

New Year Reset Highlights



SIMPLE TIMING GUIDE

When to Take What



Morning

Aqua Lean

Focus + Energy

Metabolic Slim

Metabolic Max

Daily Detox



Evening

Cleanse



Anytime

Mila

Vegan Nutrition Shake



As Needed

Aqua Lean

Focus + Energy

On Track

Aqua Lean

Best For

Supports fat metabolism and steady, stimulant-free energy.

How to Use

Mix one stick pack with water and enjoy daily. Take morning or early afternoon—great before workouts or on busy days when you want clean energy.

Focus + Energy

Best For

Clean, focused energy and clarity without the crash.

How to Use

Mix one serving with water and enjoy in the morning or early afternoon—great for workdays, workouts, or when you need a mental lift. Avoid late evening use.

Metabolic Slim

Best For

Cravings control with clean energy and focus support.

How to Use

Take as directed on the label, preferably in the morning or early afternoon. Ideal before meals or workouts. Avoid late evening use.

Cleanse

Best For

Gentle relief from occasional constipation—no fasting required.

How to Use

Take as directed on the label, preferably in the evening or before bed to support overnight elimination.

Mila

Best For

Daily fiber support for digestion and lasting fullness.

How to Use

Add 2 tablespoons to smoothies, yogurt, oatmeal, water, or meals. Enjoy anytime—morning or with meals is popular for digestion and fullness support.

On Track

Best For

Supports cravings control and metabolic balance.

How to Use

Take as directed on the label. Best taken before meals or when cravings hit.

Daily Detox

Best For

Daily support for digestion, liver health, and natural detox.

How to Use

Take as directed on the label, preferably in the morning to support daily detox and digestive balance.

Metabolic Max

Best For

High-energy support for fat burning and lean muscle.

How to Use

Take as directed on the label, preferably in the morning or before workouts. Avoid late evening use.

Vegan Nutrition Shake

Best For

Plant-based meal replacement for protein and recovery—no dairy or sugar.

How to Use

Blend with water or your favorite plant-based milk—great in the morning, post-workout, or anytime you need a balanced meal or protein boost.