

Body Balance System

Lose Weight
2x Faster*



*In a study, subjects using Partner.Co products lost more than twice as much weight as subjects who did not use Partner.Co products. All participants limited daily food intake to 1,250 calories. Individual results vary.



Proven Weight Loss

The Body Balance System is the only healthy and natural program proven to help you lose weight 2x faster* than with diet and exercise alone. It's a weight loss plan that guarantees** results — or your money back! The Body Balance System is more than just weight loss, it's an easy-to-follow path developed in partnership with medical doctors, scientists, wellness experts and athletes to truly transform your mind and body. Now, let's get started on your wellness transformation.

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**Subject to Partner.Co Terms and Conditions. Partner.Co products are backed by a 30-day, money-back guarantee. Please visit partner.co/return-policy for more details.

Reset. Burn Fat. Maintain.

The Body Balance System is simple. There are just three steps to help you win at weight loss.

1

Reset

Reset your mindset and set yourself up for success with a little prep. Begin by changing your diet to just consist of the Body Balance Approved Food List. That means eliminating fast food and junk food from meals, plus conducting a kitchen cleanse of processed foods. Incorporate the recommended products into your routine for optimal support and aim to drink 8 fl oz of water, 8-10x daily. These steps will pave the way for your healthier lifestyle.

- Eat from the Body Balance Approved Food List
- Stop eating fast food & junk food
- Remove processed food from your kitchen
- Drink 8 fl oz of water, 8-10x daily

2

Burn Fat

After your Reset, keep sticking to the Body Balance Approved Food List, plus make sure to incorporate our recommended supplements, so your body is getting everything it needs for optimal performance. Staying hydrated is also important; drink 8 fl oz of water, 8-10x daily. And unlike the first phase, you're going to add in movement! Try to get in 15-30 minutes of exercise per day. This will help you burn fat!

- Eat only from the Body Balance Approved Food List
- Drink 8 fl oz of water, 8-10x daily
- Move 15-30 minutes daily

3

Maintain

To maintain all your hard work, we have a few recommendations. Continue to prioritize the Body Balance Approved Food List. Keep up your supplement routine, daily exercise and hydration. All these steps will help ensure the longevity of your success! After all, it's not just about losing the weight, it's about losing the lifestyle and mindset that got you there.

- Eat from the Body Balance Approved Food List
- Drink 8 fl oz of water, 8-10x daily
- Move 15-30 minutes daily
- Avoid processed foods



Real People, Real Results

The proof is in the pics.

The Body Balance System helps you take in fewer calories than you burn via calorie-restricted eating, healthier food choices and increased physical activity. You can expect to lose up to 12 pounds in a month depending on a number of factors.*

Before you get started, take your "Before" picture and start tracking your measurements:

Date	_____	_____	_____	_____
Weight	_____	_____	_____	_____
Neck	_____	_____	_____	_____
Chest	_____	_____	_____	_____
Bicep	_____	_____	_____	_____
Waist	_____	_____	_____	_____
Hips	_____	_____	_____	_____

*These results are not typical. Individual results vary.

1 Reset

Begin your wellness journey by hitting the "Reset" button. Whether you're coming off a food-filled holiday season or simply have strayed from eating healthy, the Reset phase helps you kickstart healthy habits so that you can start burning fat.

Eat Right

Eat three regular, healthy meals with foods from the Body Balance Approved Food List. All the foods on this list are delicious and nutritious and more importantly low glycemic, meaning they will help keep your blood sugar levels even.

Cut out Fast Food & Junk Food

Processed foods will minimize your fat loss by spiking blood sugar and increasing inflammation.



Remove Temptation

Avoid temptation by clearing your cupboards and pantries of candy, canned soups, cookies, high-sodium frozen foods, pastries, potato chips, processed meats and soda.



Hydrate

Drink 8 fl oz of purified water, 8-10x daily. Providing your body with plenty of purified water allows your body to remove toxins and flush them away as you begin to burn up fat stores.

Help Your Gut

Start taking Probiotix™ daily, as directed. Changes in diet can lead to changes in your gut. Probiotix can help reduce bloating and reduce digestive issues.



Pro Tip

Your highest-calorie meal should be breakfast and your lowest-calorie meal should be dinner. This practice allows your body time to digest and burn off calories before resting in the evening.



Detox

Start taking Restoriix™ daily, as directed. Restoriix is designed to help safely remove the toxins and heavy metals that can be released as you lose weight.

