**IGNITE Fat Burning System**

### Suggested 8-Day Plan

<table>
<thead>
<tr>
<th>Time</th>
<th>Day 1, 2, 4, 6, 8</th>
<th>Day 3, 5, 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wake up</strong></td>
<td>~8 oz. Water*</td>
<td>~8 oz. Water*</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td>~Lean Shake**</td>
<td>~Lean Shake**</td>
</tr>
<tr>
<td></td>
<td>~2 Axion w/8 oz Water*</td>
<td>~2 Axion w/8 oz Water*</td>
</tr>
<tr>
<td></td>
<td>~1 oz. Global Blend</td>
<td>~1 oz. Global Blend</td>
</tr>
<tr>
<td><strong>1/2 hr. b-4 Snack</strong></td>
<td>~1-2 Cheat+ w/8 oz Water*</td>
<td>~1-2 Cheat+ w/8 oz Water*</td>
</tr>
<tr>
<td><strong>Morning Snack</strong></td>
<td>~3-6 oz. Protein Meal+ w/ Green Vegetables</td>
<td>~3-6 oz. Protein Meal+ w/ Green Vegetables</td>
</tr>
<tr>
<td></td>
<td>~<a href="#">Xyng†</a> w/8 oz. Water*</td>
<td>~<a href="#">Xyng†</a> w/8 oz. Water*</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>~Lean Shake**</td>
<td>~3-6 oz. Protein Meal+ w/ Grains w/8 oz. Water*</td>
</tr>
<tr>
<td></td>
<td>~8 oz. Water*</td>
<td>~1-2 Accelerate (after meal) w/8 oz. Water*</td>
</tr>
<tr>
<td></td>
<td>~1-2 Accelerate (after shake) w/8 oz. Water*</td>
<td>~1-2 Accelerate (after meal) w/8 oz. Water*</td>
</tr>
<tr>
<td><strong>1/2 hr. b-4 Snack</strong></td>
<td>~1-2 Cheat+ w/8 oz. Water*</td>
<td>~1-2 Cheat+ w/8 oz. Water*</td>
</tr>
<tr>
<td><strong>Afternoon Snack</strong></td>
<td>~3-6 oz. Protein Meal+</td>
<td>~1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw and unsalted) w/8 oz. Water*</td>
</tr>
<tr>
<td></td>
<td>~1-2 Accelerate (after snack) w/8 oz. Water*</td>
<td></td>
</tr>
<tr>
<td><strong>1/2 hr. b-4 Dinner</strong></td>
<td>~1-2 Cheat+ w/8 oz. Water*</td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>~1 Lean Shake** w/8 oz. Water*</td>
<td>~3-6 oz. Protein Meal+ w/ Green Vegetables w/8 oz. Water*</td>
</tr>
<tr>
<td><strong>Before Bed</strong></td>
<td>~2 Flush w/ warm drink</td>
<td>~2 Flush w/ warm drink</td>
</tr>
</tbody>
</table>

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*Drink one gallon of water,* (128 oz.) daily. Add water in addition to the suggested times throughout the day.

**Lean Shake** 8 oz. of water w/ 1 scoop Lean. Due to sugar content, fruit should not be added to the Lean. Global Blend or Xypstix may be used as a fruit substitute.

† Xyng Start with 1 capsule WITH food! Wait 30-45 minutes to determine if a 2nd capsule is needed. Assess tolerance and proceed from there. If you feel you can advance, try 1 capsule on an empty stomach. Proceed to 2 capsules on empty stomach if tolerated and needed.

+ Protein, Grains, & Green Vegetables: Please see healthy shopping guide for protein, grain and vegetable options.

~Protein: women 3 oz.; men 4-6 oz.
~Grains: women 1/2 cup; men 1 cup
~Vegetables : women and men 1/2 cup
Vegetable should be steamed or eaten raw, w/ no dressings or toppings

Note: For men and women whose goal is to lose 40 lbs. or more, we recommend beginning with 6 oz. of protein.

### Serving Size Tips:
- ~6 oz. serving of protein = 2 decks of cards.
- ~1/2 cup serving raw vegetables = 1 light-bulb.
- ~1/4 cup of nuts = small handful.

### Suggested Cardio Workout:
- Day 1: 20 mn. walk/Jog, fast pace
- Day 2, 5, 7, 8: Off
- Day 3: 20 mn. Walk/Jog, comfortable pace
- Day 4 & 6: Walk 3 mn, Run 1 mn., repeat 5Xs

Cardio, weight training, pilates, yoga, etc. are suggested to increase the effectiveness of the Ignite System. The intensity of any exercise should be limited during the 8 day Ignite cycle, due to calorie depletion. It is always best practice to consult a physician prior to beginning any diet or exercise regimen.
**Recommended 8-Day Ignite Tracker**

