

# activate mind + body

balance.  
strengthen.  
maintain.





*Activate wellness  
Activate life!*

## The LifeVantage Story

Scientific research sounds like the queries of a toddler: Why? What? How? Over 50 years ago, a group of research scientists asked about aging. They wanted to understand the process and find out how to change it. They observed the effects of oxidative stress, a key contributor to the normal signs of the aging process. They discovered how the body naturally responds to this and developed Protandim® Nrf2 Synergizer®, the solution that decreases oxidative stress by 40%.

The scientists never accepted aging as a fact of life: This is what happens when you age. You get weak, you get wrinkles, and you lose energy. LifeVantage was founded on this question, "What are we going to do about it?" It's not what happens in life; it's our response that matters. This origin of action drives all our products and our company.



*Unlock whole-body wellness  
with LifeVantage!*

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# Healthy Weight Stack

The Healthy Weight Stack does more than support weight management. It upgrades your long-term wellness by activating 22 new genes that help cells make what they need to fight organ aging.\*‡||

Stressed cells struggle to power metabolism and produce what they need to keep you at a healthy weight. Supercharge your cells with amplified Activation in the Healthy Weight Stack.

Science has shown the **MindBody GLP-1 System™** and **Protandim® Nrf2 Synergizer®** work better together by activating 9 additional fat/fatty acid metabolism pathways and 4 additional antioxidant pathways. Increased fatty acid metabolism and more defense against oxidative stress means your L-cells can get back to increasing GLP-1 and optimizing other hunger hormones. Combine with a healthy lifestyle, and you'll be set up for success and savings when you buy a Stack to support your healthy weight journey.\*‡||

**For best results, we recommend at least 3 months of consistent daily use. The MindBody GLP-1 System is clinically shown to help you lose up to 25 lbs. in 12 weeks as GLP-1 levels increase. Results will vary.‡**



|| Results based on a cell culture study on active ingredient blends in the MindBody GLP-1 System and Protandim Nrf2 Synergizer.  
‡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.

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# The MindBody GLP-1 System™

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

Activation works with your unique biology to gradually increase GLP-1, balance hunger hormones, and strengthen the mind-body connection. Over time, cravings and hunger decrease so you can reshape your relationship with food for a sustainable way to support wellness and weight loss goals.

**After 12 weeks, participants in a clinical study experienced significant improvements:**

- Increased GLP-1 by 140% on averageΩ
- 82% took back control of their relationship with food\*
- 95% had decreased sugar cravings\*
- Lost up to 25 lbs. in 12 weeks (an average of 1–2 lbs. a week)‡
- 100% who lost weight did not lose muscle\* ‡
- Lost up to 27% in visceral fat ‡

Use it as part of an Activated Lifestyle with the right nutrition, movement, and mindfulness practices every day to become your strongest, healthiest self.\*‡



Ω Results base on a randomized 12-week human clinical study.  
‡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.

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# What is GLP-1?

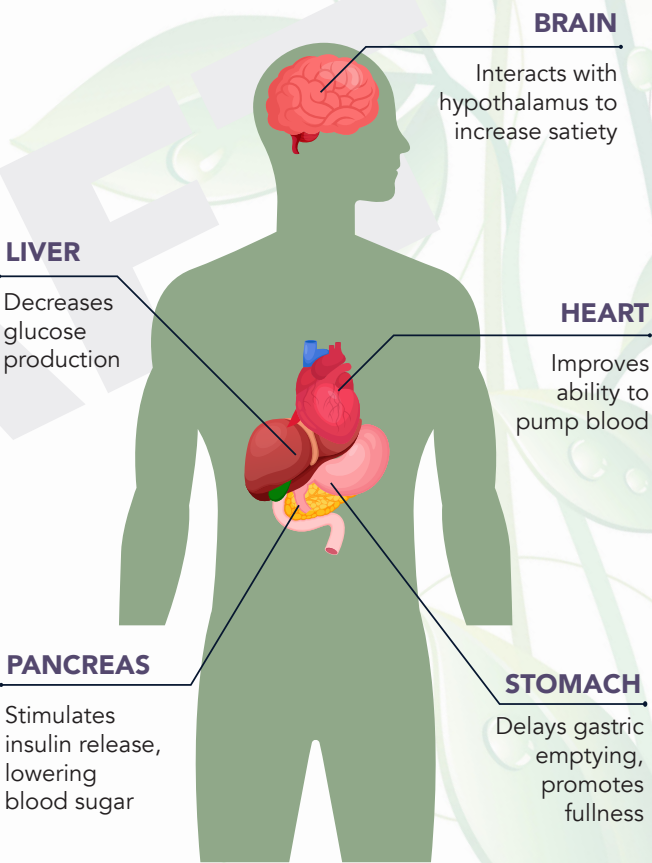
GLP-1, or Glucagon-Like Peptide-1, is a hormone produced in the gut, specifically by the L-cells in the intestines, in response to food intake. It's part of the body's incretin system, which helps regulate blood sugar levels and appetite.

