

# Real People. Real Results. Real Easy!

## waiFIT at a Glance

Conveniently packaged, proven effective and easy-to-use, waiFIT kickstarts your weight-loss efforts with a comprehensive 7-day cleanse, revs up your metabolism with a superior fat-burner, stops carbs and fats in their tracks with an unparalleled neutralizer and keeps you on track with delicious meal replacement shakes!\*

**{ FEEL IT, SEE IT, then SHARE IT with the waiFIT Prospecting Kit! }**

### am

- **Cleanse** (1 capsule) before breakfast for one week
- **Burn** (2–3 capsules) before breakfast
- **Meal Replacement** shake for breakfast
- **Block<sup>2</sup>** (1-2 capsules) after breakfast

### noon

- **Superior Fiber Blend** drink before lunch for one week
- **Cleanse** (1 capsule) before lunch for one week
- **Burn** (2–3 capsules) before lunch
- **Meal Replacement** shake for lunch (optional)
- **Block<sup>2</sup>** (1-2 capsules) after lunch

### pm

- **Superior Fiber Blend** drink before dinner for one week
- **Cleanse** (1 capsule) before dinner for one week
- **Block<sup>2</sup>** (1-2 capsules) after dinner
- **Herbal Detox Tea** steep 1–3 minutes and drink every other night for one week

## Cleanse Start



- **Cleanse Cap**  
Take three per day with meals or all at once. Increase water intake to avoid dehydration. Should discomfort occur, reduce dose.
- **Superior Fiber Blend**  
Take up to two times daily, 30 minutes before two largest meals. Mix with 6-8 ounces of water or waiFIT meal replacement shake.
- **Herbal Detox Tea**  
Drink every other day for one week. Steep 1-3 minutes, depending on sensitivity.

**{ Customize your waiFIT regimen or try our waiFIT packs! }**

## Burn

Take up to six capsules daily within one hour of meals (3 before breakfast, 3 before lunch).

For caffeine sensitivity, start gradually or reduce dosage. Do not take after 2 P.M. If stomach discomfort occurs, take with food instead of before.



## Block<sup>2</sup>

Take six capsules daily within one hour after meals (1-2 with or after each meal).

Caffeine amount is negligible, so it can be taken at any time. Increase dosage with high-carb or high-fat intake.



## Meal Replacement

Replace 1-2 of your largest meals per day.

Mix with 8-10 oz of water or milk (skim, fat-free, 1% or soy). Both Cleanse and Burn capsules may be opened and blended with shakes. For variety, mix with fruit or go to waiBuzz.com for recipes.