**Track your meals.**
Contact your Xyngular coach with questions.

**Day 1**

- **Wake up**: 8 oz. Water* (H₂O)
- **Breakfast**: 1 Lean Shake**  2 Axion 1 oz. Global Blend 8 oz. H₂O*
- **1/2 hr. before Snack**: 1-2 Cheat+ 8 oz. H₂O*
- **AM Snack**: 8 oz. H₂O*  [with Xyng] 3-6 oz. Protein Meal†  Green Vegetables† my meal:
- **Lunch**: 3-6 oz. Protein Meal†  Grains†  H₂O*
- **my meal:** 1-2Accelerate (after meal) w/8 oz. H₂O*
- **PM Snack**: 1/4 cup Nuts† 8 oz. H₂O*
- **my snack:** 1-2 Accelerate (after snack) w/ 8 oz. H₂O*
- **1/2 hr. before Dinner**: 1-2 Cheat+ 8 oz. H₂O*
- **Dinner**: 3-6 oz. Protein Meal†  Green Vegetables† 8 oz. H₂O*  Lean Shake**
- **Before Bed**: 2 Flush w/ warm drink

**Optional Cardio: Walk 3 mn, Run 1 mn, Repeat 5 times**

**Day 2**

- **Wake up**: 8 oz. H₂O*  [with Xyng] Lean Shake**
- **Breakfast**: 1 Lean Shake**  2 Axion 1 oz. Global Blend 8 oz. H₂O*
- **1/2 hr. before Snack**: 1-2 Cheat+ 8 oz. H₂O*
- **AM Snack**: 8 oz. H₂O*  [with Xyng] 3-6 oz. Protein Meal†  Green Vegetables† my meal:
- **Lunch**: 3-6 oz. Protein Meal†  Grains†  H₂O*
- **my meal:** 1-2Accelerate (after meal) w/8 oz. H₂O*
- **PM Snack**: 1/4 cup Nuts† 8 oz. H₂O*
- **my snack:** 1-2 Accelerate (after snack) w/ 8 oz. H₂O*
- **1/2 hr. before Dinner**: 1-2 Cheat+ 8 oz. H₂O*
- **Dinner**: 3-6 oz. Protein Meal†  Green Vegetables† 8 oz. H₂O*  Lean Shake**
- **Before Bed**: 2 Flush w/ warm drink

**Optional Cardio: Day Off**

**Day 3**

- **Wake up**: 8 oz. H₂O*  [with Xyng] Lean Shake**
- **Breakfast**: Lean Shake**  2 Axion 1 oz. Global Blend 8 oz. H₂O*
- **1/2 hr. before Snack**: 1-2 Cheat+ 8 oz. H₂O*
- **AM Snack**: 8 oz. H₂O*  [with Xyng] 3-6 oz. Protein Meal†  Green Vegetables† my meal:
- **Lunch**: 3-6 oz. Protein Meal†  Grains†  H₂O*
- **my meal:** 1-2Accelerate (after meal) w/8 oz. H₂O*
- **PM Snack**: 1/4 cup Nuts† 8 oz. H₂O*
- **my snack:** 1-2 Accelerate (after snack) w/ 8 oz. H₂O*
- **1/2 hr. before Dinner**: 1-2 Cheat+ 8 oz. H₂O*
- **Dinner**: 3-6 oz. Protein Meal†  Green Vegetables† 8 oz. H₂O*  Lean Shake**
- **Before Bed**: 2 Flush w/ warm drink

**Optional Cardio: Day Off**

**Day 4**

- **Wake up**: 8 oz. H₂O*  [with Xyng] Lean Shake**
- **Breakfast**: Lean Shake**  2 Axion 1 oz. Global Blend 8 oz. H₂O*
- **1/2 hr. before Snack**: 1-2 Cheat+ 8 oz. H₂O*
- **AM Snack**: 8 oz. H₂O*  [with Xyng] 3-6 oz. Protein Meal†  Green Vegetables† my meal:
- **Lunch**: 3-6 oz. Protein Meal†  Grains†  H₂O*
- **my meal:** 1-2Accelerate (after meal) w/8 oz. H₂O*
- **PM Snack**: 1/4 cup Nuts† 8 oz. H₂O*
- **my snack:** 1-2 Accelerate (after snack) w/ 8 oz. H₂O*
- **1/2 hr. before Dinner**: 1-2 Cheat+ 8 oz. H₂O*
- **Dinner**: 3-6 oz. Protein Meal†  Green Vegetables† 8 oz. H₂O*  Lean Shake**
- **Before Bed**: 2 Flush w/ warm drink

**Optional Cardio: Day Off**

**IMPORTANT NOTES**

- Drink one gallon of water (H₂O), (128 oz.) daily. Add water in addition to the suggested times throughout the day.
- Lean Shake 8 oz. of water w/ 1 scoop Lean. Due to sugar content, fruit should not be added to the Lean. Global Blend or Xyplex may be used as a fruit substitute.
- Xyng Start with 1 capsule WITH Food! Wait 30-45 minutes to determine if a 2nd capsule is needed. Assess tolerance and proceed from there. If you feel you can advance, try 1 capsule on an empty stomach. Proceed to 2 capsules on empty stomach if tolerated and needed.
- Protein, Grains, Green Vegetables, & Nuts:
  - Protein: women 3 oz.; men 4-6 oz.
  - Grains: women 1/2 cup; men 1 cup
  - Vegetables: women/men 1/2 cup; steamed or raw w/ no dressings/toppings
  - Nuts: Almonds, Peanuts, Sunflower Seeds, raw, unsalted
  - Note: For men and women whose goal is to lose 40 lbs. or more, we recommend beginning with 6 oz. of protein.

