

Shake Instructions

Take two shakes a day, minimum. If you have health problems, three or more shakes per day are recommended. Serving suggestions are at the end of this document.

MONTH ONE

All Four Weeks

1 scoop Classic

1/2 to 1 full scoop Innergize (1/4 scoop if hyperglycemic or diabetic)

MONTH TWO

1st Week

1 scoop Classic

1/2 to 1 full scoop Innergize

1/4 scoop FibRestore

2nd Week

1 scoop Classic

1/2 to 1 full scoop Innergize

1/2 scoop FibRestore

3rd Week

1 scoop Classic

1/2 to 1 full scoop Innergize

3/4 scoop FibRestore

4th Week and beyond

1 scoop Classic

1/2 to 1 full scoop Innergize

1 scoop FibRestore

The goal with the fiber product is to work up to one full scoop, twice a day. Go slow on increasing the fiber. There is no rush--listen to your body.

Mix the product in water, juice, milk, etc. Add fruit, yogurt, ice or whatever you like. A blender or smoothie maker is a handy tool to mix your Reliv shake.

The important thing is to get the product in your body. You can take the Innergize separately during the day as needed for an energy boost. That would be 1/2 scoop to a full scoop. It tastes good in water. You can also increase the scoop amount in your daily shakes if you feel that you need more energy.

You cannot overdose on these products. If you have serious health issues, then you will benefit by adding a third shake to your day. If you add a third shake, it is not necessary to put FibRestore in it, unless you feel that you need it. Just remember to go slow when adding the FibRestore to your diet.