

THE MY GOLEAN SUPPLEMENTS USAGE SUGGESTIONS:

Most effective when combined with
an energy controlled diet & regular physical exercise.

EAT RIGHT - MOVE MORE - STAY MOTIVATED!

EASE IN

Not too fussed how fast you see results but ready to make a change? This one is for you.

Upon waking up (before breakfast):

Drink a full glass of water with **25 Daily Drops** added.

Before lunch & Dinner:

Drink a full glass of water with **25 Daily Drops** added.

30min before your biggest meal of the day: Take 2x Calorie Curb

with a full glass of water with **25 Daily Drops** added.

MEDIAN

Expecting results but not ready to go intense just yet.

Upon waking up:

Just before breakfast take **1x Thermo Boost** with a full glass of water with **25 Daily Drops** added.

Before you feel hungry around

lunch time: Take 2x Calorie Curb with a full glass of water (30min before lunch).

Just before dinner **drink** full glass

of water with **25 Daily Drops** added.

Just before lunch take **1x Thermo Boost** with a full glass of water with **25 Daily Drops** added.

INTENSE - no stim

Serious about making the lifestyle changes and committed to seeing results, but sensitive to stimulants?

Upon waking up:

Take **2x Calorie Curb** with a full glass of water (30min before breakfast).

Before you feel hungry around

lunch time: Take 2x Calorie Curb with a full glass of water (30min before lunch).

Before you feel hungry around

dinner time: Take 2x Calorie Curb with a full glass of water (30min before dinner).

Just before breakfast drink a full glass of water with **25 Daily Drops** added.

Just before lunch take **drink** full glass of water with **25 Daily Drops** added.

Just before dinner **drink** full glass of water with **25 Daily Drops** added.

INTENSE

No time to waste! Focused and ready for change. Go Go Go!

Upon waking up:

Take **2x Calorie Curb** with a full glass of water (30min before breakfast).

Before you feel hungry around

lunch time: Take 2x Calorie Curb with a full glass of water (30min before lunch).

At 17h: Take 1 x Thermo Boost with

a full glass of water with **25 Daily Drops** added.

Just before breakfast take **1x Thermo Boost** with a full glass of water with **25 Daily Drops** added.

Just before lunch take **1x Thermo Boost** with a full glass of water with **25 Daily Drops** added.

30min before dinner: **Take 2 x Calorie Curb.**

My **GOLEAN**