

PHYSIQ™

WEIGHT MANAGEMENT. THE WAY YOUR BODY INTENDED IT.

It's a universal feeling—stepping on the scale and not knowing what it is going to say, no matter how consistent your actions have been. Why? Why can the same diet and exercise routine lead to great results one day and not the next? This is frustrating, and guess what? It's not completely your fault. One factor is that as we age our bodies can get a little out of whack. To work optimally again, they just need a helping hand.



Product Info

WHO HAS TIME TO BE HEALTHY?

The weight loss industry is dominated by short-term gains, inflated hype, and never-ending fads, but at LifeVantage we're taking a different approach. It starts with science, and it's engineered specifically to keep your body optimized for health. Welcome to PhysIQ – a biohacker's approach to weight

management. Utilizing the newest advances in gut science, our products are flexible and powerful. They help you feel energized. They boost your metabolism. And with nutrigenomics, they help you get more out of your biology so you can achieve your weight management goals.

*Benefits***PHYSIQ PREBIOTIC**

PhysIQ Prebiotic works together with LifeVantage ProBio to give your gut a one-two punch of health to your gut to support a healthy metabolism and a digestive system that runs like a well-oiled machine.*

PhysIQ Benefits

- Helps you feel less hungry*
- Supports a balanced gut microbiome*
- Promotes a healthy gut environment to feed your probiotics *
- Supports a healthy digestive system*
- Promotes a healthy relationship of good bacteria by allowing healthy bacteria to thrive*
- Helps maintain balanced blood sugar levels already within healthy range*
- Promotes bowel regularity*

THE PHYSIQ WEIGHT MANAGEMENT LINE*PhysIQ Fat Burn*

Healthy weight management isn't a sprint. It's a marathon. PhysIQ Fat Burn is a long-term, scientifically formulated solution designed to support your body's ability to burn fat with ingredients like Sinetrol®* and Green Coffee Bean Extract. It's a safe, effective way to wake up your metabolism, feel more energized, and help you shed those stubborn pounds.*

Fat Burn Benefits

- Increases fat burning by using stubborn fat cells as energy*
- Helps maintain lean body composition*
- Supports continuous and prolonged fat burning*
- Helps you feel more energized*
- Supports weight management*
- Engineered with clinically shown ingredient Sinetrol®†

† Sinetrol® is a registered trademark owned by Fytexia SAS.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PhysIQ Whey Protein

With PhysIQ Whey Protein, you get 18 grams of appetite-curbing, great-tasting, high-quality protein powder. It gives you all the energy and amino acids your body needs to build lean muscle, provide energy, and recover from workouts—without the unnecessary sugar and carbs it could do without.

Whey Protein Benefits

- Packed with 18 grams of protein to help you feel full longer and reduce unnecessary snacking
- Quickly digested to satisfy hunger
- Promotes development of lean body mass to support effective weight management
- Helps deliver natural amino acids to your blood to encourage new muscle growth and speed up workout recovery
- Less than 1g of sugar per serving

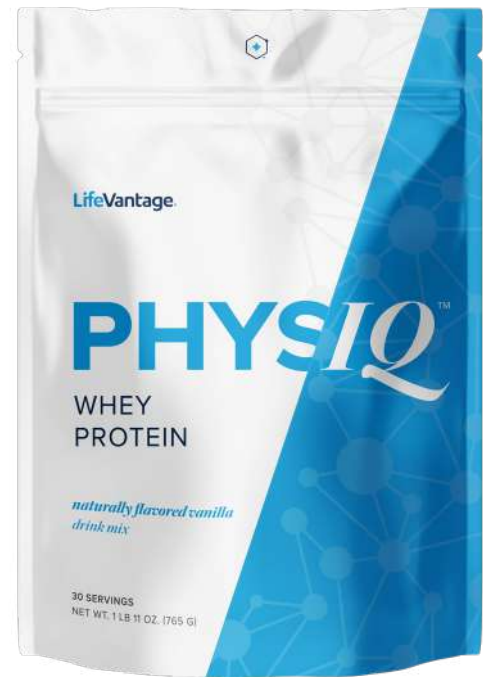


PHYSIQ™

WHEY PROTEIN

LIVE BETTER. PERFORM BETTER.

With PhysIQ Whey Protein, you get 18 grams of appetite-curbing, great-tasting, high-quality protein powder. It gives you all the energy and amino acids your body needs to build lean muscle, provide energy, and recover from workouts—without the unnecessary sugar and carbs it could do without.



Product Info

LOSE THE FAT. GAIN AN EDGE.*

The PhysIQ Protein Shake is a great tasting way to build the muscle your body needs to burn stubborn fat. It combines fast- and slow-release proteins to immediately curb your appetite and keep you full longer without unnecessary sugar,

carbohydrates and calories. It delivers a complex array of amino acids to support quick workout recovery and help you build and maintain lean body mass, which helps you burn fat more effectively.

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WHEY PROTEIN

Benefits

- Packed with 18 grams of protein to help you feel full longer and reduce unnecessary snacking
- Quickly digested to satisfy hunger
- Promotes development of lean body mass to support effective weight management
- Helps deliver natural amino acids to your blood to encourage new muscle growth and speed up workout recovery
- Less than 1g of sugar per serving

Science

Protein is an essential macronutrient and is found throughout the body (muscle, bone, skin, hair and almost every body tissue). Protein also makes up enzymes that support many chemical reactions in the body.

