

YOUR DAILY IGNITE SCHEDULE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
WAKE-UP	XYNG	XYNG	XYNG	XYNG	XYNG	XYNG	XYNG	XYNG
BREAKFAST	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)	LEAN Smoothie Global Blend (2-6 oz) AXION* (2 tablets)
MORNING SNACK	Turkey/Fish/Steak (4-6 oz.)	Turkey/Fish/Steak (4-6 oz.)	Turkey & Low Fat Cheese	Low-Carb Jerky	Turkey & Low Fat Cheese	Low-Carb Jerky	Turkey & Low Fat Cheese	Low-Carb Jerky
LUNCH	LEAN Smoothie ACCELERATE (after meal)	LEAN Smoothie ACCELERATE (after meal)	Healthy Meal (500-600 Calories) ACCELERATE (after meal)	LEAN Smoothie ACCELERATE (after meal)	Healthy Meal (500-600 Calories) ACCELERATE (after meal)	LEAN Smoothie ACCELERATE (after meal)	Healthy Meal (500-600 Calories) ACCELERATE (after meal)	LEAN Smoothie ACCELERATE (after meal)
AFTERNOON SNACK	Turkey/Fish/Steak (4-6 oz.) XYNG (if needed)	Turkey/Fish/Steak (4-6 oz.) XYNG (if needed)	Protein Snack (if needed)	Turkey/Fish/Steak (4-6 oz.) XYNG (if needed)	Protein Snack (if needed)	Turkey/Fish/Steak (4-6 oz.) XYNG (if needed)	Protein Snack (if needed)	Turkey/Fish/Steak (4-6 oz.) XYNG (if needed)
DINNER	LEAN Smoothie FLUSH w/ Warm Drink (before bed)	LEAN Smoothie FLUSH w/ Warm Drink (before bed)	Protein Only Dinner (chicken, fish, steak, turkey, etc) FLUSH w/ Warm Drink (before bed)	LEAN Smoothie FLUSH w/ Warm Drink (before bed)	Protein Only Dinner (chicken, fish, steak, turkey, etc) FLUSH w/ Warm Drink (before bed)	LEAN Smoothie FLUSH w/ Warm Drink (before bed)	Protein Only Dinner (chicken, fish, steak, turkey, etc) FLUSH w/ Warm Drink (before bed)	LEAN Smoothie FLUSH w/ Warm Drink (before bed)

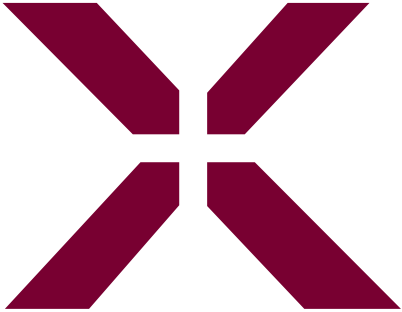
*AXION is included in the IGNITE Plus Pack, but not in the standard IGNITE Pack
† To increase fiber intake during the IGNITE program, add steel cut oatmeal and greens.

- DAYS 1-2Deep Cleanse/Detox/Protein Days. Deplete carbs and force your body into fat-burning mode.
- DAYS 3,5,7Eating Days. Add real food back into your program with a sensible lunch (500-600 calories).
- DAYS 4,6,8Protein Only Days. Reduce cravings, increase both energy and fat-burning.

*Go to www.xyngular.com/ignite for your complete IGNITE FAT BURNING SYSTEM Companion Guide.



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XYNGULAR[®] IGNITE[™]
FAT BURNING SYSTEM

A NEW YOU IN ONLY 8 DAYS!

IGNITE FAT BURNING SYSTEM OVERVIEW

The IGNITE FAT BURNING SYSTEM may increase your metabolism, curb your hunger (allowing you to make better food choices), detoxify your system—eliminating toxins that slow down your metabolism, give you energy for life, assist in building your lean muscle tissue, protect your body from free radicals, stabilize your blood sugars—allowing your body to burn fat rather than store fat, and provide many, many other positive benefits!



A NEW YOU IN ONLY 8 DAYS!

Have you struggled to lose weight and keep it off? Do you feel like it is impossible to give up the foods you love?

Have you given up hope that you will ever be the weight you want to be?

You are not alone! Millions of people worldwide feel exactly the same way!

Xyngular has the answer and it is faster and easier than you can ever imagine...

The XYNGULAR IGNITE FAT BURNING SYSTEM was developed with you in mind and delivers real results—helping you shed pounds and keep them off!

*Always consult a physician before starting any diet plan. Water intake should be increased during all phases.

Give the XYNGULAR IGNITE FAT BURNING SYSTEM 8 Days and here is what you can expect:

SHORT TERM

- Lose 8-15 pounds in the first 8 days alone.
- See your waistline shrink dramatically in only 8 days.
- Learn how to turn your body into a fat burning machine anytime within 24 hours.

LONG TERM

- Eat the foods you enjoy and still look the way you want!
- Lose the weight you want and never gain it back again.
- Reset your body's "Set Point."
- Never diet again!

Disclaimer: Individual results from using Xyngular products may vary depending on diet and exercise. Product results may not reflect the results of all consumers of Xyngular products. Xyngular products are not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the Food and Drug Administration.

PRODUCTS IN THE IGNITE™ FAT BURNING SYSTEM

THE IGNITE™ FAT BURNING SYSTEM

The IGNITE Product Pack gives you what you need to complete an 8-day IGNITE cycle, plus a full one month supply of ACCELERATE, CHEAT, FLUSH, and XYNG to help you maintain your new weight!

The IGNITE Pack Contains:

- (2) LEAN; (1) ACCELERATE; (1) CHEAT; (1) FLUSH; (1) XYNG; (1) SUPER FRUIT GLOBAL BLEND; (1) SHAKER BOTTLE; (1) AXION (in IGNITE PLUS PACK).



XYNG™

An all-natural nutritional supplement bursting with a blend of herbal ingredients, vitamins and minerals. XYNG is uniquely formulated to assist in increasing energy, improving focus, and making you feel more vibrant.

SUPER FRUIT GLOBAL BLEND™

Delivers nutritional support with three major types of nutrients: antioxidant-rich super fruits, critical primary antioxidant promoting nutrients, and an herbal blend of adaptogens.



AXION™*

A full-spectrum, Bi-Layer (sustained release) supplement that provides essential immune, cardiovascular, and metabolic support for your body. It contains vitamins, minerals, enzymes, probiotics and more.



*included in the IGNITE Plus Pack

CORE4™ LEAN

A vanilla-flavored smoothie mixture full of essential amino acids and proteins. It helps boost energy levels and increases metabolism. At only 50 Calories per serving, it is an ideal snack or meal replacement.



CORE4™ ACCELERATE

A thermogenic blend formulated to accelerate your metabolism, suppress your appetite, and increase your stamina so you can lose weight while staying focused and active throughout the day.



CORE4™ FLUSH

A gentle organic daily cleanse formulated to support weight loss and energy by improving digestion, removing toxins and decreasing bloating to create a flatter stomach.



CORE4™ CHEAT

An all-natural fiber product from a Japanese root called Konnyaku. You simply sprinkle CHEAT on your food and when it hits your stomach it expands and creates a viscous gel, literally trapping a portion of the food you just ate.