Drops to Drop

Start taking Slenderiix™ and Xceler8™ Drops daily, as directed. Slenderiix is a homeopathic formula designed to curb hunger and assist the release of fatty deposits. Xceler8 helps increase metabolic rate, enhance energy levels and stabilize mood using a proprietary combination of methylcobalamin (a form of vitamin B12), biotin and a blend of adaptogenic herbs.



② Burn Fat

A modest aerobic exercise program is good for your health. Start walking, hiking, swimming, jogging, biking, etc., for **15-30 minutes per day, five times per week.**

If you've not been getting much exercise prior to this program, it's important to begin slowly, building up to the recommended amount of exercise over the next few weeks.

Remember, muscle weighs more than fat but it takes up less space. When you increase exercise, you lose fat and gain muscle, which slows the appearance of your weight loss on the scale. Tracking your inches can help you see the difference!



Block Sugar Absorption

Start taking Sugar Stop Sugar and Carb Blocker once daily with your largest meal to help reduce the absorption of sugar and stay feeling full.



Body Balance Approved Food List

Focus on fresh, organic foods to help you avoid sodium, unhealthy fats and processed foods that will spike your blood sugar, cause inflammation and slow down your weight loss.

Portion Sizes

Fruit = Palm

Protein = Palm

Fat = Thumb

Vegetables = 2 Fists

Carbohydrates = Tennis Ball



Palm = 3 oz.



Thumb = 1 oz.



Fist = 1 c.



Tennis Ball = 1/2 c.



Body Balance

Approved Food List

PROTEIN Animal-based

Best choices: grass-fed, free-range, raised without hormones, wild-caught, fresh, not preserved, nitrate-free

Beef:
Ground, Roast, Steak, Tips

Buffalo

Chicken

Duck

Eggs

Fish/Seafood*:
Anchovies
Any White Fish
Cod
Crab
Crayfish
Flounder
Hake
Halibut

Lobster
Mackerel
Mussels
Red Mullet
Salmon
Seabass
Shrimp
Swordfish
Tuna
Trout

Turkey Bacon

Venison
*Include Restorix as directed to help remove any potential heavy metal buildup.

Plant-based

Beans:
Black, Cannellini, Kidney, Lima

Chickpeas
(Garbanzo Beans)

Lentils

Low-Carb Protein Bars

Quinoa

Raw/Sprouted Nuts

Tempeh

Tofu, Organic
Avoid highly processed meat alternatives due to added salt, preservatives, wheat and sugar.

VEGETABLES Anything green is generally good, so try something new!

Best choices: organic, in-season, fresh

Artichokes

Asparagus

Arugula

Bamboo Shoots

Beans:
Green, Runner

Bean Sprouts

Beet Greens

Beets

Bell Peppers

Black Kale

Bok Choy

Broccoli

Brussels Sprouts

Cabbage

Carrots

Cauliflower

Celery

Celeriac

Chard

Choi Sum Greens

Chicory Greens

Collard Greens

Cress

Sprouted Cress Seeds

Cucumbers

Dandelion Greens

Endive

Curly Endive

Kale

Leeks

Lettuce:
Green Leaf,

Chili Peppers

Red Leaf, Romaine

Mushrooms

Mustard Greens

Okra

Onions

Parsnip

Peas:
Garden, Snap, Snow

Pickles:
Dill

Radicchio Greens

Radish:
Daikon, Garden

Red Cabbage

Rhubarb

Spinach

Sprouts

Shallots

Squash:
Butternut, Spaghetti, Summer, Yellow

Sweet Potato

Swiss Chard

Watercress

Yams

Zucchini

SEA VEGETABLES

Nori

Dulse

Hijiki

Kelp

Kombu

Wakame

FRUITS

Best choices: lowest sugar content

Apples

Avocados

Blackberries

Blueberries

Raspberries

Strawberries

Tomatoes

CONDIMENTS

Fermented condiments, such as kimchi or sauerkraut, are helpful for metabolism and digestion. Avoid condiments with sugar, artificial sweeteners and high amounts of sodium.

Horseradish, Pure
(not horseradish sauce)

Ketchup, Organic
(no sugar or sucralose)

Kimchi

Mustard

Olives: Packed in Vinegar, Sun-dried

Picante Sauce

Pickle Relish

Salsa
(reading ingredients; often contains sugar)

Sauerkraut

Soy Sauce (wheat-free, low sodium)

Tabasco Sauce

Tamari (gluten-free)

Wasabi

HEALTHY FATS, NUTS & SEEDS

Reserve 250-300 calories a day for healthy fats. Avoid vegetable, canola, corn, peanut, soybean, sunflower and cottonseed oils.

