

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

PureZyme

Aqua Lean

Supports fat metabolism and clean energy. Mix one stick with water daily—best in the morning or early afternoon.

Focus + Energy

Clean, focused energy and mental clarity—mix with water and enjoy in the morning or early afternoon.

Metabolic Slim

Cravings control with clean energy and focus support—take as directed in the morning or early afternoon, ideally before meals or workouts.

Vegan Nutrition Shake

Plant-based meal replacement for protein and recovery—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.

Cleanse

Gentle relief from occasional constipation—take as directed, ideally in the evening or before bed.

Mila

Daily fiber support for digestion and fullness—add to smoothies, meals, or water anytime.

On Track

Supports healthy blood sugar balance to help manage cravings—take as directed before meals or when cravings hit.

Daily Detox

Daily digestion, liver, and detox support—take as directed, preferably in the morning.

Metabolic Max

High-energy support for fat burning and lean muscle—take as directed, preferably in the morning or before workouts.

PureZyme

Daily digestive support and post-meal bloating relief—take after meals by chewing or mixing with water.