



> Your key to **BALANCED NUTRITION**. Complement your lifestyle with just one Vi-Shape® shake per day.*

1. WHAT IS THE BODY BY Vi CHALLENGE™?

The number one weight-loss challenge platform in North America, the Body by Vi Challenge™ is simple, rewarding, fun and fits with any lifestyle. Your Challenge begins with a personal goal—set for you, by you. The rest is as simple as making your health a priority for 90 days at a time. If you are looking to lose weight, maintain your weight or be healthy, one of our four Challenge Kits will help you achieve your goals.

2. WHO SHOULD USE THE BALANCE KIT?

Anyone looking to begin their journey to a better weight and well being should use the Balance Kit. This kit helps support your goal to feel your best with balanced nutrition.

3. WHAT ARE THE BENEFITS OF THE BALANCE KIT?

The Balance Kit provides optimal nutrition to help keep your body balanced. This Kit delivers vitamins, minerals, protein and fibre to help you feel your best.

4. WHAT'S IN THE BALANCE KIT?

- Vi-Shape® Nutritional Shake Mix meal replacement (30 servings)
- Vi-Shape® Mix-Ins in chocolate and strawberry flavours (5 servings)

5. IS BEING ON THE CHALLENGE EXPENSIVE?

No. In fact, being part of The Challenge can **SAVE** you money. The Balance Kit provides one full meal and the nutritional support you need to be healthy. The cost per day for the programme is less than many people spend on ONE fast food lunch or breakfast. And it provides nutrition and health support to help you achieve your personal Challenge goal. Plus, you can earn your kit for **FREE!** Simply invite three others to join The Challenge, and you can get your kit for free.

6. CAN I BUY THE PRODUCTS SEPARATELY AND NOT IN THE CHALLENGE KIT?

Yes, you can buy the products individually. However, purchasing a Challenge Kit offers the best value.

7. DO I NEED TO EXERCISE?

The programme is designed to be used in conjunction with a varied calorie-restricted meal plan and routine exercise regime.

8. WHAT ARE THE PRIMARY BENEFITS OF THE Vi-SHAPE® NUTRITIONAL SHAKE MIX MEAL REPLACEMENT?

- Features a unique Tri-Sorb™ Protein Blend that helps support lean muscle and a healthy weight
- Source of fibre
- Lower carb than other brands
- Gluten-free
- Friendly for those watching their sugar intake
- 23 vitamins and minerals
- Suitable for vegetarians
- Non-GMO ingredients
- With protein, nutrition and flavour

9. CAN I USE ONLY WATER FOR THE SHAKE?

The shake is designed to be used as a meal replacement. For best results, combine two scoops of Vi-Shape® Nutritional Shake Mix powder with 250 ml of semi-skimmed milk. In addition, it is important to maintain an adequate daily fluid intake. Two litres of water per day are suggested.

10. WHAT ARE THE PRIMARY BENEFITS OF THE Vi-SHAPE® MIX-INS?

With Vi-Shape® Mix-Ins you have the option to make your own unique meal replacement more fantastic. Made from real fruit, each sachet provides fantastic flavour:

- **Strawberry**—Made from real strawberries, each sachet delivers a bouquet of strawberry flavour
- **Chocolate**—Features a concentrated dark chocolate flavour—sure to delight even the most discriminating chocolate lover