Almonds

Avocados

Avocado Oil

Borage Oil

Brazil Nuts

Cashews

Chestnuts

Coconut Oil
(may be used for cooking; 1 spoonful = 100 calories)

Flaxseed Oil

Olive Oil, Extra Virgin, Cold-Pressed

50 mg Chia Seeds, Hemp Seeds, Raw Pumpkin Seeds, Raw Walnuts
(or 2 spoonfuls of their cold-pressed oils for salad dressing)

HERBS

Basil

Bay Leaf

Caraway Seeds

Cardamom

Cayenne Pepper

Chives

Cinnamon

Cloves

Chili Flakes

Cilantro/ Coriander

Curry Leaves

Dill

Fennel

Garlic

Ginger

Lemongrass

Makrut Lime Leaves

Mint

Oregano

Nutritional Yeast

Paprika

Parsley

Rosemary

Sage

Saffron

Tarragon

Thyme

Turmeric

Vanilla Bean
(not essence with an alcohol base)

SPICES

Best choices: salt-free and sugar-free spices

Apple Cider Vinegar

Balsamic Vinegar

Black/Pink Pepper

Cayenne

Cumin

Curry Powder (all varieties, but check for no sugar)

Dulse Flakes

Garlic

Kelp Flakes

Lemon

Lime

Mustard

Onion Powder

Sea Salt

Turmeric

SWEETENERS

Liquid Stevia Drops/Powder
(should not contain maltodextrin)

Monk Fruit

AVOID

barley, bread, cereals, chemical sugar replacements, chips, chocolate, commercial dairy products, couscous, flour, iodized table salt, jam, pasta, potatoes, pretzels, processed meats, rice, roasted/salted nuts, sodium-rich foods (i.e., canned soups), trans fats, vegetable oils

Sample Daily Menu

Simplify your meal routine with this easy-to-use menu that will help you stress less and lose more.

Breakfast

2 protein portions
1 fruit portion

Snack

1 fruit portion
½ avocado or
½ cup of nuts

Lunch

1 protein portion
2 vegetable portions
1 healthy fat portion

Snack

(no fruit after 1 p.m.)
1 vegetable portion
1 healthy fat portion

Dinner

1 protein portion
2 vegetable portions
1 healthy fat portion

Snack

1 protein portion

Pro Tip

Consume a minimum of 1,200 calories a day. If you are exercising, replace the calories burned if daily calories drop below 1,200. Eat 80 g of protein a day. Stick to green vegetables as much as possible. Use oil, avocado or nuts as the fat.



③ Maintain

Congratulations! Reaching your weight loss or fitness goals means you've mastered a set of skills. Essentially, you've built wellness habits and practices. Now the game changes to maintenance.

Continue Healthy Habits

- Eat from the Body Balance Approved Food List
- Move daily
- Drink 8 fl oz of purified water, 8-10x daily
- Celebrate regularly

Avoid

Stay wary of processed foods. Processing often strips food of beneficial fiber and vitamins, and processed food typically has high fat, salt and sugar. It's called "junk" food for a reason.

Pro Tip If you find yourself hitting a plateau after six months of beginning the system and you've stopped losing weight before you've reached your goal, it's recommended you discontinue taking Slenderix drops for one month. Continue taking Xceler8 drops and consider adding Rejuvenix™ with breakfast. This will jumpstart your body, allowing further weight loss.



Products With A Purpose

In each phase, there are key Partner.Co products that will not only support your weight loss, but the factors that impact it, such as optimal cellular nutrition, body fat stores and hormone balance, energy elevation and blood sugar levels. Here's how you can benefit the most from our supplements.



1 | Reset



Slenderix
Fights hunger and helps eliminate fat

3x Per Day
Directions: 10 minutes before each meal, hold under tongue for 10-30 seconds



Xceler8
Helps increase metabolic rate and enhances energy

2x Per Day
Directions: Before breakfast and lunch and after taking Slenderix, hold under tongue for 10-30 seconds



Restorix
Helps remove toxins and balance pH

1x Per Day
Directions: Mix 1 scoop with water



Elite™
Helps balance hormones and reduce stress

1x Per Day
Directions: Mix with 16 fl oz water



Probiotix
Supports gut health and reduces bloat

1x Per Day
Directions: Take 1 capsule daily



Water
Hydrates and flushes toxins as you begin burning fat

8-10x Per Day

3 | Maintain



PureNourish
Provides healthy, low calorie snack

1x Per Day
Directions: Blend 2 scoops with 8 fl oz water, unsweetened almond, oat or coconut milk



