

Slenderiix™

Xceler8



INSTRUCTION MANUAL

Slenderiix™ is a 100% homeopathic blend of ingredients, recognized by the Homeopathic Pharmacopoeia of the United States, which works together to help you lose weight by alleviating hunger and flushing fats and toxins from the body. This unique formula, together with ARIIX's Xceler8 supplement, forms the supportive arm of our signature 1250-calorie meal and exercise program. Our program not only supports healthy weight loss, but also encourages mindful health and nutrition habits that reduce the odds of rebound weight gain. This program isn't just about losing weight - it's about maintaining a healthy, vibrant lifestyle.



the
Slenderiix™ & Xceler8
3 *phase program*

Phase 1 (Loading) comprises the first two days of the protocol.

Phase 2 (Healthy Weight Loss) lasts from 30 to 120 days, depending on your specific weight loss goals.

Phase 3 (Maintenance) is about maintaining your success. Please see Slenderiix.com for a basic maintenance plan or consult The Healthy for Life Program by Dr. Ray Strand, Chief Medical Officer at ARIIX, for more in-depth options. (For more information go to www.healthconceptsint.com)

phase 1

1. While continuing to eat as you normally do (with the exception of fast foods), begin taking Slenderix™ drops three times daily prior to meals. You should place 10-15 drops or .75 ml of Slenderix™ under the tongue and hold the fluid in your mouth for at least 10 seconds before you swallow. If it is breakfast or lunch time, you'll also be taking your Xceler8 supplement. Wait 10 minutes after you take your Slenderix, then take 15 drops of Xceler8 in the mouth. To prepare the body for fat burning in the next phase, it is helpful to begin adding extra healthy fats at this time, such as avocado, raw nuts, and seeds (and their cold pressed oils), as well as Omega-Q and BioPro-Q. These all help to rebalance body fat stores to more healthful ratios, paving the way for optimal health goals and ultimate fat loss in the next phase.
2. It is also recommended that you begin taking the ARIIX Optimals supplements (as directed on the supplement bottles). ARIIX Optimals provide you with crucial cellular nutrition that supports your energy levels.

phase 2

1. Beginning on day three of the program, you must restrict your total caloric intake to 1250 calories per day. You are encouraged but not required to use PureNourish Meal Supplements for breakfast and lunch each day, along with eating one regular, low-glycemic meal and two low-glycemic snacks. Whatever you choose to eat, REMEMBER that the 1250 calorie restriction is crucial for success!
2. ARIIX's PureNourish Meal Supplements provide a healthy, low-glycemic breakfast and lunch option. If you choose PureNourish for your meals, you should use two scoops of PureNourish in 8 to 10 ounces of water, unsweetened almond milk, unsweetened soy milk, organic skimmed milk, or unsweetened coconut milk. You also have the option of adding ½ to 1 cup of fresh or frozen fruit such as mixed berries, peaches, black berries, sweet cherries, or blueberries.
3. You also need to be drinking at least eight to ten 8-ounce glasses of purified water each day. Having proper water intake allows our bodies to more effectively handle the toxins released as we begin burning up fat stores. Consider purchasing an ARIIX Puritii bottle (www.puritii.com) to help you keep purified water on hand at all times.

4. Another important step in the weight (fat) loss phase is to begin a modest aerobic exercise program. Begin walking, hiking, swimming, jogging, biking, etc. for 15-30 minutes, five times per week. Note: If you have not been getting much exercise prior to beginning our program, it is important that you begin slowly and then build up to our recommended level of exercise over the next few weeks. Handy tip: use a pedometer and try to reach or exceed 10,000 steps, per day.
5. When you begin our program, you will receive 30 days of free access to Dr. Strand's online "Healthy for Life" program located at www.healthconceptsint.com. This program will guide and educate you, motivate you, and help you stick to your new, healthier lifestyle. Dr. Strand's program provides detailed instructions for optimal weight loss using the ARIIX weight (fat) loss program. At ARIIX, we understand that weight loss is the goal, but it's only truly meaningful if you're able to maintain it!