## Here's what it does:

**Blood Sugar Control:** GLP-1 hormone stimulates insulin release from the pancreas when blood glucose levels rise, like after a meal. Insulin helps cells absorb glucose, lowering blood sugar. It also suppresses glucagon, a hormone that tells the liver to release stored glucose, preventing unnecessary spikes.

**Slows Digestion:** It slows gastric emptying, meaning food moves more gradually from the stomach to the intestines. This helps stabilize blood sugar and makes you feel full longer.

**Appetite Regulation:** GLP-1 hormone acts on the hypothalamus in the brain, reducing hunger signals. This is a big deal for weight management.



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# How GLP-1 Hormone Functions

## 1 Triggered by Food Intake

When you eat, the L-cells in your small intestine release GLP-1 hormones into the bloodstream. This release happens within minutes of eating, as the presence of nutrients in the gut stimulates these cells.

## 2 Stimulates Insulin Release (Blood Sugar Control)

GLP-1 hormone tells the pancreas to release insulin, but only when blood sugar levels are high (like after a meal). Insulin then helps cells (like muscle and fat cells) absorb glucose, lowering blood sugar levels.

## 3 Suppresses Glucagon Secretion

By suppressing glucagon, GLP-1 hormone prevents the liver from adding more glucose to the bloodstream when it's not needed.

## 4 Slows Gastric Emptying (Digestion Regulation)

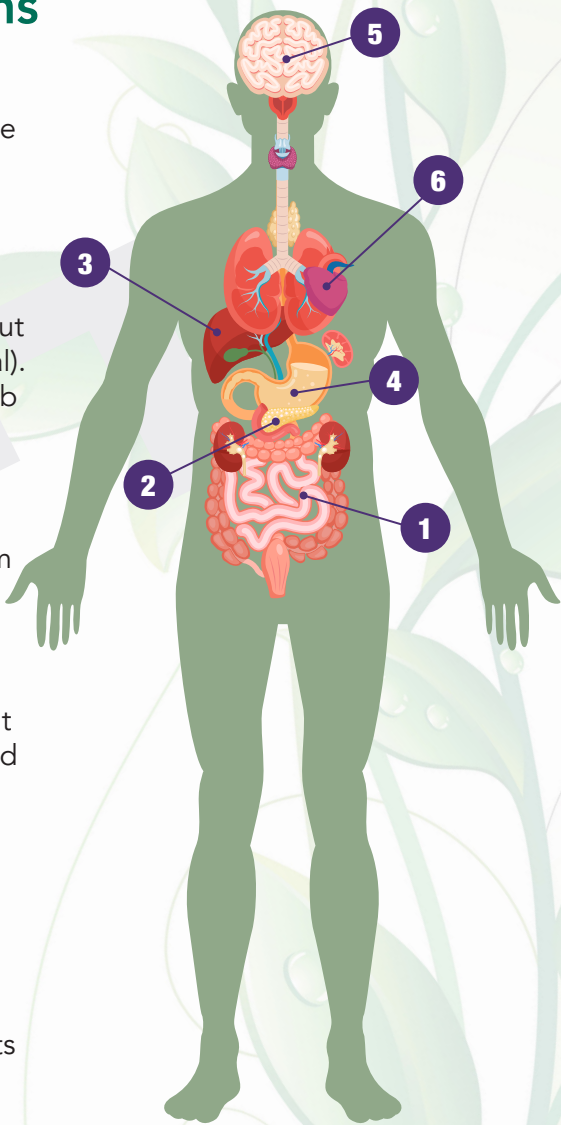
GLP-1 hormone slows down the rate at which the stomach empties its contents into the small intestine. It also contributes to a feeling of fullness (satiety), as food stays in the stomach longer.

## 5 Reduces Appetite (Brain Interaction)

GLP-1 hormone crosses the blood-brain barrier and acts on the hypothalamus, a region of the brain that regulates hunger and energy balance.

