

Fit & Happy Weight Loss System

The Fit & Happy Weight Loss System is designed to curb your appetite, elevate your mood, boost your energy, and help you live the happy, vibrant life you deserve. By supporting metabolism, balancing blood sugar, and reducing cortisol, these products will help you quickly and easily reach your weight loss goals. Our Fit & Happy Shake™, Elevate MAX®+ Energy Caps, and Unwined™ Chill Drink work synergistically, along with a healthy eating plan provided in the printed weight loss guide, included as a free gift with this system, to make your journey easy and enjoyable.

AM

Enjoy a delicious Vanilla or Mocha shake or smoothie using your Fit & Happy Shake™. Take 1 capsule Elevate MAX®+ Energy Caps with your breakfast shake. Stay hydrated with pure water throughout your morning.

Midday

Enjoy a lunch that is rich in vegetables such as a large salad, soup, or stir-fry. Any combination of raw or cooked vegetables will make the perfect foundation for a healthy, energizing lunch. Add a light protein such as chicken or fish if desired. If you would like an afternoon pick-me-up, take 1 capsule Elevate Max®+ Energy Caps. Be sure to drink plenty of water.

PM

Enjoy a light dinner that is focused on vegetables, lean protein, and healthy fats. Adding a healthy source of fat will help keep you feeling full and satisfied.

Before Bed

Thirty minutes before bed, enjoy a glass of Unwined™ Chill Drink to help ensure a good night's sleep.

TIP: You can also choose to have a high protein breakfast and enjoy your shake at lunch or dinner.



Note: The Fit & Happy Weight Loss System includes a Mocha OR Vanilla flavor shake.

The Happy Co.™

Fit & Happy Weight Loss System
 System Vanilla: 74500999
 System Mocha: 74700999
 Retail Price: \$219.95
 SmartShip Price: \$196.95

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Fit & Happy Weight Loss System

Fit & Happy Shake™ – Vanilla

Supplement Facts				
Serving Size: 1 Full Level Scoop (26.5 grams)				
Servings per Container: 28				
Calories	Powder 115		with 8 fl oz nonfat milk 195	
	Amount Per Serving	%Daily** Value	Amount Per Serving	%Daily** Value
Total Fat	4 g	5%	4 g	5%
Saturated Fat	3 g	15%	3 g	15%
Cholesterol	32 mg	11%	37 mg	12%
Sodium	111 mg	5%	211 mg	8%
Total Carbohydrates	9 g	3%	21 g	7%
Dietary Fiber	6 g	21%	6 g	21%
Total Sugars	1.5 g		14 g	
Protein	12 g	24%	20 g	40%
Vitamin A (as Palmitate)	300 mcg	33%	450 mcg	50%
Vitamin C (as Ascorbic Acid)	30 mg	33%	30 mg	33%
Vitamin D (as Cholecalciferol)	7 mcg	33%	10 mcg	50%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	5 mg	33%	5 mg	33%
Vitamin B1 (as Thiamine)	0.4 mg	33%	0.5 mg	33%
Vitamin B2 (as Riboflavin)	0.4 mg	33%	0.8 mg	47%
Vitamin B3 (as Niacinamide)	5 mg	33%	5.2 mg	33%
Vitamin B6 (as Pyridoxal 5-Phosphate)	0.5 mg	33%	0.6 mg	33%
Folic Acid (as L-Methylfolate Calcium)	133 mcg	33%	145 mcg	36%
Vitamin B12 (as Methylcobalamin)	0.8 mcg	33%	3 mcg	50%
Vitamin B5 (as Calcium D-Pantothenate)	2 mg	33%	4.7 mg	47%
Calcium	104 mg	8%	400 mg	40%
Potassium	188 mg	4%	570 mg	16%

** Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Whey Protein Concentrate, Acacia Fiber, Coconut Oil Powder, Guar Gum, Natural Flavor, Probiotic Bend (Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium breve, Bifidobacterium longum and Lactobacillus casei), Fabenol® carb blocker (Proprietary White Kidney Bean Extract), Xanthan Gum, Sodium Bicarbonate, Pink Himalayan Salt, Stevia Leaf Extract and Silicon Dioxide.