**Serving Size Tips:**
- ~6 oz. serving of protein = 2 decks of cards.
- ~1/2 cup serving raw vegetables = 1 light-bulb.
- ~1/4 cup of nuts = small handful.

**Exercise during 8-Day Ignite**
Cardio, weight training, pilates, yoga, etc. are suggested to increase the effectiveness of the Ignite System. The intensity of any exercise should be limited during the 8 day Ignite cycle, due to calorie depletion. It is always best practice to consult a physician prior to beginning any FOOD/WATER or exercise regimen.
8 Day Shopping List

**Proteins (animal products)**
- Chicken
- Turkey
- Fish
- Bison
- Eggs

**Grains**
- Brown Rice
- Cous Cous
- Quinoa
- Rye
- Barley
- Steel Cut Oats

**Veggies**
- Spinach
- Kale
- Broccoli

**Nuts and Seeds**
- Almonds
- Peanuts (raw)
- Pumpkin
- Sunflower

**Drinks**
- Water
- Green Tea
- Coffee

**Sweeteners**
- Stevia
Taking Measurements!

**CHART MEASUREMENTS & TAKE PICTURES**

**TIPS**
- The tape should be pulled to where it is lying flat against the skin all the way around.
- Your goal with body tape measurements is **CONSISTENCY**.
- Take measurements the same every time you take them and you will get an accurate view of your progress with each body part.
- The body image on the left has a list of suggested spots to regularly measure.
- Measure yourself on all the suggested spots on the morning of **DAY #1** that you start the program and record your findings.
- After completing the 8-Day program, measure yourself again on the morning after you’ve completed the cycle, which would be **DAY #9**.

**NECK** - Standing, measure your neck at its largest girth, right over the Adam’s apple.

**UPPER ARM** - Measure at its largest girth, can be taken relaxed with arms at side, relaxed with arm bent, flexed with arm bent or all three. Measure both left and right arms.

**CHEST** - Standing, measure with breath out just above the nipple.

**WAIST** - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the arid cage.

**HIPS** - Measure at the largest girth, where the butt is protruding the greatest.

**THIGH** - Standing, measure at the largest girth, just below the butt. Measure left and right thighs.

**CALF** - Seated if you are measuring yourself or standing if you have a partner, measure at its largest girth. Measure both left and right calves.

**MEASUREMENTS TELL ONLY HALF THE STORY.**
**MAKE SURE YOU TAKE PICTURES TOO!**
Take front, side, and back views.
FIVE REASONS SUPPLEMENTS ARE IMPORTANT

Our food today contains insufficient nutrients for our bodies. The food we eat today is far different in quality from 100 or even 50 years ago. Even organic vegetables and fruit are grown in soil that has been stripped of nutrients by overuse and even the fertilizers only contain 3 of the 17 nutrients plants require to be healthy. Malnourished plants lead to malnourished animals, which in turns leads to a malnourished you.

Toxins, Toxins and more Toxins. Over 7 billion pounds of 650 chemicals have been released into our air and water (266 of which were associated with birth defects). To make matters worse a study on randomized subjects found over 100 chemicals in the bloodstream that did not exist 40 years ago...fortunately many of these toxins can be eliminated from the body through the use of natural supplements.

Weight Loss. Can you lose weight without supplements? Yes. Will you be malnourished? Yes. When you commit to a lower calorie diet to lose weight without the support of supplements, you are removing nutrients without replacing them, you deplete your body and derail your progress and health.

Hormonal Imbalances. When it comes to the intricate hormone cycles in our bodies, if we are not putting in the appropriate nutrients then the whole balance of our bodies quickly unravels. If the nutrients are not coming from food, then we need to get them from supplements to ensure our bodies stay in balance. Being out of balance only means an increased risk of various cancers, poor muscle tone, low energy, no libido, poor liver function, weight gain, etc.

Overall Well-Being. You will feel better, look better, perform better, etc. when your body is optimized and has the nutrients it needs. Plain and Simple, you need supplements in your daily life.

NUTRITIONAL REBALANCING IS NOT A DIET

Fat is created to protect body from toxins & impurities creating unwanted weight. Proper nutrition heals the body and helps maintain a healthy weight!
Nutrition Heals!