## 6 Improves Cardiovascular Health (Indirectly)

While not a direct mechanism, GLP-1's hormone effects on blood sugar, weight, and possibly inflammation contribute to better heart health.



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# MB Core™

## Activate GLP-1 Naturally - Reduce Cravings

MB Core™ presented in two capsules, employs a direct activation approach. It's formulated with key botanical ingredients and nutrients that help support the biological environment needed for healthy GLP-1 production and activity. This foundational product sets the stage for better metabolic communication between the gut and the brain.

### Key Benefits:

- Encourages healthy GLP-1 signaling\*
- Supports appetite control and satiety\*
- Promotes metabolic efficiency and fat utilization\*
- Helps maintain healthy blood glucose levels already within a normal range\*
- Has 8 carefully selected botanical extracts that work synergistically to directly stimulate GLP-1 production\*



Reduce cravings  
Activate naturally!

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# 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>	<b>1,440 mg</b>	
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.



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# MB Enhance™

## Balance Gut Microbiome

MB Enhance™, a powder drink mix, optimizes the gut microbiome by fortifying it with resistant starches, fibers, flaxseed, MCT oils, and probiotics. These components undergo fermentation in the large intestine, nourishing beneficial gut bacteria that synthesize short-chain fatty acids, notably butyrate. This process further augments GLP-1 production and supports overall gut health. MB Enhance also provides 48% of the daily recommended dietary fiber, contributing to satiety.

### Key Benefits:

- Supports a feeling of fullness before meals\*
- Helps reduce cravings and late-day snacking\*
- Complements the slower-acting benefits of MB Core for faster appetite support\*
- Promotes mindful eating habits and metabolic readiness\*



Feel fuller longer  
Reduce cravings!

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# 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	111%
Vitamin D (as Cholecalciferol)	6.7 mcg	33%
Vitamin E (as Alpha-Tocopherol and Mixed Tocopherols)	5 mg	33%
Vitamin K (as Phytanadione)	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 Pantothenate)	1.7 mg	33%
Calcium (as Calcium Citrate)	50 mg	4%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Citrate)	43 mg	10%

	Amount Per Serving	% DV*
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	196 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>Camellia 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.

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# The MindBody GLP-1 System™ Dual-Format

The MindBody GLP-1 System™ is a dual-format, daily-use metabolic health solution designed to support the body's natural GLP-1 activity—without pharmaceuticals or stimulants. This system combines MB Core™ (capsules) and MB Enhance™ (drink mix) to target both immediate and sustained metabolic support.

The MindBody GLP-1 System helps unlock this natural mechanism with nutrients and botanical compounds that promote endogenous (self-made) GLP-1 activity, without introducing external hormones.

The dual-action approach of these two products sets them apart by working synergistically through distinct yet complementary mechanisms to enhance GLP-1 levels and support sustainable weight management and wellness.



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# What Makes the MindBody GLP-1 System™ Different from Other GLP-1 Products?

The MindBody GLP-1 System™ from LifeVantage represents a significant innovation in the field of metabolic health and weight management. It offers a scientifically validated approach to enhancing the body's natural production and utilization of glucagon-like peptide-1 (GLP-1)—a key hormone that plays a vital role in regulating appetite, blood glucose, insulin secretion, and energy balance.

This two-product system is uniquely designed to deliver dual activation and dual amplification of GLP-1, making it the only known nutritional solution clinically shown to increase GLP-1 levels by an average of 140%.<sup>Ω</sup>

**When used as directed, the MindBody GLP-1 System offers a comprehensive, non-pharmaceutical strategy to:**

- Support healthy appetite regulation\*
- Promote glucose homeostasis and insulin sensitivity\*
- Enhance metabolic efficiency and energy expenditure\*
- Improve gut health and hormonal balance\*
- Support weight management goals in alignment with a healthy lifestyle\*\*

<sup>Ω</sup> Results base on a randomized 12-week human clinical study.  
<sup>\*\*</sup>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.

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THIS

**140% average increase in GLP-1<sup>Ω</sup>**



THEM

**No Proof???**





# Weight Loss Meets Wellness

The MindBody GLP-1 System™ naturally activates GLP-1, a hormone that plays a vital role in managing your relationship with food. GLP-1 helps maintain blood sugar levels already within a normal healthy range and slows the rate at which food leaves your stomach. This helps you feel fuller longer.

