



## Increase GLP-1 Naturally with Activation Science\*‡‡

Take back control, quiet cravings, and hush your hunger with the next evolution in Activation—the MindBody GLP-1 System™. It's the only system that's clinically shown to naturally increase GLP-1 by over 200% on average. ‡‡ When paired with our powerful Activation Accelerators—targeted tools and practices that support habit change, metabolism, and mindful eating—you'll have everything you need to take back control and build a lifestyle that lasts.\*

### 3 Reasons to Love MindBody GLP-1 System™



#### DUAL ACTIVATION + DUAL AMPLIFICATION

The only patent-pending 2-product system proven to activate and amplify GLP-1 in multiple ways, **naturally increasing GLP-1 by 200% on average**.‡‡ This helps you feel fuller for longer, making it easier to eat less and make smarter food choices.\*



#### CONNECTS MIND + BODY

Aligns body and mind by bringing balance to your hunger hormones via the signals sent from your gut to your brain. This means less impulse, a healthier relationship with food, and weight loss.\*‡



#### REAL, SUSTAINABLE RESULTS

Participants in two 12-week clinical studies experienced significant improvements in weight, body composition, and their relationship with food.<sup>†</sup>

- Up to 25 lbs lost in 12 weeks<sup>†,‡‡</sup>
- 100% who lost weight did not lose muscle or had up to a 6% increase in muscle<sup>†,‡‡</sup>
- Up to 9% total body fat percentage lost<sup>†,‡‡</sup>
- 95% had decreased sugar cravings<sup>†,‡‡</sup>
- 89% ate less at meals<sup>§§</sup>
- 89% had decreased fast food cravings<sup>§§</sup>
- 86% had decreased food, salt, and soda cravings, and felt less hungry overall<sup>§§</sup>
- 81% were able to resist snacking<sup>§§</sup>

### Your Cells Notice Right Away

Cell Activation starts day one. Your diet, biology, and environment will all play into your experience. Our clinical study showed visible changes at 12 weeks. Here's what to expect on your journey.\*‡ For full details on how the MindBody GLP-1 System works, visit [lifevantage.com/science/mindbody](https://lifevantage.com/science/mindbody).



# Here's what to expect:

Weeks 4–6

## Less Hunger\*

More fiber keeps you full longer as your gut resets to a healthier balance.\*

Weeks 10–14+

## Visible Changes

As Activation optimizes and digestion improves, you'll see weight loss or body composition changes.\*†

Weeks 6–10

## Food Noise Fades\*

Hunger hormones stabilize, GLP-1 goes up, cravings go down, and healthy choices are easier.\*

Weeks 15+

## Live Activated

Keep taking your products and incorporating nutrition, movement, and mindfulness into your daily routine for long-term success. ‡

## Build Your MindBody Base

Supporting weight loss is more than what you take—it's about how you live. Real, lasting change starts with daily choices that support both your mind and body. †\*

Activation Accelerators are simple lifestyle habits that help you make meaningful shifts. The more you add, the more support you give your body and mind. Set your commitment, then choose the Activation Accelerators you're ready for. Every small step brings you closer to sustainable, lasting change.\* Start by choosing your commitment level:

<h3>Good</h3> <p><b>ADD 1-3</b></p> <p>Ease in with small, sustainable changes that fit into your lifestyle for steady progress.</p>	<h3>Better</h3> <p><b>ADD 4-6</b></p> <p>Commit to deeper changes, see faster results.</p>	<h3>Best</h3> <p><b>ADD 7-10</b></p> <p>Maximizing my transformation with full-body activation.</p>
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Now that you've set your commitment level, it's time to choose your Activation Accelerators. Visit our science page to view Accelerators and start building your routine.

Choose your Activation Accelerators and start building your routine.

## Benefits



Activates your body to increase GLP-1, balance hunger hormones, and regulate the reward centers of the brain to reduce hunger, cravings, and food noise\*



Helps maintain balanced blood sugar levels, already within a normal healthy range, to support stable energy levels, reduce tiredness, and improve mental clarity\*



Helps you build healthy habits and make smarter choices that support sustainable wellness and gradual weight loss \*†



Supports healthy fat metabolism in the liver and helps preserve lean muscle mass for optimal body composition\*†



Enhances production of digestive enzymes to help break down carbs, fats, and proteins efficiently\*



# MB Core™



Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	% DV*
Calories	0	
Total Carbohydrates	2 g	1%*
Sodium	15 mg	1%
Chromium (as Chromium Picolinate)	200 mcg	571%
<b>GLP-1 Activation Blend</b>	1,440 mg	
Acacia Hydrolysate	†	
Lemon Bioflavonoids	†	
Hesperidin	†	
Berberine ( <i>Berberis aristata</i> ) Root Extract	†	
Honeysuckle ( <i>Lonicera japonica</i> ) Flower Powder	†	
Yerba Mate ( <i>Ilex paraguariensis</i> ) Leaf Powder	†	
Matcha ( <i>Camellia sinensis</i> ) Leaf Powder	†	
Eggplant ( <i>Solanum melongena</i> L.) Whole Vegetable Powder	†	

\* % Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Stearic Acid.