**Super Fruit Global Blend Juice** and Xypstix
- Arthritis
- Hypo-Glycemia
- Slow Aging
- Immunity Protection
- Maintain Intestinal Health
- Protect against Damaging Free Radicals
- Defend against Diseases Related to Aging
- Balance the Body to Aide in Absorption of Nutrients
- Support Cartilage & Joint Function
- Promote a Healthy Respiratory System

* Global Blend comes with Xanthones and Aloe (New) OR without (Classic)

**Cheat and Cheat+**
- Eliminate up to 25% of Calories Eaten
- Control Cholesterol
- Helps us to not Overeat
- Process Food through System as Waste rather than Store it

**Accelerate**
- Promote Energy & Stamina
- Increase amount of Calories Burned
- Stimulate the Thermogenic Fat Burning & Weight Loss Process

**Flush**
- Boost Fat Burning
- Remove Pollutants & Toxins
- Decrease Bloating to Create a Flatter Stomach
- Cleanse the Digestive Track to Help with Nutrient Absorption

**Lean**
- Satisfies Appetite
- Reduces Food Cravings
- Increases Sustained Energy
- Meal Replacement

**Spryng**
- Sustainable Natural Energy
- Immunity Boost
- Improve Physical Performance
- Increase Mental Focus
- Quicker Recovery

Feeding the Body Natural Nutrition.... Say “YES!” to a Healthier You!
Nutrition Que Sana! Beneficios Potenciales Para La Salud de Pura Nutrición Natural

Super Fruit Global Blend Juice & Xypstix
- Artritis
- Hipoglicemia
- La Gota
- Antienvejecimiento
- Mantiene la salud intestinal
- Equilibra el cuerpo para ayudar en la absorción de nutrientes
- Protege contra los dañinos radicales libres
- Protección del sistema inmunológico
- Ayuda los cartílagos y funciones de las articulaciones
- Neutraliza los radicales libres

Xyng
- Depresión/Ansiedad
- Controla el Estrés
- Apoya la pérdida de peso y el antienvejecimiento
- Aumenta la claridad y Concentración

XR2
- Reduce estres y ansiedad
- Reduce el apetito
- Mejora la calidad del descanso al dormir
- Ayuda para aliviar el adormecimiento de las piernas

Axion
- Metabolismo y Energía
- Insomnio
- Protege de daños genéticos
- Mental y Salud Emocional
- Aumenta la Función Sexual
- Absorción de Nutrientes
- Suprime crecimiento de bacterias potencialmente dañinas
- Disminuye inflamación, control de peso, y recuperación después del ejercicio

Cheat & Cheat+
- Elimina hasta un 25% de las calorías consumidas
- Regula la Azúcar en la Sangre
- Controla el Colesterol
- Ayuda a perder peso y evita que comamos más
- Procesa los alimentos a través del sistema como de residuos en lugar de almacenarla

Accelerate
- Suprime el apetito
- El cuerpo crea mas Energía y Stamina
- Estimula la quema termogénica de calorías y grasa
- Activa el metabolismo mientras pierdes peso de forma natural

Flush
- Aumenta la quema de grasa
- Ayuda a regular el cuerpo
- Elimina los Contaminantes y las Toxinas
- Compatible con la pérdida de peso
- Limpia el sistema digestivo para aumentar a absorción de nutrientes
- Disminuye la hinchazón y crea un vientre más plano

Lean
- Satsface el apetito
- Aumenta la energía y tejido muscular
- Proporciona vitaminas A, B1, B2, B5, B6, D, E, H, K, y mas
- Reduce los antojos
- Con solo 44 calorías
- Reemplazo de la carne
- No GMO y Libre de GLUTEN

Spryng
- Recuperación más rápida
- Mejora el rendimiento físico
- Energía Natural de forma sostenida
- Aumenta la concentración mental

These statements have not been evaluated by the FDA and not intended to diagnose, treat or cure any disease. Please consult your doctor before adding any nutritional supplements to your diet or beginning any exercise program.
Ten Steps to Success!

1. READ all the way through this document.
2. BE PREPARED by making your meal plan, going to the grocery store with the Healthy Shopping Guide, and preparing the right foods/etc. Cooking before you need to will make things easy, cut down on undesirable snacking and help keep you on track!
3. Follow one of our recommended plans. Use Xyngular’s free Body Transformation app or set an alarm on your phone to remind you when it is time to do something until it has become habit forming! Stay close to and keep the person who sponsored you updated with any questions or concerns.
4. Drink 128 oz. of water per day. It will help flush toxins from the body and is the #1 fat burner in the body.
5. Avoid these three white foods (even on eating days): flour, salt, sugar.
6. Eat high fiber foods on eating days: salads and vegetables are great for this. Avoid high carb foods like peas, rice, starches and even whole wheat breads.
7. Eat enough food. Not eating enough will KILL your metabolism and hold on to fat.
8. IMPORTANT: Take your before picture (front, side and back) AND take your measurements following the measurement guide document. Do NOT skip this step!
9. Limit your exercise during the 8-day due to your low calorie intake. You are encouraged, however, to follow the exercise routine recommended on our plans.
10. Commit and you will succeed!

