



the weight is over.

Drop pounds the safe and healthy way

Slimplicity® shakes are satisfying, delicious and chock-full of the powerful ingredients you need to boost metabolism and charge through your day. A Simplicity shake also contains the right balance of vitamins, minerals and protein to keep your body running in optimal condition.

In fact, a study in the *Journal of Nutrition* found that meal replacement shakes are equally effective for losing weight compared with conventional, structured weight-loss diets.

So the choice is simple. Combined with a more active lifestyle and smarter eating habits, Simplicity gives you the advantage you've been looking for to win the weight war. Taste victory!

Break for a Shake

The clock says noon and your tummy is rumbling. Hungry and time-crunched, it's tempting to dash out to the closest drive-thru for the deadly duo — a burger and fries.

But lunchtime doesn't have to be a drive-by assault on your waistline. Lunch is an ideal time to have your Simplicity shake since it provides you with something fast, nutritious and filling. You'll look forward to drinking one each day. Especially as you see the results in the mirror. That's the beauty of Simplicity.

Put on your skinny genes!

The bioactive lunasin in LunaRich® soy powder increases Simplicity's nutritional punch. Lunasin is a naturally occurring peptide that works at the epigenetic level in cells to promote optimal gene expression. This includes helping with risk factors associated with weight loss, such as heart health, cholesterol management and overall cellular health.

What's at work?

Take a closer look at a few of the powerful ingredients:

Tonalin® conjugated linoleic acid (CLA) speeds fat metabolism and can help you maintain weight loss once you reach your goal.

L-Carnitine burns fat and builds lean muscle to help reshape your body and add more definition.

Chromium, helps your body process carbohydrates more efficiently and boosts energy production, muscle development, fat and cholesterol metabolism, and regulation of blood sugar levels.

Zinc, strengthens your immune system and helps repair muscle damage, which helps you recover faster after you workout.

Plus: **Inulin (FOS)**, and **essential vitamins and minerals**.

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.



glutenfree

For more information or to order:
+44 (0)1527 592878 reliv.co.uk/p/reliv-slimplicity

