

# Your MB Base Routine

No matter your goals, the MB System supports you every step of the way. It's not a quick fix. It's here to help you build better habits, achieve your goals, and become a stronger, healthier you. These are the changes we suggest implementing into your routine to bring you closer to positive change.

## 1 Identify habits and make adjustments.



### Mindset

Before eating, ask yourself if you're actually hungry and notice what you're craving. Aim to prioritise protein to help increase satiety and shift eating habits.



### Movement

Make sure you are moving! **Aim for a minimum of 30 minutes of purposeful exercise, at least 3 times a week.**

## 2 Take the MB System™ consistently.



### Right when you wake up— take MB Core™

Take 2 capsules with 240 mL of water first thing in the morning, on an empty stomach, at least 30 minutes before consuming MB Enhance™ and/or any calories.



### 30 minutes later (or more)—take MB Enhance™

Take MB Enhance with at least 24 grams of protein, at least 30 minutes after MB Core™.

**Days 1-7:** Use 1 Scoop.

**Day 8+:** Increase to 2 scoops (adjust as needed for comfort).

**Note:** It may take time for your body to adjust to more fibre. If you experience bloating or discomfort with 2 scoops, reduce to 1 scoop for a week. After one week, increase to 2 scoops. Repeat this any time bloating or discomfort is experienced.

## 3 Check in with yourself regularly.



Every win with the MB System brings you closer to positive change. Ask yourself if you notice changes in your hunger, cravings, body composition, sleep, and energy. Keep track of what works for you.

**Our clinical research showed the most noticeable results happened over 12 weeks. Give yourself at least 90 days to make real progress and stay in tune with what is happening as you empower your body's natural processes.**

# Activation Accelerators: Tune in to positive change

The MB System™ is here to support you as you make lifestyle shifts and build healthy habits, so why not go all in and further support your journey? That's where Activation Accelerators come in. The more you add, the more healthy habits you can build to speed up your results.

**On a scale of 1–10, write down your level of commitment to your goals.**

Then choose the same number of Activation Accelerators to add to your daily routine. Choose as many as you're ready for—every small step brings you closer to sustainable, lifelong change.



## Activation Accelerators

### Prioritise Protein

Eat 1.7 grams of protein per 1 kg of body weight (e.g. 80 kg = 136 g protein)

### Avoid Alcohol

Cut out alcohol to improve metabolism, gut health, and sleep quality.

### Ditch Refined Sugar & Processed Foods

Reduce sugar and ultra-processed foods to control cravings, balance blood sugar, and stabilize energy levels.

### Move Your Body Daily

Exercise for at least 30 minutes, 5 days per week to boost energy and burn fat.

### Strength Train Twice a Week

Build lean muscle and rev up your metabolism with at least 2 strength-based workouts per week.

### Stay Hydrated

Drink about 35 mL of water per 1 kg of body weight (e.g., 80 kg = 2.8 litres of water)

### Get Quality Sleep

Aim for at least 7 hours of sleep per night to regulate hunger hormones and promote recovery.

### Track Food & Movement

Use an app or journal to bring awareness to what you eat and how you move.

### Create Accountability

Share your goals with a partner, coach, or community for motivation and consistency.

### Master Meal Timing

Eat small, balanced meals every 3-4 hours, or if intermittent fasting, have 2 main meals with a high-protein snack in between.

**Take back control. Tune in to positive change. Transform your health.**