Look better. Feel better. Live better

WHY DRINK WATER?*

The Miracle of Water — What it Does for the Human Body

- Water prevents loss of memory as you age
- Dehydration taxes the heart by causing it to pump faster to get sufficient oxygen to the muscles
- Water is essential for the body to sweat and release toxins
- Water cleanses toxic waste from various parts of the body and carries it to the liver and kidneys for removal
- Water lubricates joints and lessens discomfort from arthritis and back pain
- Water slows the aging process and makes skin smooth
- Water lessens addictive urges, including caffeine, alcohol, and certain drugs
- Water allows for efficient cell repair
- Water allows red blood cells to carry oxygen more efficiently, resulting in better muscular function and increased mental acuity
- Without the flow of water, there’s insufficient water to remove waste and toxins through your stool

A University of Washington study discovered that one glass of water stopped hunger pangs for almost 100% of studies dieters.

75% of Americans are chronically dehydrated

DRINK MORE WATER

*source: stayinghealthy.org
FAQ IGNITE, POST-IGNITE, HEALTHY SHOPPING GUIDE by Peter Griscom, Product Development Manager

Ignite

Q: Do I have to follow the Ignite program exactly?
A: The Ignite Program is the plan that yielded the best results in our focus groups and trials. For best results, we recommend everyone follow it as closely as possible. Adjustments may slow progress and results.

Q: Can I use the Healthy Shopping List during the Ignite?
A: Yes.

Q: What are the recommended servings of Xyngular products during an Ignite cycle?
A: This is an individual choice (up to the recommended safe levels of each product) and is left up to each person. For best results, we encourage following the recommend servings outlined in the Ignite Program. In doing so, you may use your Xyngular products at an accelerated rate.

Q: I am allergic to “blank,” so I can’t take one of the recommended products. Will I still get good results on the Ignite or should I not do it?
A: Even if a product has to be omitted, results can still be tremendous. Results are best when all the products are taken and the program is followed exactly as recommended, but success can still be experienced.

Q: Some of my newly enrolled Distributors say that the new Ignite Program is too strict and difficult for them to follow. How do I encourage them to try the Ignite Program anyway?
A: It is important to know that every person’s experience is going to be a little different. We always recommend following the program as outlined for best results, but if adjustments are needed, you may recommend the following:
• Provide increased protein options (lean red meat, egg whites)
• Allow for a healthy lunch on days 3, 5, & 7 (explain what this means).
• Encourage them to use the full spectrum of the healthy shopping list to provide variety and avoid boredom.
• Give healthy snack options if they feel like cheating (Quest Bars, hummus, vegetables)

Q: I am a vegetarian/ athlete and I want to do the Ignite Program. What should I do?
A: Xyngular has released a plan for both athletes and vegetarians. It is available in the resource section of Xyngular.com. You may also ask Health and Wellness Coach for it.

Q: I don’t know how to cook with some options like Quinoa. Can you provide recipes?
A: Xyngular will periodically release healthy recipes on our corporate Facebook page going forward so feel free to check there. If you find a great one, let us know and we may post it.

Q: What should I do if I am lightheaded and/or nauseous?
A: This is typically a sign that your caloric intake is too low and your body is in need of more fuel. We recommend increasing protein and vegetables slightly to compensate.

Q: What should I do if I become constipated?
A: First and foremost, we recommend hydrating, followed by a slight increase in fiber (leafy greens, cheat, cheat +, grains) to address the issue. If constipation persists more than a few days, please email products@xyngular.com for further individual assistance.

Q: Is the optional exercise program necessary to lose weight?
A: No, but it will optimize weight loss and improve overall health.

Q: I have stopped losing weight on day “4, 5, etc…” What should I do?
A: If your weight loss has stalled for more than 2 consecutive days after day 4 of an Ignite cycle, we recommend stopping and moving to your “cheat” day, immediately followed by the Post-Ignite program for maximum weight loss. Once your weight loss has stalled it can be a sign that a change is needed for continued weight loss. The Post-Ignite program can provide the change your body needs for sustained long-term weight loss.

Q: How frequently should I do an Ignite cycle?
A: We recommend no more than once per month. The ideal scenario would be an 8-day Ignite cycle, followed by a “cheat” day and then immediately into the Post-Ignite Program for the duration of the month, followed by another Ignite cycle the next month. Some people may only choose to ignite once every few months and that is fine as well due to the effective and sustainable nature of the Post-Ignite program.

Q: I gained “1-2” pounds back on my “cheat day.” I thought this wasn’t a yo-yo diet?
A: 1-2 pounds is perfectly healthy and natural as your body replenishes its glycogen (energy) stores. This cheat day is very valuable if done correctly and leads to a dramatic increase in leptin, the most important fat burning hormone in the body.