Fit & Happy Shake™ – Mocha

Supplement Facts				
Serving Size: 1 Full Level Scoop (27.2 grams)				
Servings per Container: 28				
Calories	Powder 118		with 8 fl oz nonfat milk 198	
	Amount Per Serving	%Daily** Value	Amount Per Serving	%Daily** Value
Total Fat	4 g	5%	4 g	5%
Saturated Fat	3 g	15%	3 g	15%
Cholesterol	32 mg	11%	37 mg	12%
Sodium	111 mg	5%	211 mg	8%
Total Carbohydrates	9 g	3%	21 g	7%
Dietary Fiber	6 g	21%	6 g	21%
Total Sugars	1.5 g		14 g	
Protein	12 g	24%	20 g	40%
Vitamin A (as Palmitate)	300 mcg	33%	450 mcg	50%
Vitamin C (as Ascorbic Acid)	30 mg	33%	30 mg	33%
Vitamin D (as Cholecalciferol)	7 mcg	33%	10 mcg	50%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	5 mg	33%	5 mg	33%
Vitamin B1 (as Thiamine)	0.4 mg	33%	0.5 mg	33%
Vitamin B2 (as Riboflavin)	0.4 mg	33%	0.8 mg	47%
Vitamin B3 (as Niacinamide)	5 mg	33%	5.2 mg	33%
Vitamin B6 (as Pyridoxal 5-Phosphate)	0.5 mg	33%	0.6 mg	33%
Folic Acid (as L-Methylfolate Calcium)	133 mcg	33%	145 mcg	36%
Vitamin B12 (as Methylcobalamin)	0.8 mcg	33%	3 mcg	50%
Vitamin B5 (as Calcium D-Pantothenate)	2 mg	33%	3.7 mg	37%
Calcium	104 mg	8%	400 mg	40%
Potassium	188 mg	4%	570 mg	16%

** Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Whey Protein Concentrate, Acacia Fiber, Coconut Oil Powder, Guar Gum, Alkalized Cocoa Powder, Natural Flavor, Probiotic Bend (Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium breve, Bifidobacterium longum and Lactobacillus casei), Fabenol® carb blocker (Proprietary White Kidney Bean Extract), Colombian Coffee Powder, Xanthan Gum, Sodium Bicarbonate, Pink Himalayan Salt, Silicon Dioxide and Stevia Leaf Extract.

Elevate MAX® + Energy Caps

Supplement Facts	
Serving Size 2 capsules	
Servings per container: 30	
Amount per serving	% Daily Value*
Vitamin B3 (Niacinamide)	4 mg 25%
Chromium (Polynicotinate)	250 mcg 714%
MAX+ Blend	1,105 mg †
Alpinia Galanga Extract (as EnXtra™), Phenylethylamine HCl, Caffeine, L-Theanine, Guarana Extract, Rhodiola Rosea Extract, A-GPC (Alpha-Glyceryl-phosphorylcholine), p-Synephrine HCl, Griffonia simplicifolia Extract (5-HTP), Bacopa Monnieri Extract, Green Tea, Green Coffee Bean Extract, Yohimbine HCl, Cocoa Bean Extract (as Cocoabuterol™).	
* Percent Daily Values are based on a 2,000 calorie diet.	
† Daily Value not established.	

Other Ingredients: Vegetarian Capsule, Silicon Dioxide, Sunflower Lecithin, Microcrystalline Cellulose, Magnesium Stearate.

Unwined™ Chill Drink

Supplement Facts	
Servings per container: 20	
Serving Size: 1 stick (2.2 g)	
Amount per serving	% Daily Value*
Calories 10	
Total Carbohydrate 2 g	1%
Dietary Fiber 0 g	0%
Total Sugar 0 g	
Protein <1 g	
Folate 680 mcg DFE (400 mcg folic acid)	170%
Proprietary Blend 1,242 mg †	
L-Theanine, Gamma Aminobutyric Acid (GABA), Holy Basil Leaf and Stem Extract, Grape Pomace Extract, Apple Skin Extract, Grape Seed Extract, Cordyceps Mushroom Extract, Lemon Balm Leaf Extract, Passion Flower Flower Extract, Organic Red beet, Griffonia simplicifolia Seed Extract (5-HTP), Ashwagandha, Valerian Root Extract, Red Reishi Mushroom (Fruiting Body), Melatonin (1mg), Saffron Stigma Extract, Ionic Trace Minerals.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
† Daily Value not established.	

Other Ingredients: Natural Flavors, Stevia Leaf Extract, Organic Rice Concentrate, Malic Acid, Fruit and Vegetable Juice (Color).



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