Optimal-M®
Provides minerals to support bones, nerves and muscles

2x Per Day
Directions: Take 2 capsules twice daily



Optimal-V®
Provides vitamins to support heart, eyes, skin and lungs

2x Per Day
Directions: Take 3 capsules twice daily



Vinali®
Helps boost immunity and maintain skin

2x Per Day
Directions: Take 1 capsule twice daily



Tahitian Noni® ORIGINAL
Provides nutrients and boosts immunity

1x Per Day
Directions: Drink 2 fl oz daily



Beauty Boost™
Rehydrates and helps fortify skin and hair

1x Per Day
Directions: Add 1 scoop to 2 scoops of PureNourish and 8 fl oz water

2 | Burn Fat



PureNourish™
Provides protein and amino acids

2x Per Day
Directions: Blend 2 scoops with 8 fl oz water, unsweetened almond, oat or coconut milk and a cup of added fruit.



Power Boost™
Helps build muscle and boosts mental cognition

1x Per Day
Directions: Add 1-2 scoops PureNourish and 8 fl oz water



Sugar Stop
Blocks the absorption of sugar and keeps you feeling full

1x Per Day
Directions: Add 1 scoop to 10 fl oz water and mix well



Rejuvenix™
Helps increase energy

1x Per Day
Directions: Take 2-4 capsules daily as needed



Renew
Helps increase GHG that reduces body fat, combat soreness and improve restorative sleep

