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BURN  
COLLECTION™



\*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.

\*If you are pregnant, nursing, diabetic or taking prescription drugs, consult with  
healthcare provider prior to use.



BUR-QS-220

QUICK START GUIDE

# THE BURN COLLECTION™



Heat up your weight loss efforts with scientifically backed ingredients shown to increase fat burning and weight loss. Recent advancements in modern science have given us a greater understanding of the powerful benefits of intermittent fasting. The Burn Collection™ features four exceptional master formulations that work in several key ways: By enhancing the benefits of intermittent fasting, providing top-quality nutrition, improving digestive health, managing stress, and more.◊

## FEATURES AND BENEFITS

- ◊ Support fat burning with proven weight loss aids to help control appetite and help the body's ability to burn fat during intermittent fasting days.◊
- ◊ Support cellular health and regeneration, which supports immune system health, anti-aging, and overall wellness.◊
- ◊ Satisfy your hunger and fuel your body with delicious protein-packed, full spectrum plant-based meal replacement shakes.
- ◊ Help support weight loss with clinically studied probiotic super strains that support a healthy BMI, fat metabolism, smaller waist circumference, and reduced visceral fat.◊
- ◊ Fortify your body and mind with proven ingredients to combat physical, mental, and environmental stress.◊

## THE BURN COLLECTION™ INCLUDES

- ◊ 2 pouches of Ultra 30™ (30 servings)
- ◊ 2 pouches of Burn Mode™ (30 servings)
- ◊ 1 bottle of Fortitude 85™ (30 servings)
- ◊ 1 bottle of Biome Sync™ TRIM (30 servings)

## ULTRA DAYS™ AND BURN DAYS™

### Ultra Day™

Replace 1-2 meals per day with Zallevo Ultra 30™ shakes and 1-2 whole food nutritious meal(s). Consume one serving of Burn Mode™ per day 2 hours after your last meal to initiate Burn Mode™.

### Burn Day™

You will experience the benefits of intermittent fasting by abstaining from regular meals and introducing Burn Mode™. Consume one serving of Burn Mode™ every four hours during waking hours of intermittent fasting, up to 4-5 servings per day.

Each month, your scheduled Burn Days™ may look like this:

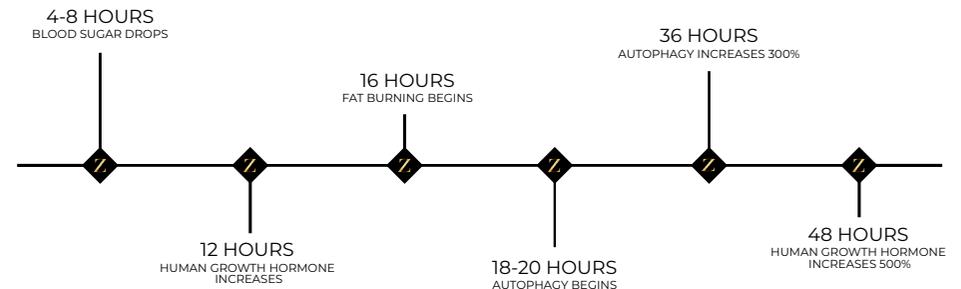
Fast 24 hours every 7 days

S	M	T	W	R	F	S
		UL				
		UL				
		UL				
		UL				

Fast 48 hours every 14 days

S	M	T	W	R	F	S
	UL	UL				
	UL	UL				

## FASTING TIMELINE



**Directions:** Enjoy 1 Ultra 30™ shake each day along with 2 healthy meals. Consume 4 capsules (2 morning, 2 afternoon) of Fortitude 85™ with or without food or shake each day. Consume 1 serving of Burn Mode™ each night before bed OR consume 1 serving every 4 hours on Burn Days™ (intermittent fasting days). And lastly, consume 1 capsule of Biome Sync™ TRIM each day. Mixing instructions are found on each master formulation label.

## TIPS TO MAXIMIZE RESULTS

Protein Intervals	Burn Days™	Post Workouts
Dividing your protein intake throughout the day, 15-45 g of protein per meal or shake, is the best way for your body to utilize protein.	Burn Days™ or intermittent fasting days are designed to be flexible. Take it 4 hours at a time, assess, and if you feel good, consume another serving of Burn Mode™ and keep going, up to 48 hours!	Consume 1 Ultra 30™ serving within 30 minutes for maximum muscle recovery and gains.◊