This effect helps quiet food noise and reduces cravings and the desire to snack. GLP-1 also supports the healthy function of your heart, brain, liver, and kidneys.\*

GLP-1 declines over time due to age and lifestyle factors. The 2 products in the MindBody GLP-1 System use dual activation to help your body make more GLP-1.

MB Core™ activates the GLP-1 pathway to encourage L-cells to produce more GLP-1. MB Enhance™ fuels GLP-1 production indirectly by creating the optimal environment in the gut microbiome.

Together they reduce the enzyme that breaks down GLP-1 by 38% and also help promote more GLP-1 receptors for more activity in the body.\*§

**Naturally increases GLP-1 by an average of 140%<sup>Ω</sup>**

**BENEFITS:**

-  Supports sustainable weight loss and wellness for results you can see and feel.\*‡
-  Helps balance hunger hormones to increase satiety via gut-brain axis, so you feel fuller, longer.\*
-  Quiets “food noise” to cut down cravings and reduce the desire to snack.\*
-  Helps maintain blood sugar levels already within a normal healthy range.\*

<sup>Ω</sup> Results base on a randomized 12-week human clinical study.  
<sup>§</sup> Results based on a cell culture study on active ingredient blends in the MindBody GLP-1 System.  
<sup>‡</sup>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.

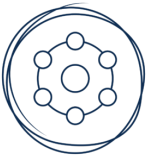
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# What’s Inside + How Does it Work?



**GLP-1 Activation Blend - MB Core™**  
A carefully balanced, synergistic blend of 8 naturally derived ingredients that activate different parts of the GLP-1 Activation pathway: acacia, lemon bioflavonoids, hesperidin, berberine, honeysuckle, yerba mate, matcha, and eggplant.



**Chromium - MB Core™**  
Helps body use sugar properly to regulate blood sugar levels, already within a normal healthy range.



**GLP-1 Activation Support Blend - MB Enhance™**  
Blend of resistant potato starch, resistant tapioca fiber, flaxseed and MCT oils, baobab fruit powder, guar gum and kombucha leaf work together to fill you up and support the production of short chain fatty acids like butyrate in the colon, which stimulates GLP-1 production.



**Digestive Health Blend - MB Enhance™**  
Bacillus coagulans and Bacillus clausii are beneficial spore-forming probiotic bacteria that survive the acidic environment of the stomach to reach the small intestine and maintain a healthy balance in the microbiome. Licorice and ginger support the health of your stomach and intestinal lining.



**Essential Vitamins & Minerals - MB Enhance™**  
Essential nutrients that supplement what may be low from your diet.

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# How to Get Started

Activate weight loss with the MindBody GLP-1 System™ by starting with a simple routine outlined below while taking the MindBody GLP-1 System daily.

KEY STEPS TO SUCCESS: YOUR DAILY ROUTINE			
<b>MORNING</b> Take 2 MB Core™ capsules with a full glass of water 30 minutes before your first meal.  <b>Breakfast</b> Kickstart your day with a protein-rich meal to fuel your energy.	<b>MB Enhance™</b> Mix 1 serving of MB Enhance™ in a low-sugar beverage like a smoothie or protein shake.  You can split up your 4-scoop serving throughout the day when cravings hit the hardest, whether morning, noon, or night.	<b>AFTERNOON</b> <b>Lunch</b> Choose balanced meals with lean protein, healthy fats, and fiber-rich carbohydrates.  Stay hydrated and add light movement like walking or stretching.	<b>EVENING</b> <b>Dinner</b> Focus on nutrient-dense meals with vegetables and lean protein.  Reflect on your day. Journal your thoughts, celebrate wins, and plan for tomorrow.



Take 2 capsules of **MB Core™** 30 minutes before your first meal.



Drink 4 scoops of **MB Enhance™** at once or throughout the day.

Consistency Is Key. Stick to your daily routine for best results. Eat Smart. Move Daily. Stay Mindful.

