

ZIJA WEIGHT MANAGEMENT SYSTEM SUGGESTED USES

- Start your day with a fresh dose of nutrition; choose SmartMix, SuperMix, or, for an added boost of energy, XM+ Energy Mix.
- Eat a healthy, balanced breakfast before or after your morning workout. This would be a great time for Zija's XMprotein nutritional supplement shake.
- Take 1 XMam or XMburn capsule mid-morning as a natural appetite suppressant and to elevate your mood.
- Eat a healthy lunch. If you did not already drink an XMprotein nutritional supplement shake, now is your chance.
- When afternoon cravings hit, add SmartMix or SuperMix to 8-20 ounces of water to continue feeding your body the nutrition it needs, or try Zija's appetite-suppressing Daily Tea
- Take 1 XMpm capsule 30-60 minutes before your evening meal to help combat evening cravings, continue burning fat, reduce stress, and unwind.
- If your schedule did not permit for a morning workout, find time to squeeze it in during the afternoon or evening.
- Before bed, relax and enjoy Zija's Premium Tea to soothe and detoxify your body.
- Get a good night's sleep.