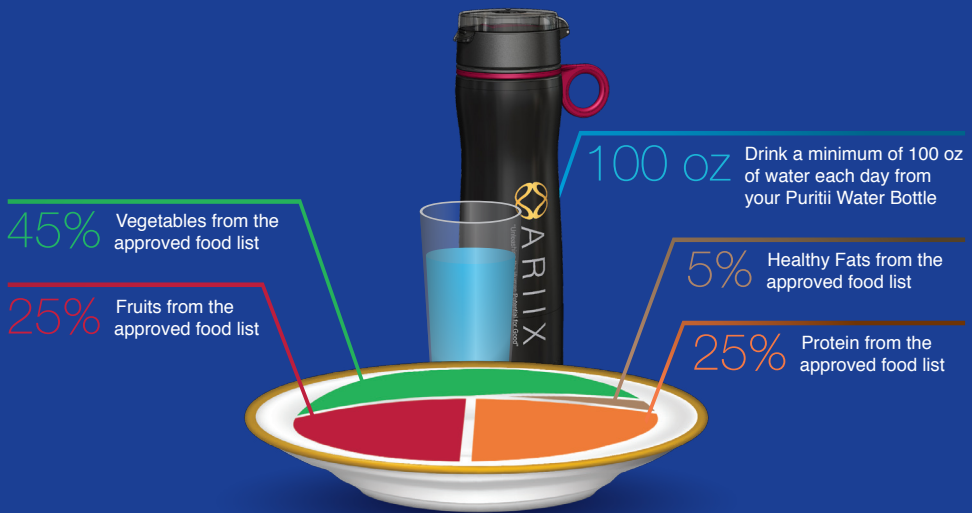
REMEMBER: In order for Slenderiix™ to be effective, you MUST limit your caloric intake to 1250 calories or less and adhere to the recommended food list for the Weight (Fat) Loss Phase. This means avoiding all bread, flour, rice, most cereals, pasta, potatoes, and sugar. But don't despair! You have plenty of delicious fruits, vegetables, good fats, and good proteins to choose from when planning your regular low-glycemic meals and snacks.



phase 2 directions

During Phase 2, you will be consuming three meals a day, totaling approximately 1250 calories. For best results, consume 250-350 calories for breakfast, 250 to 350 calories for lunch, and then a 250-calorie snack followed by a 250 to 300-calorie dinner. Try not to consume more than 350 calories at one sitting, and try to give your body about 3 hours rest in between each meal or snack for optimal digestion. Eating more calories in the morning and throughout the day, leaving time to burn them off before you go to bed will provide better results. You should not be eating after 6:30-7 p.m. in order to allow digestion to be complete before you rest. You will also be drinking 8-10 glasses of water each day. You can estimate your Ideal water goal for the day by dividing your weight in half. The graph below will help you understand where your calories each day should be coming from:

The Slenderiix Plate



*Breakfast**

Take ARIIX Slenderiix™ drops (10-15 drops or .75 ml)

Take ARIIX Xceler8 (15 drops)

Take your Optimals

PureNourish shake (2 scoops) made with water, unsweetened rice or almond milk and 2 cups of spinach, blended (ice is optional).

OR 2 free range eggs with 1/2 cup of berries.

OR 2 Egg omelet with no cheese and 1 cup of veggies.

OR 1/2 cup of oatmeal (not instant) with 3 Tbsp of unsweetened Almond or Rice milk.

OR 1 1/2 cups of cut up raw fresh fruit plus 10-20 raw almonds. You can also blend this into a smoothie. Please see www.Slenderiix.com for more recipes.

*Lunch**

Take ARIIX Slenderiix™ drops (10-15 drops or .75 ml)

Take ARIIX Xceler8 (15 drops)

Up to 8 oz of protein (please weigh before cooking) from our approved food list, 2 cups of cooked or raw vegetables and 1 cup fruit – also from the approved list.

*Snack**

Choose one below:

Unsweetened no sugar pickles and white turkey breast

½ of a low-carb protein bar

Apple with ½ cup organic cottage cheese

PureNourish shake

Dinner

Take ARIIX Slenderiix™ drops (10-15 drops or .75 ml)

Optional: ARIIX Xceler8 (15 drops). NOTE: Xceler8 provides an energy boost, which may cause sleeplessness - use caution when taking at dinner time.

Take your Optimals

Up to 7 oz of protein (please weigh before cooking) from the approved food list

2 cups of cooked or raw vegetables and 1 cup fruit – also from the approved list.