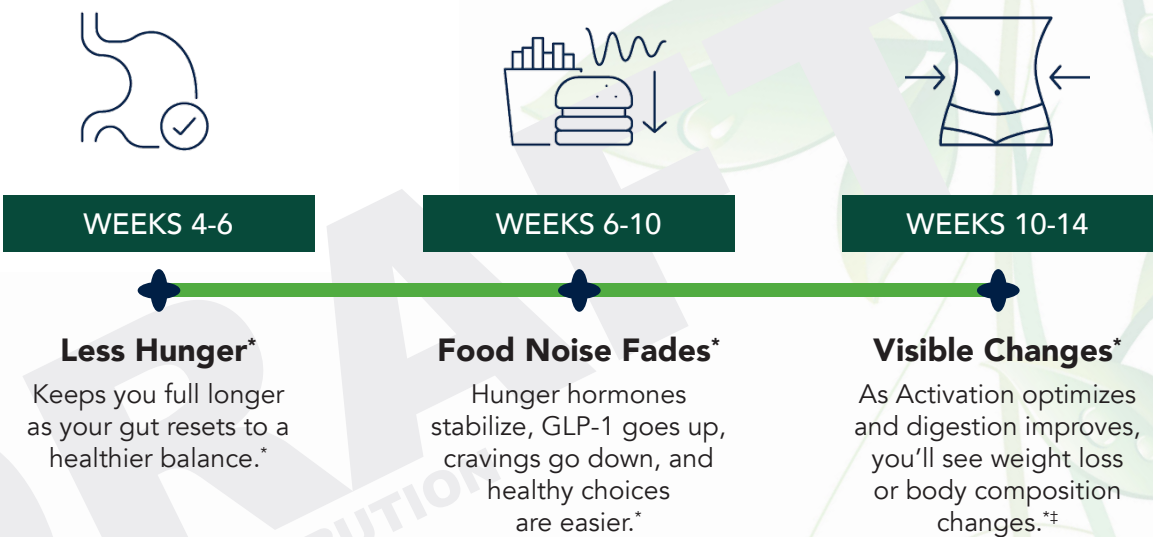
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# What to Expect

## 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.\*‡



## Activation Tip

Stay consistent with your lifestyle changes and connected to your goals. If you're still waiting for weight loss, celebrate your non-scale wins and remember, it took time to get where you are. Progress will come as a result of smart choices over time.\*‡

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# MindBody + Activated Lifestyle

The MindBody GLP-1 System™ naturally and gradually increases GLP-1. You'll want to give it at least 3 months. Participants in our human clinical study experienced results starting at 8 weeks and becoming more noticeable through 12 weeks—from fewer cravings and a better relationship with food to an average weight loss of 1-2 lbs. a week and improved body composition.\*‡Ω

The wrong habits can sabotage your success. We believe that straightforward, healthy eating habits are key to achieving success. Discover how to create tasty, protein-rich meals that energize and nourish your body to help you reach your objectives. With your MindBody secret weapon, meticulous counting won't be necessary.\*‡

## Build a Healthy Protein-Forward Plate



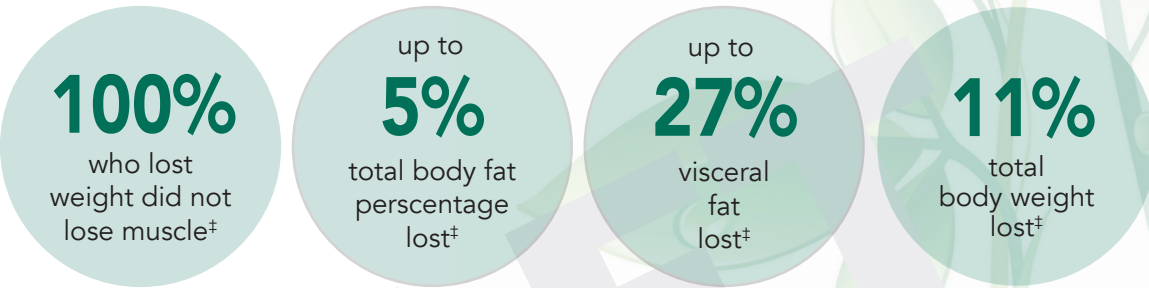
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# Human Clinical Study Results

Participants using the MB GLP-1 System™ for 12 weeks reported significant improvements in several measures. From an independent human clinical study.



- 82% took back control of their relationship with food‡
- 95% had decreased sugar cravings‡
- 96% chose smaller portions‡
- 85% felt less hungry‡
- 90% ate less at meals‡
- 85% now eat for health instead of emotions‡

Subjects in the clinical trial also saw a decrease in food and sugar cravings, as well as their urge to snack decreased, leading to the weight loss seen. Subjects also had positive changes in the way they thought and felt about food, with more reporting they now consumed food for their health instead of for their emotions.\*‡

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# Protandium® Nrf2 Synergizer®

## Activate the Body’s Internal Defense and Repair System

Protandium® Nrf2 Synergizer® is a scientifically validated formula designed to activate the Nrf2 pathway—the master regulator of the body’s natural antioxidant production, detoxification processes, and inflammation-balancing genes.