(continued on next page)
FAQ

IGNITE, POST-IGNITE, HEALTHY SHOPPING GUIDE by Peter Griscom, Product Development Manager

(continued from page 1)

Post-Ignite

Q: How does carb-cycling work?
A: See the description and explanation in our customer resources section titled, “Understanding Carb Cycling”.

Q: This is a lot of food and I cannot finish it all. What do I do?
A: When it comes to food, live by this rule: Eat only when you are hungry and stop eating when you are satisfied and full. Follow this rule and eat only until satiety and eat your food slowly (15 minutes or more). Eat your food in the following order: Protein, Vegetables, Grains & Fruit.

Q: When will the Post-Ignite exercise plan be available?
A: We are working on putting together a “beginner” exercise plan and will release that as soon as it is completed. We will follow that up with both an intermediate and advanced exercise program.

Q: What can I eat during a “cheat” day?
A: Ideally a “cheat” day would really include one “cheat” meal and a looser diet the rest of the day. On your “cheat” day feel free to eat whatever you would like, still following the rule above about stopping when you are full. That being said, try to avoid any processed and sugary foods and beverages and be wise with general food choices.

Q: How much weight should I lose each week?
A: This depends on the individual, but a sustained 2-8 pounds per week is possible with the normal range being 3-5 pounds per week. Not only is this sustainable weight loss, but you will have fantastic energy throughout and you prevent your body from going into “conservation” mode as you would with repeated Ignite cycles.

Healthy Shopping List

Q: Is the Healthy Shopping List a rule book or suggested guidelines?
A: The Healthy Shopping Guide is a collection of suggestions based on several factors ranging from nutritional value to sustainability to long term health benefits. There are a few foods I would always steer clear of; including anything processed or adulterated in any way (i.e. hot dogs) and some I recommend avoiding because they slow weight loss when compared to other options (i.e. beef) or because they have been shown to cause potential health issues in the commonly sold state (i.e. dairy). That being said, each food choice is up to the individual and the food choices we have given are safe and nutritious from most stores in the commonly sold form. If you choose to add things in like beef, tomatoes, grapes, or dairy, make sure they are local and organic and contain no additives, hormones, or pesticides.

Q: What are some good snack choices not included in the Healthy Shopping List?
A: Hummus and vegetables, Quest Bars or VPX Life Lift Bars, edamame, kale chips, tuna sashimi, and himalania goji trail mix.

Q: Can I use the Healthy Shopping List during the Ignite and Post-Ignite Programs to maintain my goal weight?
A: Yes. The Healthy Shopping List is a fantastic tool to get you started on your journey to health and is a great reference point for where to begin when choosing food options to optimize your health.

Look better. Feel better. Live better.
Understanding Detox

When detoxing, you may suffer from symptoms as your body expels the toxins from your body. This is perfectly normal and is not a sign that you’re getting sicker. Read on to find out what to expect and give you some ways to deal with the healing crisis.

COMMON DETOX SYMPTOMS

Detox can create a number of symptoms in your body as your body goes through the process of purifying itself and eliminating toxins. Some common detox symptoms include:

- Headaches
- Lethargy
- Temporary muscle aches
- Irritability
- Mucus or other discharge
- A coated, pasty tongue
- Flu-like symptoms
- Difficulty sleeping
- Weakness
- Cravings
- Nausea
- Constipation
- Diarrhea
- Gas

You may even find that the detoxing process causes you to suffer the old symptoms that you have had that the body has suppressed. You may think that you are becoming ill but it is important that you continue with the detox and don’t take any medications to help with the symptoms. The aim to flush chemicals from the body, not introduce more!

COPING WITH THE HEALING CRISIS

A healing crisis occurs when the body tries to expel toxins at a faster rate than they can be properly disposed of. The more toxic your system is, the more severe the healing crisis may be. Healing crises are characterised by a temporary increase in symptoms during the process of detoxification. You may actually feel worse for a time and conclude that the detox program is not working. However, the opposite is true. The symptoms are a sign that the treatment is effective and that the body is cleaning itself of all the old, hidden, accumulated toxins. This reaction is temporary, and usually passes within one to three days.

To cope with the healing crisis, it is important to drink plenty of fresh water, juices, and herbal teas. These will help to flush the body of toxins. It is best to use pure water, and not water that comes from the tap. Bottled spring water is ideal. Drink at least six to eight glasses of water a day. If you are feeling lethargic or tired, the body is telling you that you need to rest.

Hot showers may be very helpful. Have the water as hot as you can stand it and scrub the skin well. This will help to eliminate toxins through the skin. Do not eat too much through the crisis. Eat light meals that are easy to digest. Increase the amount of fiber that you are eating and take supplements that cleanse the colon and kidneys. Meditation can also help with the mood swings and emotions that you may experience during the healing crisis.

