

# 2-DAY FAST FORMULA®

Beachbody Nutritional®

Kick-start your weight loss!

Fasting without proper nutrition may result in some weight loss, but it's often temporary and can slow your metabolism, which leads to weight gain once the fast is over. This can dramatically hamper the results of your Beachbody® workouts. Our 2-Day Fast Formula® provides nutrition PLUS cleansing ingredients to help you lose up to 7 lbs. of stored fat in 2 days the right way and keep it off without sacrificing metabolism or energy.\*



## KEY BENEFITS\*

- Helps reduce cravings and **burn off hard-to-lose fat**
- Supports **total-body cleansing**
- Supports and invigorates the body's **natural** energy production
- Supports **increased weight loss** from your fitness routine
- Available in **two delicious flavors**: Chocolate and Vanilla

## USAGE

Drink our 2-Day Fast Formula in place of meals for 2 days. Even if you drink it for just 1 day or for a couple of meals, it can have a dramatic effect on breaking the cycle of unhealthy eating.

## THE BEACHBODY DIFFERENCE

Our 2-Day Fast Formula not only tastes great and helps burn stored fat, it also helps maintain your metabolism level so that it operates at its best.\*

## DID YOU KNOW?

- Beachbody test groups have shown that those who enhanced their workouts with 2-Day Fast Formula lost 3–7 pounds, and felt healthier, more energetic, and in control.\*
- By allowing your body to stop breaking down food for a day or two, your metabolism can get caught up so it is able to begin burning off stored fat.

WARNING: Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

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

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