



# ***PRODUCT GUIDE***



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## ACTIVME KETO BOOST COMBO Combo R 600.00

The Keto diet has become one of the most popular methods worldwide to shed excess weight and improve health. The best way to achieve ketosis successfully is to follow the Keto Meal Plan and take the Keto-Boost and KETO-Flush capsules to bring your body into a state of ketosis. To follow the Keto Meal Plan requires a healthy digestive tract with sufficient enzymes to speed up digestion. The Keto Diet is very low in carbs which forces the body into a metabolic state described as Ketosis, during which some of the body's energy supply comes from ketone bodies (The result of Fat burning) in the blood, in contrast to a state of glycolysis during which a diet high in carbs are consumed, and in which blood glucose provides energy (No fatty acids are converted).

Unique Blend of Ingredients in KETO-Boost BHB Capsules: KETO-Boost BHB Capsules help boost physical performance, sustain a high energy level, boost focus, and burn fat. When combined with a ketogenic diet and exercise, your body will enter and remain in ketosis, consistently working to burn fat fast and curb cravings. KETO-Boost BHB Capsules gives you a fast, natural boost of energy throughout the day, while burning fat, without the typical negative side effects of diet pills. No jitters, no nausea, headaches, or hear pounding.



## ACTIVME KETO FLUSH COMBO Combo R 600.00

UKetogenic Diet Basics. The Keto diet has become one of the most popular methods worldwide to shed excess weight and improve health. To follow the Keto Meal Plan requires a healthy digestive tract with sufficient enzymes to speed up digestion.

Low Carb diet forces your body to rely on fats (Burns fat) for its main energy, a process known as ketosis. Keto diets reduce hunger and increase safety.

The Importance of Digestive tract health during Keto Diet. Without sufficient digestive enzymes, the body is unable to digest food particles properly, which may lead to digestive disorders like food intolerance, indigestion, hunger pains, bloating and interferes with the process of KETOSIS.



## ACTIVME COLLAGEN WITH BUFFERED VIT C R 450.00 (220 g)

### Naartjie & Orange

Collagen is the most abundant protein in your body. It is the major component of muscle tissue and connective tissues that make up several body parts, including tendons, ligaments and skin. Collagen has many important functions, including providing your skin with structure and strengthening your bones. It should come as no surprise that it can have a big impact when it comes to building muscle mass. Foods that contain creatine are for instance Steak, Tuna, Chicken, Salmon and Pork. Added Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.





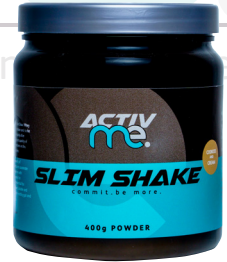
## ACTIVME SLIM SHAKE

R 350.00 (400 g)

- Chocolate ● Vanilla
- Cookies & Cream ● Strawberry

Success with weight loss relies heavily on regular eating with the correct proportions of top quality food groups. This is critical for long term success. Slim Shake a Healthy shake provides just that. It is a scientifically formulated 'meal' which stabilizes the metabolism enhancing weight loss by blood sugar stabilization, rebuilds muscles and maintains well-being. Proteins of the highest biological availability, like the whey and casein caseinates, ensures stable and regulated protein absorption for a long lasting effect. These are combined with special carbohydrates, to support this long lasting effect, which are also balanced with specific soluble and insoluble fibres for optimum gut health.

Fine tuning of these factors are critical during kilojoule restricted programmes, meal restrictions, stressed lifestyles and to maintain wellness.



## ACTIVME MULTIVITE

R 115.00 (30 capsules)

If you're wondering what your growing young athlete, aged 8 or older, needs to stay in tip-top condition, look no further than ActivMe MultiVite. This well-balanced formulation contains vitamins and minerals in the correct amounts to promote allround wellness. Ingredients include various B-vitamins known for their important role in energy release and offering nervous system support. Vitamins A, C, D3 and E are also incorporated. Iron in the form of ferrous fumarate helps to combat anaemia, and Calcium and Magnesium complement each other to promote bone health. Zinc is useful in boosting immunity. The dosage is one capsule daily, or two if your star is feeling run-down.



## ACTIVME H2O FIZZY

R 115.00 (30 Tablets)

H2O Fizzy is a fresh tasting tablet designed to help with water intake. Because the product has zero sugar and zero kilojoules it's a safe way to introduce and increase a daily water intake to keep the body hydrated. H2O Fizzy can be added to a glass of cold water or dissolved in a water bottle during the day as a refreshing drink with no negative side effects and sugar rush.



## ACTIVME FAT BURNER R 160.00 (150 g)

 Berry  Lemon

ActivMe Fat Burner is a well balanced weight loss product packed with Vitamin C to reduce blood sugar levels, Guarana that contains caffeine to increase energy and metabolic rate. L-Glutamine reduces craving for carbohydrates in conjunction with the Vitamin C to stabilize blood sugar levels thereby helping to reduce hunger signals. Other products like Selenium, Kelp and many more are clinically combined to help with weight loss and increase energy levels. ActivMe Fat Burner not only helps with controlling your weight but looks after the digestive system to keep the body healthy and feeling good.



## ACTIVME OMEGA-3 R 115.00 (30 Capsules)

While many people supplement with the essential fatty acid, Omega 3, for heart health, recent research points to several benefits for young athletes. This naturally-sourced fish oil supplement has been shown to assist in lowering levels of inflammation. If inflammation remains elevated after exercise, this can negatively impact muscle soreness, tissue repair and other aspects of recovery. Omega 3 has been shown to increase blood flow to muscles during exercise, help to decrease muscle soreness, reduce swelling, and increase range of motion post exercise. ActivMe Omega-3 (1000 mg) can be taken once daily, after breakfast, with a full glass of water.





### **ACTIVME FEMCARE** R 160.00 (30 Capsules)

FemCare contains a range of essential nutrients, vitamins, minerals and herbal extracts that support the development of an ideal environment for the body to create a balanced equilibrium that is conducive for reducing the symptoms of PMS, as well as the general wellbeing of the PMS sufferer.

FemCare is high in Vitamin B5, Vitamin B6, Vitamin B12, Biotin, Folic Acid and Zinc, as well as herbals like Black Coshosh, FoeniculumVulgare (Fennel) and the amino acid L-Theanine.



### **ACTIVME LIPOCUT** R 160.00 (30 Capsules)

With its many clinically studied ingredients, LipoCut enhances the body's metabolism, increases energy, and heightens focus. LipoCut helps you to obtain your weight management goals while continuing to have the focus and drive to get through those busy days ahead.

LipoCut was designed with a blend of carefully chosen and clinically proven ingredients to sharpen focus, boost metabolism, and aid in stress management. By supporting cognitive function, LipoCut gives you the extra focus required to achieve success in your goals. Whether those goals are to lose weight or live a healthier lifestyle, now you can look as good as you feel.



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