1x Per Day
Directions: Blend 1 stick pack in 4-8 fl oz water

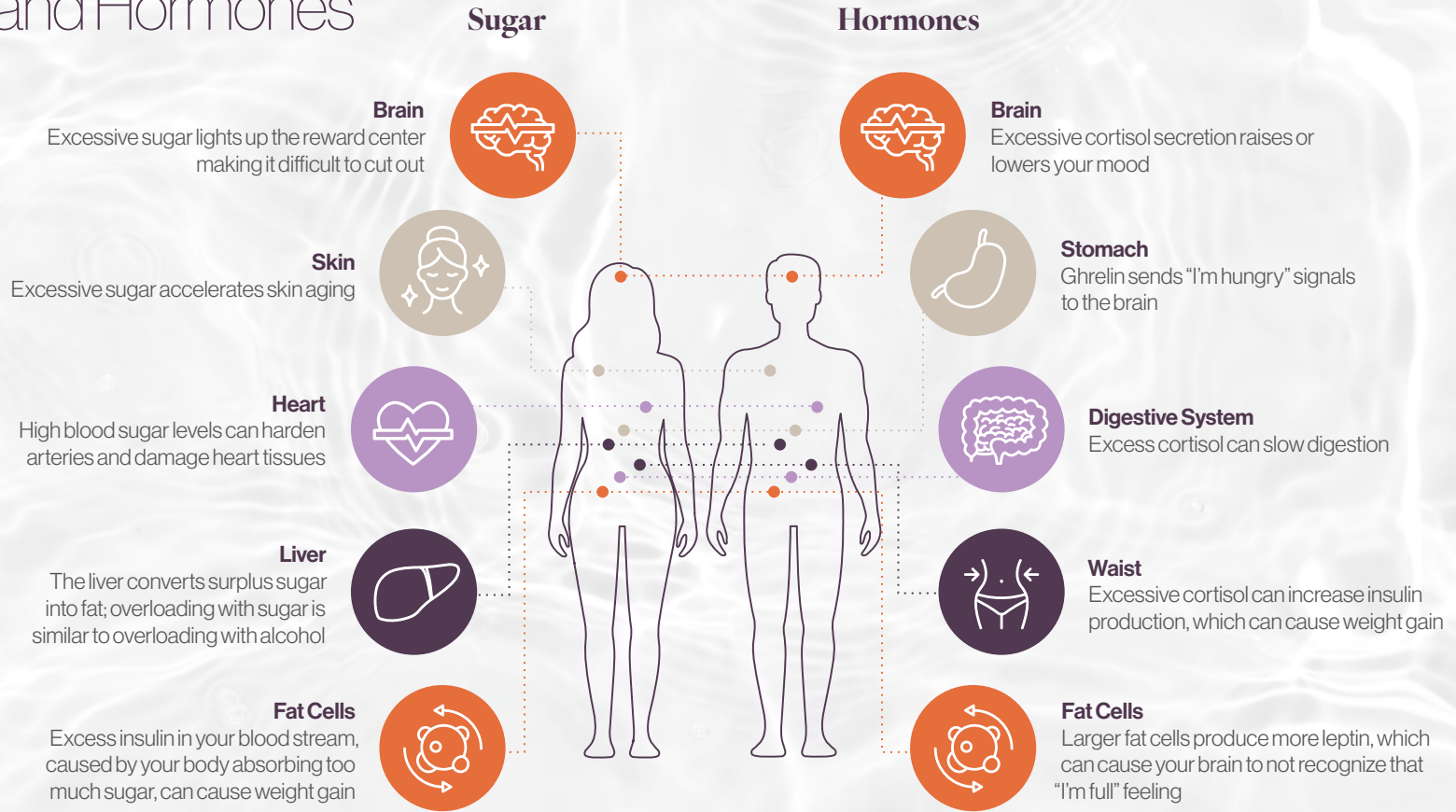


Giving Greens®
Provides nutrients of 2.5 lb. of veggies plus digestive support

1x Per Day
Directions: Blend 2 scoops with 8 fl oz water

Impact of Blood Sugar and Hormones

The Body Balance System helps maintain blood sugar levels and balances hormones — such as insulin, leptin, ghrelin and cortisol — so you can reach your wellness goals.



The Perfect Duo for Weight Loss



Over
1 Million
Bottles Sold



Slenderix

Kill Your Cravings

- Homeopathic formula
- Helps reduce hunger and control appetite so you feel in control
- Eliminates fat stores so you experience more inches lost

How to use:

Take three times daily before meals. Place 0.7 mL (approx. 15 drops) under your tongue, wait 10 seconds and then swallow. Do not eat or drink for at least 10 minutes before or after taking Slenderix Drops.



Xceler8

Boost Your Metabolism

- Proprietary combination of methylcobalamin (vitamin B12), biotin (vitamin H) and a blend of adaptogenic herbs that help with weight loss
- Enhances energy levels so you can move more while you eat less
- Helps stabilize stress response and mood so you don't seek comfort food

How to use:

Take with breakfast and lunch. Place 1 mL under your tongue, 10 minutes after taking Slenderix Drops. Meal can be eaten immediately following Xceler8 Drops.

Hormone Free

SLENDERIIX

HOMEOPATHIC WEIGHT
MANAGEMENT FORMULA
1 Bottle

Dietary Supplement

XCELER8

METABOLISM SUPPORT
& INCREASED ENERGY
1 Bottle

Purpose: Helps to temporarily reduce minor hunger pangs and control appetite to support weight loss efforts.

Directions: Take three times daily before meals. Place 0.7 mL (approx. 15 drops) under your tongue, wait 10-30 seconds and then swallow. Do not eat or drink for at least 10 minutes before or after taking Slenderiix Drops.

Warnings: If pregnant or breastfeeding, do not use. Keep out of reach of children. Not for use by children under 18.

Purpose: Helps metabolism and increased energy in weight loss efforts.†

Directions: Take with breakfast and lunch. Place 1 mL under your tongue, 10 minutes after taking Slenderiix Drops. Meal can be eaten immediately following Xceler8 Drops.

Warnings: If pregnant or breastfeeding, do not use. Keep out of reach of children. Not for use by children under 18.

Tamper Resistant Seal: If seal is broken or missing, do not use.

†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Tamper Resistant Seal: If seal is broken or missing, do not use.

Ingredients: Ammonium Bromatum 12X, Avena Sativa 6X, Calcarea Carbonica 9X, Fucus Vesiculosus 6X, Graphites 12X, Ignatia Amara 9X, Kali Phosphoricum 12X, Lycopodium Clavatum 6X, Natrum Mur 12X, Sulfuricum Acidum 12X, Thyroidinum 9X

Inactive Ingredients: Grain Alcohol 20%, Natural Flavors, Stevia Leaf, USP Purified Water

Store in a cool place, away from sunlight.

Supplement Facts

Serving Size: 24 (1 mL)
Servings Per Container: 59

	Amount Per Serving	%DV
Vitamin B12 (as Methylcobalamin)	600 mcg	25,000%*
Biotin	100 mcg	333%*
Rosehips Fruit Extract	10 mg	*
Acerola Fruit	2.5 mg	*
Proprietary Energy Blend	37.5 mg	*
Green Tea Leaf Extract, Fresh Ashwagandha Root Extract, Rhodiola Rosea Root Extract		

*Daily Value (DV) Not Established.

Other Ingredients: Vegetable Glycerin, Water, Stevia Leaf Extract, Peppermint Essential Oil

Contains one (1) 2 fl oz (59 mL) of Slenderiix and Xceler8

Mfg. For: Partner.Co USA, Inc.
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Suite 200
Draper, UT 84020
Made in USA.

Scan here:



Unlock the Body Balance System, a simple and effective tool to maximize your fat loss results and lose weight for good.

 partner.co™

[Slenderiix.com](https://slenderiix.com)

For more information, visit **Partner.Co**

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