*PLEASE REMEMBER: This plan requires you to count your calories.

APPROVED FOOD LIST



Protein

(It is best to consume grass-fed organic proteins whenever possible)

- Chicken (white meat)
- Eggs
- Turkey (white meat)
- Turkey Bacon (nitrate free)
- Venison
- Roast Beef
- Grass Fed Ground Round
- Halibut
- Tilapia
- Any white fish with fins and scales
- Flounder
- Salmon
- Tuna
- Lobster
- Crab
- Shrimp



Any and all vegetarian proteins will work as part of this program as long as you remain committed to the caloric intake amount. Some examples include:

- Quinoa and Tofu
- Raw or sprouted nuts - no roasted or salted nuts. NOTE: Nuts are not the best option as they are high in calories. While it is OK to eat them, they will not be as filling per calorie as tofu or quinoa.
- Meat substitutes like tempeh or tofu hot dogs.
- Protein shakes: These are a very good option because they have a lot of protein per calorie, which make them very filling. Organic skim milk, unsweetened rice milk, almond milk or water should be used when making your protein shakes.
- Beans are OK, but these also have the higher calorie warning. For example, one cup of kidney or black beans is approximately 227 calories. Beans should only be combined with veggies and not eaten with fruit or meat.



Healthy Fats

Healthy fats are the building blocks that support a healthy immune system. 250 of your 1250 calories a day should be reserved for healthy fats. By including these as part of your nutrition, you will likely see better results on the Slenderix™ program.

These special fats are allowed on the Slenderix™ program in moderation:

- 2oz of Hemp seeds
- 2oz of Pumpkin seeds
- 2oz of Walnuts
- 2oz of Chia seeds
- Two (2) tablespoons of coconut oil per day



Vegetables

- Artichokes
- Arugula
- Asparagus
- Bean Sprouts
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili Peppers
- Collard Greens
- Cucumbers
- Dill Pickles
- Garlic
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Parsley
- Peas
- Radishes
- Summer Squash
- Spinach
- Tomatoes
- Zucchini



Fruits (Organic if possible)

Fruits lowest in sugar are listed first.

Best choice:

- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Grapefruit

2nd best:

- Pears
- Peaches
- Plums
- Fresh Figs
- Kiwi

3rd best:

- Oranges
- Tangerines
- Nectarines



SEASONINGS AND CONDIMENTS

Great news! Most of the spices you love are fine to use on the Slenderix program. Avoid using butter, fat or oil (see healthy fat above for exceptions). Real sea salt (not isolated sodium table salt) may also be used. Vinegar, lemon or lime may be used liberally. Tabasco sauce, soy sauce, picante sauce, dulce or kelp flakes, organic no-sugar added ketchup, mustard, salsa or pickle relish and horseradish is also allowed in moderation. When using these spices, make sure there is NO SUGAR CONTENT (Sugar substitutes containing 0 calories may be used. We prefer Stevia).

If the idea of adding lots of vegetables to your meal plan sounds unpleasant - don't worry! We're here to show you that it's not that hard - and in fact can be quite pleasant - to add new and tasty veggies to your meal plan. You may be surprised to find that you even like them! Here are some tips:

First, have fun exploring the world of vegetables. Go to your local farmers market or organic produce store. Do you see anything that you've never tried? Make an effort to purchase at least one new item each time you go to the grocery store. Ask the farmer or produce person their advice for preparing and serving. Involve your kids and make it a fun new adventure.

Change up your cooking style. If you don't like Brussel sprouts boiled, how about roasting them? Can't stand sautéed veggies? Try steaming them instead. Add new spices or seasonings when you can. The transformation might just make your day - and your diet!

And lastly, don't give up. Did you know that it can often take as many as 15 to 20 times of trying a new food before it becomes "OK" to the taste buds?



phase 3

After completing the main weight loss phase (Phase2), you are now ready to go into the longer-term portion of our program - the Maintenance Phase (Phase 3). You should plan on staying in Phase3 for at least 180 days. Please refer to the Slenderiix™ web site for more information at www.slenderiix.com

FREQUENTLY ASKED QUESTIONS

Q. What should I expect when starting this program?

A. You can expect to be hungry the first couple of days during the program. After about 48 hours, the Slenderiix™ drops will begin to curb your hunger. Factors that ensure weight loss include regular exercise and improved dietary habits, such as making fibrous vegetables like broccoli, cauliflower, and brussels sprouts part of your lunch and dinner meals. Fiber and water intake are extremely important to your success with this program.