Increased oxidative stress and inflammation can impair GLP-1 response, disrupt healthy metabolism, and contribute to premature aging. Protandim helps counteract these effects at the cellular level, improving resilience and foundational health.

### Key Benefits:

- Reduces oxidative stress by up to 40% in 30 days\*
- Supports the body’s natural detoxification systems\*
- Encourages healthy inflammatory balance\*
- Promotes mitochondrial function and energy output\*
- Enhances the body’s ability to adapt to physical and metabolic stressors\*



*Reduces Oxidative Stress  
Natural Detoxification!*

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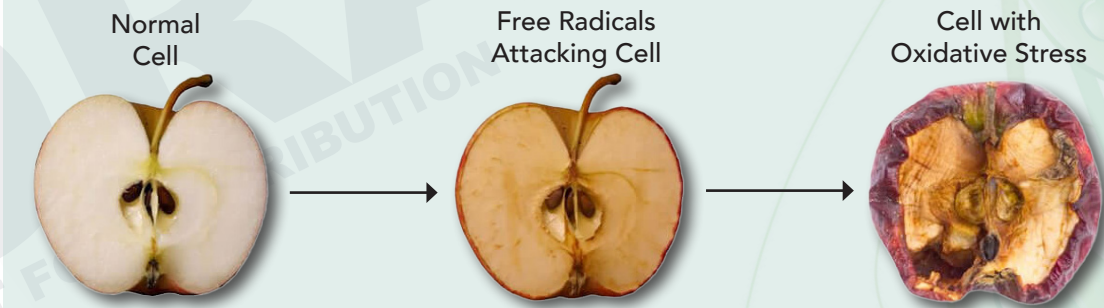
# Oxidative Stress & Why it Matters

Oxidative stress is the imbalance between the production of free radicals and the ability of the body to counteract their negative effects by neutralizing them with antioxidants.

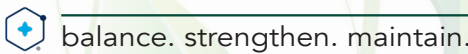
Umm . . . what exactly does that mean? And how does this affect your body?

“Oxidation” is the chemical term that describes removing electrons from an atom. Your cells are made of molecules that contain electrons, and these electrons can be “stolen” by an unstable atom that needs another electron to be stable. When this happens in your body, it can lead to tissue damage. Think about an apple that you cut and leave out. It turns brown, starts to shrivel and wrinkle, and gets mushy. That’s oxidation. Another example is rust—that’s metal oxidizing, getting holes and becoming weak and discolored.

These apples demonstrate how **oxidative stress** breaks down the cells in our bodies, causing premature aging.



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# Independent Research



**Protandim® Nrf2 Synergizer®** quickly drew the attention of both the scientific community and the media. What the product purported to do almost seemed too good to be true. ABC Primetime conducted an independent investigative report that culminated in the reporter, John Quiñones, performing a blood analysis to test the product on himself. The results of his test showed his oxidative stress dropped 45% in only 2 weeks. (*Protandim reduces oxidative stress by average of 40% in 30 days*).

University of Texas

*"Nrf2 is a guardian of healthspan and the gatekeeper of species longevity." - 2010*

Washington State University

*"Nrf2 is likely to be the most important health promoting approach in the foreseeable future. Nrf2 may become the most extraordinary breakthrough in the history of health." - 2015*

National Institute on Aging (NIA)

*"Protandim® was [shown] to significantly increase the lifespan of male mice, with a 7 percent increase in median survival." - 2017*

*The result of this study is not an endorsement of the product by the National Institute of Aging (NIA).*

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Over 30 independent researchers, institutions, and universities, studied and published the validated effects of Protandim® Nrf2 Synergizer®.

- American Aging Association
- American Heart Association
- American Physiological Society
- Children’s Hospital Colorado
- Colorado State University
- Harvard University
- Louisiana State University
- National Institute on Aging
- Northwestern University
- Ohio State University
- Texas Tech University
- Virginia Commonwealth University
- University of Colorado
- University of Florida
- University of Kentucky
- University of Texas
- Universite de Montreal
- Vanderbilt
- Vrije Universiteit Amsterdam
- Washington State University



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# The Power of Synergy

Combining the MB GLP-1 System™ with Protandim® Nrf2 Synergizer® delivers a powerful, dual-pathway approach to health: metabolic support + cellular defense. This combination works across multiple systems to promote better outcomes in weight wellness, energy levels, and overall vitality.

