moving! **Aim for a minimum of 30 minutes of purposeful exercise, at least 3 times a week.**

2 Take MindBody consistently.

Right when you wake up— take MB Core™.

Take 2 capsules with 8 oz of water first thing in the morning, on an empty stomach, at least 30 minutes before consuming MB Enhance™ and any calories.

30 minutes later (or more)— take MB Enhance™.

Take MB Enhance with at least 24 grams of protein, at least 30 minutes after MB Core™.

Days 1-7: Use 2 scoops.
Day 8+: Increase to 4 scoops (adjust as needed for comfort).

Note: It may take time for your body to adjust to more fiber. If you experience bloating or discomfort with 2 scoops, reduce to 1 scoop for a week. After a week at 1 scoop, increase to 2 scoops. After a week at 2 scoops, increase to 3 scoops. Continue this pattern until you feel comfortable at 4 scoops. Decrease by 1 scoop for at least 1 week any time bloating or discomfort is experienced.

3 Check in with yourself regularly.

Wins with GLP-1 activation go way beyond the scale. Ask yourself if you notice changes in your hunger, cravings, body composition, sleep, and energy.*

Our clinical research showed the most noticeable results happen over 12 weeks. Give yourself at least 90 days to make real progress and stay in tune with what is happening as GLP-1 increases.* Ω

LifeVantage.

Activation Accelerators: Mind+Body + Life In Sync

The MindBody GLP-1 System™ is here to support you as you make lifestyle shifts and build healthy habits, so why not go all in and further support your metabolic, gut, and hormone health? That's where your Activation Accelerators come in. The more you add, the more healthy habits you can build to speed up your results.*

On a scale of 1–10, write down your level of commitment to your goals.
Then choose the same number of Activation Accelerators to add to your daily routine. Choose as many as you're ready for—every small step brings you closer to sustainable, lifelong change.

Good	Better	Best
ADD 1–3	ADD 4–6	ADD 7–10
Ease in with small, sustainable changes that fit into your lifestyle for steady progress.	Commit to deeper changes, see faster results.	Maximizing my transformation with full-body activation.

Activation Accelerators

Prioritize Protein
Eat at least ¾ of your body weight in grams of protein daily (e.g., 180 lbs = 135 g protein). Protein helps you feel full, maintain muscle, and boost metabolism.

Avoid Alcohol
Cut out alcohol to improve metabolism, gut health, and sleep quality.

Ditch Refined Sugar & Processed Foods
Reduce sugar and ultra-processed foods to control cravings, balance blood sugar, and stabilize energy levels.

Move Your Body Daily
Exercise for at least 30 minutes, 5 days per week to boost energy and burn fat.

Strength Train Twice a Week
Build lean muscle and rev up your metabolism with at least 2 strength-based workouts per week.

Stay Hydrated
Drink at least half your body weight in ounces of water daily (e.g., 180 lbs = 90 oz water) to support digestion, energy, and appetite control.

Get Quality Sleep
Aim for at least 7 hours of sleep per night to regulate hunger hormones and promote recovery.

Track Food & Movement
Use an app or journal to bring awareness to what you eat and how you move.

Create Accountability
Share your goals with a partner, coach, or community for motivation and consistency.

Master Meal Timing
Eat small, balanced meals every 3-4 hours, or if intermittent fasting, have 2 main meals with a high-protein snack in between.

Turn up GLP-1. Tune in to your Mind+Body. Transform your health.*

LifeVantage.