Protein is made up from over twenty different amino acids (essential and non-essential) and since we don't store amino acids, we need to get the essential amino acids from food. The non-essential amino acids can be produced in our body.

Whey Protein- Quickly digested, Whey protein satisfies hunger right away and triggers an immediate increase in amino acids — stimulating protein synthesis and enabling significant muscle growth.

Amino Acids- Branched-chain amino acids are signaling molecules that support and also stimulate protein synthesis to build and grow muscle cells.

Directions

↓
✦ Mix one scoop of Whey Protein with 8 ounces of water.
Take one or two times a day.

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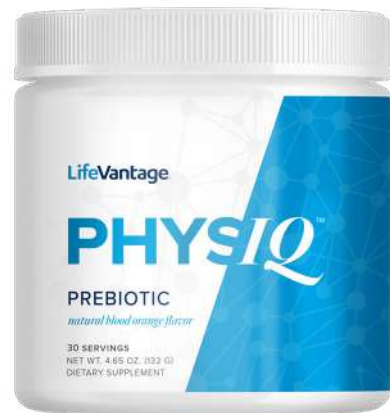
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PREBIOTIC

IT'S NOT YOU, IT'S YOUR GUT.

PhysIQ Prebiotic works together with LifeVantage ProBio to provide a one-two punch of gut health, supporting a healthy metabolism and a digestive system that runs like a well-oiled machine.*



Product Info

PREBIOTIC VS PROBIOTIC

Think of your gut like a garden. LifeVantage ProBio adds seeds to the garden by introducing healthy bacteria to your gut. PhysIQ Prebiotic is the water, sunlight, and fertilizer helping

those seeds stay healthy and grow. It's a one-two punch of health to your gut for a better metabolism and a digestive system that runs like a well-oiled machine.*

Benefits

- Helps you feel less hungry*
- Supports a balanced gut microbiome*
- Promotes a healthy gut environment to feed your probiotics *
- Supports a healthy digestive system*
- Promotes a healthy relationship balance of bacteria by allowing healthy bacteria to thrive*
- Helps maintain balanced blood sugar levels already within a healthy range*
- Promotes bowel regularity*

PREBIOTIC

Science

The bacteria in our gut not only play an important role in digestion but research indicates that our microbiome could also play a major role in helping you maintain a healthy weight. PhysIQ Prebiotic combines the prebiotic fibers Fructooligosaccharides, PreticX® (Xylooligosaccharides), Inulin and fucoidans from Brown Seaweed Extract with Amino Acids L-Glutamine, L-Leucine, and L-Lysine to promote a balanced microbiome.*

PreticX® (Xylooligosaccharides), has been clinically proven to modify gut microbiota, helping to grow more good gut bacteria and support a healthy microbiome.*

Fructooligosaccharides (FOS) are a good source of soluble fiber. FOS travels intact through the small intestine to the colon (large intestine), where they support the growth of healthy bacteria in the digestive tract.*

Inulin is a nondigestible oligosaccharide that support growth of beneficial gut microbes.*

Brown Seaweed Extract contains fucoidans, a type of sulfated polysaccharide that support the immune system, and promote growth of beneficial gut microbes.*

Amino acids L-glutamine, L-Leucine, and L-Lysine help specialized gut cells called L-cells to trigger a fullness feeling or satiety, thus reducing appetite. These L-cells also stimulate the brain-gut axis to promote a healthy GI tract for beneficial microbes to thrive.*

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Directions

Mix one scoop with 8 fl. oz of water daily.

PHYSIQ™

FAT BURN

GIVE YOUR METABOLISM A WAKEUP CALL.*

Healthy weight management isn't a sprint. It's a marathon. PhysIQ Fat Burn is a long-term, scientifically formulated solution designed to support your body's ability to burn fat with ingredients like Sinetrol®* and Green Coffee Bean Extract. It's a safe, effective way to wake up your metabolism, feel more energized, and help you shed those stubborn pounds.*



Product Info

LOSE THE FAT. GAIN AN EDGE.*

Those virtually impossible to lose pounds around your belly, hips, and thighs? Affectionately called “stubborn fat cells”, they are simply normal fat cells that have gotten out of whack. The worst part? Science is showing that dieting by eating less and exercising more can actually make stubborn fat

more stubborn! It's a catch-22! PhysIQ Fat Burn combats that effect, allowing you to diet and exercise while optimizing the systems in your body responsible for metabolism, energy, and fat storage, so you can reap the full rewards of your hard work.*

FAT BURN

Benefits

- Increases fat burning by using stubborn fat cells as energy*
- Helps maintain lean body composition*
- Supports the body's metabolism for continuous and prolonged fat burning.*
- Helps you feel more energized*
- Supports weight management*
- Engineered with clinically shown ingredient Sinetrol®*

Science

A powerful combination of ingredients and vitamins, including Sinetrol®, Green Coffee Bean Extract, and B Vitamins, that work together to maintain lean body composition, support continuous fat burning, help maintain healthy blood sugar levels after meals, and give you an extra boost of energy.*

Sinetrol® - This clinically shown ingredient is formulated from specially selected unique Mediterranean citrus fruits. Sinetrol supports lean body composition, supports a healthy metabolism, helps reduce body fat, and supports the body's metabolism for continuous and prolonged fat burning.*

Green Coffee Bean Extract – An ingredient to support healthy weight loss and reduce body mass, helps maintain healthy blood sugar levels after meals, and promotes fat burn.*

B Vitamins - B vitamins are used by your body to turn food into energy.*

Directions

Take 2 capsules daily with a glass of water.

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