

Suggested Regimen

Breakfast	<ul style="list-style-type: none"> • Balance Complete™ meal replacement shake • NingXia Red® packet
Snack	<ul style="list-style-type: none"> • 2–3 drops Slique™ Essence in water or low-calorie beverage • Healthy snack (fruit, vegetables, nuts, etc.)
Lunch	<ul style="list-style-type: none"> • Slique™ Tea 15 minutes before meal (Optional: add 1–2 drops Slique Essence) • 2 Essentialzymes-4™ capsules with meal • Light, well-balanced lunch*
Snack	<ul style="list-style-type: none"> • 2–3 drops Slique Essence in water or low-calorie beverage • Healthy snack (fruit, vegetables, nuts, etc.)
Dinner	<ul style="list-style-type: none"> • Slique Tea 15 minutes before meal (Optional: add 1–2 drops Slique Essence) • 2 Essentialzymes-4 capsules with meal • Light, well-balanced dinner*
Evening	<ul style="list-style-type: none"> • 2–3 drops Slique Essence in water or low-calorie beverage

*Balance Complete may be substituted for one additional meal to add variety or reduce caloric intake. Breakfast and lunch regimen may be reversed. For added benefit, additional Slique Tea may be purchased and integrated into a daily regimen. Exercise should be incorporated into daily activity.

SLIQUE KIT (ITEM NO. 4587)

To Order, Contact Diana Ewald, Young Living Member #534462
407.399.8562 ~ www.AromatherapyLiving.com

VEGETARIAN SLIQUE KIT (ITEM NO. 4588)

Substitute Power Meal™ for Balance Complete and Detoxzyme® for Essentialzymes-4.

WARNING

If you are pregnant, nursing, or have a medical condition, consult a health professional prior to use. Consult a health professional before starting a weight-management program.

www.youngliving.com