Exercise to Accelerate

Cardio, weight training, pilates, yoga, etc. are suggested to increase the effectiveness of the Ignite System. The intensity of any exercise should be limited during the 8 day Ignite cycle, due to calorie depletion. It is always best practice to consult a physician prior to beginning any diet or exercise regimen.

Tips to Maximize Your Exercise by Peter Griscom

In preparation for our upcoming Xyngular exercise programs, I wanted to provide a couple quick and simple tips to help all of the people looking to begin exercising with this new plan. Below are 5 easy tips to ensure you get the most out of your new exercise regimen or your current one.

1. Start small, but just make sure you start.
   When it comes to exercise, the most important thing you can do is taking that crucial first step. Similar to nutrition and supplementation, exercise is an area where even a small amount can have a profound effect on your health and weight loss in the long term. One of my favorite beginner exercise suggestions to get yourself started exercising came from Stan Townsend, which is that you can just get out of the house and walk away for 10 minutes, then turn around and see how quickly you can make it back home. Remember, slow progress is still progress and each day you continue to exercise you will improve in some way.

2. Find a partner to exercise with.
   One of the most common issues with getting people out and exercising is the lack of accountability which means that they stop before they really get started. I strongly recommend finding a friend or colleague to exercise with that is roughly at your same fitness level, not only to hold you accountable but to encourage competition and prevent the boredom some people associate with exercise. If you are not comfortable with a friend exercising with you, communicate your goals to as many people as possible so that they can aid in your success by reminding you to stick to your plans and keep shooting for your fitness goal, even when it is not convenient. A recent study showed 76% of people who shared their goals with friends and family actually achieved them whereas only 43% of those with no written goal were successful. In addition to the value of friends, workout partners and family in helping you achieve your fitness goals, I strongly recommend consulting an experienced trainer with multiple credible certifications (NASM, ACSM, etc) if you are struggling in any area of your exercise related goals. I have worked with different trainers to aid me in my goals, regardless of my own experience and credentials because even the best athletes and competitors need a second opinion and a trained eye at some point. Keep all of this in mind when preparing to begin an exercise regimen and you will drastically increase your success rate.

3. Focus on intensity, not duration.
   Many people become disenfranchised with exercise after spending hours on the treadmill and not losing any weight. This is the absolute wrong approach to exercise intensity. The intensity of any exercise should be limited during the 8 day Ignite cycle, due to calorie depletion. It is always best practice to consult a physician prior to beginning any diet or exercise regimen.

4. Incorporate as much variety as you can.
   In the same way most people cannot eat chicken and broccoli every day for the rest of eternity nor would they want to, taking a traditional approach to exercise is often monotonous and downright ineffective. With exercise, as you continue your strategy of running 20 minutes every other day this routine will become less and less effective. The reason for this is that our bodies are remarkable pieces of engineering that will adjust and compensate for most physical stresses we place on them, and this process only takes a few short weeks. I am by no means saying your plan must be changed every day, but variety in exercise is fantastic and I typically rotate my exercise style every couple of months to ensure I continually challenge myself physically. In a practical sense this could be as small as switching your cardio routine from running to swimming, so no drastic changes are really necessary. Always ease into a change to prevent injury and overtraining.

5. Don’t overdo it.
   When it comes to athletes and non-athletes alike, overtraining is probably the most common cause of injury, fatigue, illness, long term non-compliance, etc. To avoid this scenario you have to take breaks and avoid over-doing your exercise in an effort to jump start your progress. Many a transformation have been derailed by overtraining so always be sure to work your way up to challenging activities and any time you incorporate something new into your plan (i.e. swimming), do not assume your fitness level carries over to this new activity. Any trainer, strength coach, etc will tell you that overdoing things will stall your progress and damage your results and personally, I believe in exercise minimalism, which is the strategy of doing as little as possible to produce the desired results. Exercise minimalism does not mean you can come up short on effort, variety or intensity, but it does mean sticking to basic tenants of exercise and ensuring that you are not doing too much, when you can do less and produce the same results. Remember, you don’t build muscle in the gym; you build muscle when you rest and recover.

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<th>8-DAY SUGGESTED CARDIO WORKOUT</th>
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Lean Recipes

8 Day Challenge LEAN recipes
These are your ONLY options during the 8 Day Challenge

1 scoop Lean mixed with 8 ounces water or almond milk, rice milk, or coconut milk. Options:
- Fruity flavor: add GLOBAL BLEND/ XYP STIX
- Chocolate: 1 Tbsp. of unsweetened baking cocoa
- Coffee: 1 tsp-1 Tbsp. instant coffee crystals
- Mocha: combine coffee crystals and baking cocoa
- Spice it up: cinnamon, nutmeg, cloves, or other favorites
- Shake well in Xyng shaker bottle or add ice and put in blender to make a smoothie.