Q: Should I exercise while following this program?

A. Yes. However - as you exercise, you need to offset calories burned with an increased consumption of calories. For example: If you run and burn 300 calories then you need to balance that out by consuming 75% of those 300 calories (or an additional 225 calories). But remember that you may only eat from the approved proteins and vegetables. No extra fruit. It is important to note that vigorous exercise will slow your weight loss. You will lose inches, but your overall weight loss will be noticeably slower.

Q: What if I need to cheat, what can I do without completely falling apart?

A. This is one of our most-asked questions. If you are going to deviate, then deviate with lean proteins or green vegetables. Please don't eat any sweets, ice cream or other types of simple sugars. If you do, it can set your weight loss back 3 to 4 days. Small deviations will not usually cause a sudden weight gain, but they may cause you to be unable to lose any weight for 3 to 4 days. Obviously we prefer that you not stray from the program, but if you do, be smart in your approach. Whatever you do, do it in moderation and don't let cheating set you back so far that you give up on the program all together. Remember, you will not meet your weight loss goals if you quit on the program!

Q: What do I do if I hit a plateau?

A. It is normal to experience a plateau (where weight loss stops) for 2 to 5 days. If it persists past 6 days, you need to do one of two things:

Option 1: For one full day, eat nothing but protein (and Slenderiix™ & Xceler8 drops). Again, eat nothing but protein and drink only water.

Option 2: Drink 3 PureNourish shakes a day with two apples or 2 cups of organic baby spinach blended in your shake (plus Slenderiix™ & Xceler8 drops) and plenty of water. Trying one of these 2 options should push your metabolism out of the plateau and allow you to continue your weight loss.

- **3 Phase, Easy to follow weight loss system**
- **Hormone-free Slenderiix™ drops are scientifically formulated to encourage weight loss**
- **Xceler8's B12 naturally supports the metabolism of carbohydrates and fats†**

HORMONE FREE



HOMEOPATHIC WEIGHT MANAGEMENT FORMULA

1 Bottle

Indications: Helps to temporarily reduce minor hunger pangs and control appetite to support weight loss efforts.

Directions: Adults place 10-15 drops under the tongue three times per day. Leave under tongue for 10 seconds then swallow. Do not eat or drink 10 minutes before or after taking the drops.

Warnings: If pregnant or breast-feeding, do not use. Keep out of reach of children. Not for use by children under 18.

Tamper Resistant Seal: If seal is broken or missing, do not use.

Store in a cool place away from sunlight.

Ingredients: Ammonium Bromatum 12X, Avena Sativa 6X, Calcarea Carbonica 6X, Fucus Vesiculosus 6X, Graphites 12X, Ignatia Amara 6X, Lycopodium Clavatum 6X, Nux Vomica 6X, Sulfuricum Acidum 6X, Thyroidinum 6X

Inactive Ingredients: Grain Alcohol 20%, Natural Flavors, Stevia Leaf, USP Purified Water

Xceler8

METABOLISM SUPPORT & INCREASED ENERGY†

1 Bottle

Usage Instructions: Shake well before using. Take 1ml Xceler8 ten minutes before your two largest meals. Leave liquid under your tongue for 10 seconds then swallow. If desired, Xceler8 may be added to juice or water and then consumed.

Warnings: Keep out of reach of children.

Tamper Resistant Seal: If seal is broken or missing, do not use.

Store in a cool place away from sunlight.

Supplement Facts

Serving Size: 24 drops (1 ml)
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Biotin	100 mcg	33%
Rosehips Fruit Extract	10 mg	*
Acerola Fruit	2.5 mg	*
Proprietary Energy Blend	37.5 mg	*
Green Tea Leaf Extract, Fresh Ashwagandha Root Extract, Rhodiola Rosea Root Extract		

* Daily Value (DV) Not Established

Other Ingredients: Vegetable Glycerin, Water, Stevia Leaf Extract, Peppermint Essential Oil

† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

2x2 fl oz (60 ml) bottles Net