



## Take Back Control with the MB System™

Experience the next evolution in Activation with the MB System™—a 2-product system that helps in energy metabolism and is a powerful source of antioxidants, designed to help you build better habits and become a stronger, healthier you.

### 3 Reasons to Love MB System



#### BALANCE CONNECTIONS

Supports balance in the body's ability to metabolize nutrients.



#### SUSTAINABLE

Works with your body's natural processes for sustainable lifestyle changes.



#### SCIENCE BACKED

Each formula has been carefully designed to help you reach your goals.

### Get Started with the MB System

Download the MB Start Guide on the MB System product page to learn how to build your MB Base routine and implement healthier habits.



From day one, you're empowering your body's natural processes with antioxidants and other powerful ingredients. Your diet, biology, and environment will all play into your experience.

## Here's what to expect:

Weeks 1–6

### Finding Balance

Properly metabolized nutrients help keep you fuller as your body finds its natural balance.

Weeks 10–14

### Feel the Difference

As Activation optimizes, you'll start to experience the natural results of positive change.

Weeks 6–10

### Food Noise Fades

Healthy choices become easier.

Weeks 15+

### Live Activated

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

## Benefits



Helps in energy metabolism



Helps to support the body's ability to metabolize nutrients



Source of antioxidants that help protect cells against oxidative damage



# MB Core™



## Product Facts / Info-produit

### Medicinal ingredients / Ingrédients médicinaux

(per capsule/gélule) •Yeast hydrolysate / Hydrolysate de levure (*Saccharomyces cerevisiae*) (whole/entière) 250 mg •Acacia / Acacia (*Senegalia senegal*) (gum / gomme) 250 mg •*Citrus aurantium* (fruit extract / extrait de fruit) (Citrus bioflavonoids / Bioflavonoïdes d'agrumes 100 mg) 200 mg •*Cinnamomum verum* (branch bark / écorce de branche) 5 mg

**Uses / Usages** Source of antioxidants / Source d'antioxydants

### Warnings / Mises en garde

**Do not use this product if you are pregnant. Ask a physician before use** •if you are breastfeeding •if you have diabetes •if you are taking any prescription medication. **Keep out of reach of children. / N'utilisez pas ce produit si vous êtes enceinte. Consultez un médecin avant utilisation** • si vous allaitez •si vous êtes diabétique •si vous prenez des médicaments sur ordonnance. **Gardez hors de la portée des enfants.**

**Directions / Mode d'emploi Adults (18 years and older) / Adultes (18 ans et plus):** Take 2 capsules 1 time per day with a full glass of water, 30 minutes before your first meal. Take 2 hours before or after taking other medications and/or natural health products. Ask a health care practitioner for use beyond 10 weeks. / Prendre 2 capsules une fois par jour avec un grand verre d'eau, 30 minutes avant votre premier repas. Prendre 2 heures avant ou après la prise d'autres médicaments ou produits de santé naturels. Consulter un professionnel de la santé pour une utilisation au-delà de 10 semaines.

**Other Information / Autres renseignements** Store in a cool, dark place. / Conserver dans un endroit frais et sombre.

**Non-medicinal ingredients / Ingrédients non médicinaux** Hypromellose, Maltodextrin, Microcrystalline cellulose, *Solanum melongena* (Eggplant) fruit powder, Palmitic acid, Stearic acid, Lauric acid, Myristic acid. / Hypromellose, maltodextrine, cellulose microcristalline, poudre de fruit de *Solanum melongena* (aubergine), acide palmitique, acide stéarique, acide laurique, acide myristique

**Questions?** 877-682-6346

## Directions

Take 2 capsules 1 time per day with a full glass of water, 30 minutes before your first meal. Take 2 hours before or after taking other medications and/or natural health products. As a health care practitioner for use beyond 10 weeks.