Lifestyle LEAN recipes
Recipes for anytime other than the 8 day challenge

- 1 scoop LEAN mixed with water or almond milk, rice milk, or coconut milk, OJ or other juices
- Orange Julius: 1 scoop Lean, 4 oz. milk, 4 oz orange juice
- Tutti Fruiti: strawberry, blueberry, mango, peach, pineapple, coconut, banana, mixed fruit
- Spice it up: cinnamon, nutmeg, clove, pumpkin pie spice, cayenne pepper
- Feelin’ Crunchy: Add a few nuts as a garnish (pecan, peanuts, almonds, etc)
- For thicker shakes: Add nonfat plain Greek yogurt
- Cookies and cream: 1-2 scoops Lean, almond/rice/or coconut milk and 1 Oreo. Add ice and blend.
- PB cup: 1-2 scoops Lean, almond/rice/or coconut milk and 1 pb cup. Add ice and blend.
- Fruit Cup: 1-2 scoops Lean, almond/rice/or coconut milk or juice, 1 cap global blend juice (optional), frozen fruits. Add ice and blend
- Banana-nana: 1-2 scoops Lean, almond/rice/or coconut milk and/or juice, 1/2 banana. Add ice and blend.

- Banana Strawberry: 1-2 scoops Lean, almond/rice/or coconut milk, 1/2 banana, fresh or frozen strawberries. Add ice and blend
- PB and Banana: 1-2 scoops Lean, almond/rice/or coconut milk, 1/2 banana, 2 Tbsp peanut butter/peanut butter powder. Add ice and blend.
- Chocolate: 1-2 scoops Lean, almond/rice/or coconut milk, 1 tsp to 1 Tbsp cocoa powder. Add ice and blend.
- Choco PB: 1-2 scoops Lean, almond/rice/or coconut milk, 1 tsp to 1 Tbsp cocoa powder and 1-2 Tbsp. peanut butter/peanut butter powder. Add ice and blend.
- Mocha: 1-2 scoops Lean, almond/rice/or coconut milk, cocoa powder and 1 tsp-1 Tbsp instant coffee crystals, shake or add ice and blend
- Coffee chip: 1-2 scoops Lean, almond/rice/or coconut milk, 1 tsp-1 Tbsp instant coffee crystals, 5-6 chocolate chips. Add ice and blend.
- Chocolate Chip: 1-2 scoops Lean, almond/rice/or coconut milk, 10 chocolate chips. Add ice and blend.

Protein Bar with LEAN
Recipe for anytime other than the 8 day challenge

Ingredients
- 2 cups Natural Peanut Butter
- 1 1/4 cu- Honey
- 5 scoops Lean
- 3 cups Rolled Oats

Instructions
- Mix Peanut Butter and Honey
- Microwave for 90 Seconds
- Add Protein and Oatmeal; Mix
- Spread in 9” x 13” pan or roll in balls
- Refrigerate 1 hour
- Cut in squares
Alternative: Roll in balls
EARN FREE PRODUCT THROUGH THE AUTOSHIP PROGRAM!

The Xyngular Rewards program provides free points for monthly purchases ordered through the Autoship program. As a participant in Xyngular Rewards you will immediately begin to earn points that can be used to purchase Xyngular products. The longer you participate the more points you can earn!

HOW IT WORKS:

EARNING POINTS

- 10% (rounded to the higher point) of product cost on a paid monthly Autoship order will be awarded to your Xyngular Rewards balance on a monthly basis (Ex: $145= 15 points per month)
- There is no minimum PV required to earn points from Autoship orders
- DOUBLE YOUR REWARDS for Autoship orders in your 4th and 7th consecutive months. (Ex: $145=15x2=30 points)
- New Members can earn 15 bonus points if the first Autoship is in the calendar month consecutively following their inception calendar month

REDEEMING POINTS

- After 3 consecutive calendar months of Autoship orders your point balance will be unlocked for redemption
- Access your Xyngular Rewards account directly from your Back Office or www.xyngularrewards.com to view current point balance and place orders
- A $3.95 shipping and handling charge is due at time of order placement

TERMS AND CONDITIONS:

- All products purchased using Xyngular Rewards points are non-commissionable.
- Xyngular Rewards points have no cash redemption value and are non-transferrable.
- After 1 month of not having an Autoship order placement your Xyngular Rewards point balance will become 0 with the option to start earning points again when Autoship orders resume.
- If the 3 month consecutive Autoship count had been met previous to a missed or cancelled Autoship it is not required again to start redeeming new points.
- No returns or exchanges will be allowed on products purchased with Xyngular Rewards points.
- Point accruals will be added to your account for a previous month Autoship, no later than the 6th day of the following month.
- Xyngular Rewards points cannot exceed a balance of 500. All accruals of new points will cease until balance drops below the cap of 500 points.
- Xyngular Rewards points are available in the US only. Other markets will be added.
- Xyngular’s standard Policies and Procedures apply to orders placed using Xyngular Rewards Points.

MAKE SURE YOU ARE ON AUTOSHIP NOW!

Look better, Feel better, Live better!