MB GLP-1 System™	Protandim® Nrf2 Synergizer®
Supports satiety and appetite regulation*	Reduces oxidative stress and inflammation that can impair metabolic signaling*
Promotes healthy glucose metabolism*	Enhances cellular repair and detoxification processes*
Improves portion control and eating behaviors*	Supports energy and mitochondrial function*
Encourages healthy weight habits*	Promotes resilience at the cellular level*

Synergistic benefits of activation of pathways as well as new benefits of the combination not observed with either Nrf2 Synergizer or MindBody GLP-1 System alone.

BENEFIT	INFLUENCE OF COMBINATION
Promote antioxidant defense*	ENHANCED: Activated an additional 4 antioxidant pathways as compared to Nrf2 Synergizer alone*
Support fat metabolism*	ENHANCED: Activated an additional 9 fat/fatty acid metabolism pathways as compared to MindBody GLP-1 System alone*
Promote tissue cell strength and Integrity*	NEW: Activated 10 genes involved in cell barrier and tissue strength*
Support tissue cell regeneration and repair*	NEW: Activated 6 genes involved in the sphingolipid pathway*
Promote coordination, signaling, and impulses with tissue cells and nerves and overall nerve cell health*	NEW: Activated 6 genes involved in neuronal pathways*

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# Why it Works Better Together

Protandim® Nrf2 Synergizer® helps create an internal environment that allows metabolic signals— like GLP-1—to function more efficiently. MB Core™ and MB Enhance™ improve real-time appetite signaling, while Protandim Nrf2 Synergizer supports the cellular foundation that allows those signals to be effective.

The combination helps address both the symptoms (like cravings) and the root causes (like oxidative stress and metabolic imbalance).

## Who is this Combination for?

- Adults looking for a natural strategy to support weight wellness\*
- People who struggle with portion control or late-day cravings\*
- Individuals seeking more consistent energy levels and focus\*
- Those pursuing healthy aging and proactive wellness\*



Morning Routine	Midday or Pre-Meal	Daily Support
Take 2 MB Core capsules with food and water	Mix and drink 1 MB Enhance	Take 1 Protandim Nrf2 Synergizer caplet

This routine supports your body throughout the day—starting with cellular protection, followed by metabolic priming, and continued appetite support.

## TRUSTED SCIENCE. NATURAL APPROACH. REAL SUPPORT.

LifeVantage products are developed using cutting-edge research, rooted in nutrigenomics—the science of how nutrition activates your genes. Our formulations are designed to support your body’s natural processes rather than override them. That means no synthetic hormones, no extreme stimulants, and no guesswork—just smart, science-backed daily wellness.

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# REAL PEOPLE. REAL RESULTS.

## BEFORE + AFTER

Pictures taken at baseline and at week 12 show significant changes in body profiles. All participants pictured showed an improvement in waist circumference, weight, and visceral fat %.\*



**Baseline**



**12 Week**

‡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.

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balance. strengthen. maintain.

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# What People are Saying

“MindBody was just what I needed to get my mind right. While I was on many LV products before MB, I wasn’t great with my food drink choices. MB has been the cherry on top of my Activation and the results are amazing.”  
- Alan B.

“While on MB I do not crave the sugary things or carbs (breads) nearly as much and don’t want to snack all day...I LOVE LV AND MB!”  
- Jacque H.

“I gave the product a try and have been impressed with the results... My cravings have been curbed with no negative side effects to such a degree that I stopped snacking and dropped approximately 18 pounds in about a month.” - Darla M.

“It has already calmed my stomach down. I only started taking it almost 2 weeks ago. Very pleased so far!”  
- Gwendolyn B.

“The pounds excite me, but the inches and fitting into things... excites me even more! Too much emphasis on only the scale already sets you up for failure by your mind set. We have to be open to all that is happening within our body. :)” - Lexi H.

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“Feeling better, and more mindful about choices I am making towards food. I am not making the right choice all of the time, but at least I am trying. I am on the right track and the anxiety towards losing all the weight right now is gone. For the first time in my life, I am starting to gain some control over my eating.”  
- Amy R.

“So far I am sleeping a little better and don’t have any urge to snack after dinner.”  
- Kimberly O.

