

MB System™



Take Back Control with the MB System™

Experience the next evolution in Activation with the MB System™—a 2-product system designed to help you build better habits and achieve your goals. It supports a balanced relationship with food so you can create sustainable habits and become a stronger, healthier you.

3 Reasons to Love



BALANCING CONNECTIONS

Supports balance for a healthier relationship with food. Take back control and break the toxic cycle!



SCIENCE BACKED

The proof you need to feel confident that you'll see results.



SUSTAINABLE

Work with your body's natural processes for sustainable lifestyle changes without deprivation or restriction.

The MB System™ gets to work right away.

PRODUCT INFORMATION SHEET

From day one, you're empowering your body's natural processes on a cellular level. Your diet, biology, and environment will all play into your experience. Here's what to expect:



PHASE 1 (APPROX. WEEKS 1-6)

Finding Balance

More fibre keeps you fuller as your gut finds its natural balance.



PHASE 2 (APPROX. WEEKS 6-10)

Food Noise Fades

Cravings calm and healthy choices become easier.



PHASE 3 (APPROX. WEEKS 10-14+)

Feel the Difference

As activation optimises and digestion improves, you'll start to experience the natural results of positive change.



PHASE 4 (APPROX. WEEKS 15+)

Live Activated

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

Benefits



Replaces digestible starches with resistant starches in your diet, contributing to a reduction in blood glucose rise after meals



Contributes to normal energy, carbohydrate & macronutrient metabolism



High in fibre, which helps support healthy digestion



Contributes to reduction of tiredness and fatigue



Contributes to normal psychological and cognitive function

MB Core™



MB Enhance™



Daily Amount, Dose quotidienne, Dagelijkse hoeveelheid, Die Tagesdosis, Dosis diaria (2 capsules, kapsēln, Kapseln, cápsulas) contains/ contient/bevat/ enthält/contiene:	mg	% NRV/ VNR/ VWR/ NRW/ VRN
Citrus Bioflavonoids, Bioflavonoïdes d'agrumes, Citrusbioflavonoiden, Zitrus-Bioflavonoïde, Bioflavonoides cítricos	400,0	†
Hydrolysed Yeast Extract (peptides), Extrait de levure hydrolysée (peptides), Gehydrolyseerd gistextract (peptiden), Hydrolysiertes Hefeextrakt (peptiden), Extracto de levadura hidrolizada (peptidos)	500,0	†
Acacia Gum, Gomme d'Acacia, Acaciagom, Akazien Gum, Goma d'Acacia	500,0	†
Cinnamon Extract, Extrait de cannelle, Kaneelschorseextract, Zimtrinde-Extract, Extracto de corteza de canela	10,0	†

† % Not established, non établi, niet vastgesteld, nicht definiert, no establecido

INGREDIENTS: Hydrolysed Yeast Extract (*Saccharomyces cerevisiae*), Acacia Gum (*Acacia senegal* L. Willd.), Citrus Bioflavonoids, Capsule (HPMC E464), Aubergine Extract (*Solanum melongena* L.), Cinnamon Bark Extract (*Cinnamomum verum*), Stabilisers (E460, E470a)

Mode of Use:

Take 2 capsules daily with a full glass of water 30 minutes before your first meal.

WARNINGS: Do not exceed the daily recommended intake. A food supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not suitable for children under 18 years or pregnant and nursing women. Do not use the product if the seal is broken/damaged or missing. Keep out of the reach of children. Store in a cool and dry place.

Daily Amount, Dose quotidienne, Dagelijkse hoeveelheid, Die Tagesdosis, Dosis diaria (18 g) contains/ contient/bevat/ enthält/contiene:	mg	% NRV/ VNR/ VWR/ NRW/ VRN
Resistant Potato and Tapioca Starch / Amidon de pomme de terre et Tapioca résistant / Resistente aardappel en tapiocazetmeel / Resistente Kartoffel- und Tapiokastärke / Almidón resistente de patata y tapioca	15,000	†
Grape Seed Extract, Extrait de pépins de raisin, Druivenpitextract, Traubenkernextrakt, Extracto de semilla de uva	124,8	†
Of which, dont, waarvan, davon, del cual anthocyanins, anthocyane, anthocyanen, Anthocyanen, antocianinas 95%	113	
Camellia sinensis L.	320	†
of which, dont, waarvan, davon, del cual, EGCG	7	
Vitamin/Vitamine/Vitamina C	50	62,0
Zinc	4	40,0
Riboflavin/Riboflavine/Riboflavina	0,5	36,0

† % Not established, non établi, niet vastgesteld, nicht definiert, no establecido

INGREDIENTS: Resistant Potato and Tapioca Starch, Acid (E330), Himalayan Mountain Salt (Sodium Chloride), Oolong Tea Leaves with Cider Vinegar (*Camellia sinensis* L.), Blueberry Juice Powder (*Vaccinium corymbosum*), Cranberry Juice Powder (*Vaccinium macrocarpon* L.), Stabiliser (E415, E412), Grape Seed Extract (*Vitis vinifera* L.), Medium Chain Triglycerides from Coconut Oil (*Cocos nucifera*), Citrus Flavour, Sweetener (E960a), Vitamin C (Ascorbic Acid), Zinc (Zinc Gluconate), Riboflavin

Mode of Use:

Mix the daily dose of 18,0 g (2 scoops of powder) in 240 ml of water. The daily dose can be split into 2 doses of 9 g (1 scoop) mixed with 120 ml of water taken twice a day.

WARNINGS: Do not exceed the daily recommended intake. A food supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Not suitable for children under 18 years or pregnant and nursing women. Do not use if you consume other products containing green tea on the same day. Do not consume on an empty stomach. Do not use the product if the seal is broken/damaged or missing. Keep out of the reach of children. Store in a cool and dry place.