## Directions

Adults take 2 capsules with a full glass of water 30 minutes before your first meal.

**WARNING:** Not recommended for individuals under the age of 18 years or if pregnant or nursing. Consult your physician before use if you are taking medication or have a medical condition. Use only as directed.

\* 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.

† Results may vary. Typical weight loss using this product in a 12 week weight management program is 1–2 pounds per week. This product should be used in conjunction with a healthy diet and regular exercise. Consult with a healthcare provider before starting any weight loss program.

†† Results based on the averaged data of two 12-week randomized human clinical studies.

‡‡ Results based on a randomized 12-week human clinical study (Study A, N=56).

§§ Results based on a randomized 12-week human clinical study (Study B, N=107).

# MB Enhance™



Supplement Facts		
Serving Size: 4 rounded scoops (21.7 g)		
Servings Per Container: 30		
	Amount Per Serving	% DV*
Calories	40	
Total Fat	1 g	2%†
Saturated Fat	<1 g	<1%*
Total Carbohydrates	17 g	6%†
Dietary Fiber	13 g	48%†
Protein	1 g	1%†
Vitamin A (as 100% Beta-Carotene)	300 mcg RAE	33%
Vitamin C (Ascorbic Acid)	100 mg	11%
Vitamin D (as Cholecalciferol)	6.7 mcg	33%
Vitamin E (as Alpha-Tocopherol and Mixed Tocopherols)	5 mg	33%
Vitamin K (as Phytonadione)	40 mcg	33%
Thiamin (as Thiamine HCl)	0.4 mg	33%
Riboflavin	0.4 mg	33%
Niacin (as Nicotinic Acid)	5.5 mg NE	34%
Vitamin B6 (as Pyridoxine HCl)	0.6 mg	34%
Folate (as Folic Acid)	224 mcg DFE	56%
Vitamin B12 (as Methylcobalamin)	0.8 mcg	33%
Biotin	10 mcg	33%
Pantothenic Acid (as d-Calcium Panthothenate)	17 mg	33%
Calcium (as Calcium Citrate)	50 mg	4%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Citrate)	43 mg	10%
Zinc (as Zinc Citrate)	4 mg	36%
Selenium (as Selenium Glycinate)	18 mcg	33%
Copper (as Copper Gluconate)	0.3 mg	33%
Manganese (as Manganese Citrate)	0.8 mg	33%
Chromium (as Chromium Picolinate)	12 mcg	34%
Molybdenum (as Molybdenum Glycinate)	15 mcg	33%
Sodium	195 mg	9%
Potassium (as Potassium Citrate and Potassium Iodide)	40 mg	1%
<b>GLP-1 Activation Support Blend</b>	17.37 g	
Resistant Potato Starch	†	
Resistant Tapioca Fiber	†	
Flax Seed ( <i>Linum usitatissimum</i> ) Seed Oil	†	
MCT Oil	†	
Baobab ( <i>Adansonia digitata</i> ) Fruit Powder	†	
Guar Gum	†	
Kombucha ( <i>Comella sinensis</i> ) Leaf Powder	†	
<b>Digestive Health Blend</b>	148 mg	
Licorice ( <i>Glycyrrhiza glabra</i> ) Root Extract	†	
Ginger ( <i>Zingiber officinale</i> ) Rhizome Extract	†	
<i>Bacillus coagulans</i>	†	
<i>Bacillus clausii</i>	†	

\* % Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Natural Flavors, Allulose, Himalayan Pink Salt, Xanthan Gum, Stevia Leaf Extract, Malic Acid, Silica, Fumaric Acid.

## Directions

Take one serving of four slightly rounded scoops daily. You may take all four scoops at once or choose to spread them throughout the day as needed to fit your schedule. MB Enhance is best when mixed with other beverages. It is suggested to mix with 12 to 16 ounces of a protein shake, smoothie, or any low-sugar/ no-sugar beverage of your choice including LifeVantage products like AXIO® or Daily Wellness.

**NOTE:** When starting MB Enhance, we recommend a ramp-up phase, allowing your body to adjust to the increased fiber intake and minimize any discomfort associated with sudden dietary changes. For the first 7 days, take 2 scoops daily, then increase to the recommended 4 scoops daily.