**WARNINGS:** Do not use this product if you are pregnant. As a physician before use if you are breastfeeding, if you have diabetes, if you are taking any prescription medication. Keep out of reach of children

# MB Enhance™



## Product Facts / Info-produit

### Medicinal ingredients / Ingrédients médicinaux (per 1 scoop / mesure)

•*Solanum tuberosum* (Potato starch / féculé de pomme de terre) (tuber / tubercule) 5000 mg •*Vaccinium macrocarpon* (Cranberry juice powder / poudre de jus de canneberge) (fruit) 180 mg •Kombucha, plant based / Kombucha, à base de plantes (*Camellia sinensis*) (leaf / feuille) 160 mg •Grape seed extract / Extrait de pépins de raisin (*Vitis vinifera*) (seed / pépin) (Oligomeric proanthocyanidins / de proanthocyanidines oligomères 95%) 62.4 mg •Medium-chain triglycerides / Triglycérides à chaîne moyenne (*Cocos nucifera*) (fruit flesh / chair du fruit) (Capric acid / d'acide caprique 20%) 35 mg •Vitamin / Vitamine C (Ascorbic acid / acide ascorbique) 30 mg •Zinc / Zinc (Zinc gluconate / gluconate de zinc) 2 mg •Vitamin/Vitamine B2 (Riboflavin / Riboflavine) 0.33 mg

**Uses / Usages** Helps support the body's ability to metabolize nutrients. / Aide à soutenir la capacité du corps à métaboliser les nutriments.

### Warnings / Mises en garde

**Do not use this product if you are pregnant or breastfeeding. Ask a physician before use** •if you are taking blood thinners •if you have a history of kidney stones. •if you have a metabolic condition such as hypertension, diabetes, hyperlipidemia, or heart disease. **Keep out of reach of children.** May cause gastrointestinal upset, such as nausea and diarrhea. / **N'utilisez pas ce produit si vous êtes enceinte ou si vous allaitez. Consultez un médecin avant utilisation** • si vous prenez des anticoagulants • si vous avez des antécédents de calculs rénaux • si vous souffrez d'un problème métabolique tel que l'hypertension, le diabète, l'hyperlipidémie et une maladie cardiaque. **Gardez hors de la portée des enfants.** Peut provoquer des troubles gastro-intestinaux, tels que des nausées et de la diarrhée.

**Directions/Mode d'emploi Adults (18 years and older) / Adultes (18 ans et plus):** 2 scoops 1 time per day with food, a few hours before or after taking other medications or natural health products. Thoroughly mix product in enough liquid (water, juice, etc.) immediately before consumption. / Prendre 2 mesures une fois par jour avec un repas, quelques heures avant ou après la prise d'autres médicaments ou produits de santé naturels. Bien mélanger le produit avec suffisamment de liquide (eau, jus, etc.) juste avant la consommation.

**Other Information / Autres renseignements** Store in a cool, dark place. / Conserver dans un endroit frais et sombre.

**Non-medicinal ingredients / Ingrédients non médicinaux** Acacia gum, Tapioca starch, Maltodextrin, Sodium chloride, Citric acid, Bergamot flavour, *Stevia Rebaudiana* leaf extract, Xanthan gum, Guar gum, Apple cider vinegar, Blueberry juice powder / Gomme d'acacia, amidon de tapioca, maltodextrine, chlorure de sodium, acide citrique, arôme de bergamote, extrait de feuille de *Stevia Rebaudiana*, gomme xanthane, gomme de guar, vinaigre de cidre de pomme, poudre de jus de myrtille

**Questions?** 877-682-6346

## Directions

2 scoops 1 time per day with food, a few hours before or after taking other medications or natural health products. Thoroughly mix product in enough liquid (water, juice, etc.) immediately before consumption.

**WARNINGS:** Do not use this product if you are pregnant or breastfeeding. As a physician before use if you are taking blood thinners, if you have a history of kidney stones, if you have a metabolic condition such as hypertension, diabetes, hyperlipidemia, or heart disease. Keep out of reach of children. May cause gastrointestinal upset, such as nausea and diarrhea.

