

benevita®

Become a Better you with Benevita

We all have a life we imagine. A life with purpose, energy, love. Where *joie de vivre* is real.

It's time to bring that vision for your life alive. Become that better you with the help of the Benevita Weight Management System, a lifestyle system that's easy to follow, helps you to achieve meaningful results, and puts you on a path to long-term health and wellness.

The Benevita Weight Management System works because it is backed by real science. Manufactured exclusively in Switzerland, the Benevita Weight Management System employs the properties of Glucomannan, a Japanese root-based formula proven in clinical trials to promote weight loss on a reduced calorie diet when consumed in three one-gram doses.

How the Benevita Weight Management System Works

Developed in our Swiss labs, the Benevita Weight Management System combines the power of scientifically proven weight reduction ingredients with a simple-to-follow healthy lifestyle regime that includes recipe inspirations alongside our delicious meal replacement options and snacks.



shake-it!

Make weight loss simpler by replacing one meal a day with our delicious chocolate or vanilla flavoured **Shake-It!** Replace breakfast, lunch, or dinner, with the peace of mind that this vegetarian-approved drink will give you all the nutrition you need.

Shake-It!'s key energy-boosting and weight-loss promoting ingredients include:

- Pea, rice, and soy non GMO plant-based proteins to help you feel full and satiated
- Flax seed oil, which is high in Omega-3 essential fatty acids, helps to promote brain function and clarity while providing nutrients your body needs but can't produce by itself
- A full spectrum of preservative-free vitamins and minerals with no artificial flavours or colours
- One sachet of **Shake-It!** contains 1 of the 3 daily grams needed of glucomannan*



Boost your metabolism and your energy with green tea leaf-derived **Go!** Containing a full complement of Vitamin C and B vitamins, **Go!** will help to free you from lethargy and fatigue with a vegetarian-friendly mix of efficacious ingredients:

- Natural energy booster derived from green tea
- Vitamins B1, B2, B6, B12, B3, and B5, as well as Biotin and Vitamin C which contribute to a normal energy-yielding metabolism
- Two **Go!** capsules contain 1 of the 3 daily grams needed of glucomannan*

recover!

Slip into serenity at day's end with **Recover!** This gentle herbal and non-habit forming supplement promotes tranquil, meditative sleep. Suitable for vegetarians, its active ingredients include:

- Lemon balm extract to help support relaxation and mental calm
- Magnesium, which contributes to a reduction of tiredness and fatigue
- Two **Recover!** capsules contain 1 of the 3 daily grams needed of glucomannan*

*Glucomannan: The Key Ingredient

The Benevita Weight Management System's weight-loss star is glucomannan, a Japanese grown and harvested *Amorphophallus konjac* root that has been shown in clinical trials to contribute to the efficacy of a weight loss plan. Consuming three grams of glucomannan daily alongside a reduced-calorie diet can help you reach your weight loss goals more quickly, more safely, and more effectively.



Manufactured in Switzerland
exclusively for ACN wellness B.V.

Fight unhealthy between-meal cravings with a guilt-free indulgence in the **Benevita Chocolate Crunch Bar**. This convenient, mouth-watering snack can satisfy your sweet tooth, steer you away from poor snack choices, and give you a boost before your workout. Perfect for vegetarians, this high-protein snack packs a tasty punch:

- A decadent, dark chocolate treat that is low in sugar
- Only 129 calories per bar
- High in fibre and protein made from non-GMO soy



Jermaine
(FROM THE NETHERLANDS)

Age: **30** Was: **86 Kg**
Height: **172 cm** Lost: **14 kg**
Weight: **72 kg**

"I feel much fitter during the day and I sleep like a baby at night. Losing weight motivated me to start playing sports again. I feel so good!"



Bori
(FROM HUNGARY)

Age: **36** Was: **68 kg**
Height: **170 cm** Lost: **20 kg**
Weight: **48 kg**

"I lost 20 kilos in 3 months and look fantastic. Feeling and looking great is irreplaceable, it boosted my confidence and opened up great new possibilities."

Vita+

Packed with vitamins, minerals, phytonutrients, and botanicals, **Vita+** ensures you are getting your daily recommended values of critical nutrients to promote optimum health and peak performance when you exercise. Two tablets once a day is all it takes to start creating a foundation for good health!

Vita+
for men

Men's and women's bodies are different, and so are their nutritional needs. Our multivitamin supplement for men offers key ingredients in doses designed for the male body:

- 13 critical vitamins
- 11 essential minerals
- Antioxidant-rich fruits and vegetables
- Lycopene to help protect cells from environmental damage
- Phytonutrient maca to spur energy and stamina
- Pumpkin seed to promote stronger immunity, better sleep, mood, heightened senses, healthier skin, and better reproductive function

Vita+
for women

Jumpstart your commitment to better health with this formulation specifically for women and their unique physical needs. Key ingredients include:

- 13 essential vitamins
- 11 critical minerals
- An antioxidant-rich mix of fruits and vegetables
- Iron to promote improved cognitive function and increase metabolism
- Calcium for strong bones
- Alfalfa juice powder to reduce menopausal symptoms and prevent osteoporosis

Note: food supplements are not substitutes for a varied diet and should be combined with a balanced diet and a healthy lifestyle.

Benevita Healthy Lifestyle Regime

	OPTION 1 MONDAY - FRIDAY	OPTION 2 MONDAY - FRIDAY	WEEKEND SATURDAY & SUNDAY
MORNING	Glass of water with juice from half slice of fresh lemon	Glass of water with juice from half slice of fresh lemon	Glass of water with juice from half slice of fresh lemon
	20 – 30 minutes of exercise	20 – 30 minutes of exercise	20 – 30 minutes of exercise
	BREAKFAST shake-it!	2 go!r capsules	BREAKFAST
MID-DAY	2 Vita+ tablets and a healthy snack	BREAKFAST	2 Vita+ tablets and a healthy snack
	2 go!r capsules	2 Vita+ tablets and a healthy snack	2 go!r capsules
AFTERNOON	LUNCH	LUNCH shake-it!	LUNCH
	Glass of water and a healthy snack	Glass of water and a healthy snack	Glass of water and a healthy snack
EVENING	2 recover! capsules	2 recover! capsules	2 recover! capsules
NIGHT	DINNER	DINNER	DINNER
	Glass of water before going to bed	Glass of water before going to bed	Glass of water before going to bed

For more information or to place your order, please visit my ACN Online Shop:

.....acnshop.eu

Call me if you have any questions:

Please enter this Business ID when placing your order: