

# QUICK START - DAILY USE GUIDE



## MORNING

- In a shaker bottle or mason jar add 1 sachet of MetaPWR Advantage. Add 5-8 ozs. of water. Shake well and add ice, if you like.
- Take 1 MetaPWR Metabolic Blend Softgel at breakfast with your Lifelong Vitality Pack.

## DAYTIME

- 1 MetaPWR Assist capsule w/ lunch (if this is going to be your largest meal of the day).
- 1 MetaPWR Metabolic Blend Softgel with lunch

## EVENING

- 1 MetaPWR Metabolic Blend Softgel with dinner.

**Use the Metabolic Blend Beadlets and the Satiety Gum Anytime You Need to Curb Cravings.**

It's not always easy to remember when and how to take your MetaPWR goodies. Print a few of these and keep 'em where you need 'em.

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