“I have always struggled with my sugar and food cravings, I would always be thinking about food. What I would eat throughout the day, where I’d eat out on the weekends. MindBody GLP-1 has given me control back. I am staying fuller longer, and I don’t think about food constantly. I feel free not being controlled by food and sugar.”  
- Makkenna P.

“My husband has lost 10lbs and 4 belt notches...”  
- Susan K.

“Stay consistent with taking the products on a daily basis, it is not an ‘overnight’ remedy. It took quiet a while to put the weight on, therefore it’ll take a while to get the weight off.”  
- Michael B.

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## MindBody GLP-1 System™

- **What should I expect after starting the MindBody GLP-1 System?** The MB GLP-1 System is not a quick fix or crash diet. It supports gradual, healthy weight loss and sustained weight management. Once you start taking MB Enhance™, you may notice feeling fuller for longer periods. MB Core™ helps reduce food noise, decreases your desire to snack, promotes a healthier relationship with food, and helps with mindful nutrition, and staying active.\*‡
- **Is the MindBody GLP-1 System formulated with only naturally derived ingredients?** Yes, the MB GLP-1 System is formulated with naturally derived ingredients.
- **Is the MindBody GLP-1 System gluten free, vegan, and non-GMO?** Yes, MB Core and MB Enhance are formulated without gluten, animal products, and GMOs.
- **Does the MindBody GLP-1 System contain any caffeine?** No, the MB GLP-1 System does not contain any added caffeine or stimulants.
- **Can I take the products in the MB GLP-1 System alone or do they have to be used together?** Both products are designed to be taken together for best results. Our research has shown GLP-1 increases by 54%, only if both products are used together.\*§
- **Will I experience side effects from the MindBody GLP-1 System?** The MB GLP-1 System has no reported side effects. MB Enhance contains 13 grams of dietary fiber, which is 48% of the recommended daily value. When starting MB Enhance, we recommend ramping up to a full dose by taking 2 scoops daily for your first 7 days. This allows your body to adjust to the increased fiber and minimize any discomfort associated with sudden dietary changes. After 7 days, you can increase to the recommended 4 scoops daily. If you already consume a fiber-rich diet, you are unlikely to experience any discomfort.\*

§ Results based on a cell culture study on active ingredient blends in the MindBody GLP-1 System.

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## MindBody GLP-1 System™

- **What if weight loss is not one of my goals? Is the MindBody GLP-1 System for me?** One major benefit of the MB GLP-1 System is the ability to quiet food noise. Food noise is something many struggle with—even at a healthy weight. MB helps reduce food cravings and turns down the desire to snack, so you can focus on what's more important: being healthy! The MB GLP-1 System also helps balance the gut microbiome to support healthy digestion and regularity.\*
- **What if I forget to take the MindBody GLP-1 System one day?** That's ok! Missing a day here or there won't influence current or future results. Simply pick it back up the next day.
- **Are the MindBody GLP-1 System products clinically proven?** Yes, the MB GLP-1 System has been studied via an in-vitro cell culture study. The in-vitro study demonstrated a 54% increase in GLP-1 hormone production, as well as a 38% decrease in gene expression of DPP-4, an enzyme which breaks down GLP-1 and a 53% increase in the gene expression of GLP1R, the receptor that binds GLP-1.\*§
- **How does the MindBody GLP-1 System compare to products that supplement the body with GLP-1 like ingredients?** New methods of supplementing and stimulating GLP-1 hormone production have gained popularity among consumers seeking rapid weight loss with minimal adjustment to their current lifestyle. However, these "magic bullets" aren't without their downsides: nausea, vomiting and GI distress—especially in the early stages cause many consumers to stop before seeing benefits. Most of these products require weekly injections. Most insurers do not cover these products, and the non-insurance cost can be very high. The popularity of these products has led to shortages and unreliable availability. The long-term effects of these products are not yet known.\*

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# Get Started! Get Results!

Results based on 12-week human clinical study on key ingredients in MindBody GLP-1 System™.‡

**100%**

who lost weight did not lose muscle‡

up to  
**5%**

total body fat percentage lost‡

up to  
**27%**

visceral fat lost‡

**11%**

total body weight lost‡

**95%**

had decreased sugar cravings‡

Subjects in the clinical trial also saw a decrease in food and sugar cravings, as well as their urge to snack decreased, leading to the weight loss seen. Subjects also had positive changes in the way they thought and felt about food, and consumed food for their health instead of for their emotions.‡\*

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*Get started!* Contact the person that shared this book:



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*Activate Wellness  
Activate Life!*