

# Q U I C K S T A R T   G U I D E



ZALLEVO®



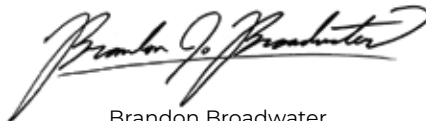
# W E L C O M E T O Z A L L E V O !

Zallevo® offers a powerful opportunity for those who seek greatness. Our elite Master Formulations, inspiring core values, and encouraging community will empower you to create a life of health and wellbeing like never before.

At Zallevo, your highest potential is within reach! Experience remarkable results with our premier collections, and embrace the life-changing opportunity to achieve optimal physical, mental, and emotional health.

We are here to support you every step of the way.

Cheers to the start of an incredible journey!




Brandon Broadwater  
Founder & Owner of Zallevo®




# Ultra Days & Burn Days

At Zallevo, there are two kinds of days: Ultra Days™ and Burn Days™. Both are designed to help you achieve ultimate health and wellbeing.

 Ultra Days™ are designed to nourish & replenish your body with Ultra 30™ shakes and whole foods.

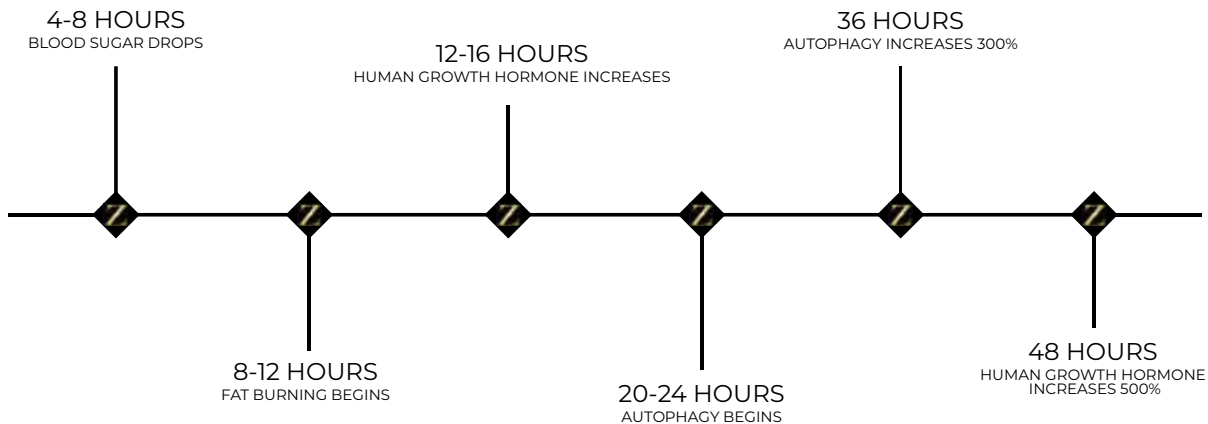
- ◆ Replace 1-2 meals per day with Ultra 30™ shakes along with 1-2 whole food nutritious meal(s).
- ◆ Consume 1 serving (4 capsules) of Fortitude 85™ per day. Recommended 2 capsules, 2 times per day.
- ◆ Consume 1-2 servings (1-2 stick packs) of eVibe™ per day.
- ◆ Consume 1 serving of both Biome Sync® TRIM (1 capsule) and Biome Sync® DAILY (1 capsule) per day.
- ◆ Optional: Consume 1 serving (1 stick pack) of Burn Mode™ per day 2-3 hours after your last meal to initiate Burn Mode™.

 Burn Days™ are designed to give your body a rest from food & digestion to enjoy the health benefits of intermittent fasting by introducing Burn Mode™.

- ◆ Consume 1 serving (1 stick pack) of Burn Mode™ every 4 hours during waking hours of intermittent fasting, up to 4-5 servings per day, for up to 48 hours of intermittent fasting.
- ◆ Consume 1 serving (4 capsules) of Fortitude 85™ per day. Recommended 2 capsules, 2 times per day.
- ◆ Consume 1 serving (1 stick pack) of eVibe™ per day.
- ◆ Consume 1 serving of both Biome Sync® TRIM (1 capsule) and Biome Sync® DAILY (1 capsule) per day.

	ULTRA 30™	BURN MODE™	EVIBE™	FORTITUDE 85™	BIOME SYNC™ DAILY	BIOME SYNC™ TRIM
ULTRA DAY™	✓	✓	✓	✓	✓	✓
BURN DAY™		✓	✓	✓	✓	✓

## Fasting Timeline



# Choose When & How You Burn

Intermittent fasting is as individual as you are. Find a schedule that works best for your body and lifestyle and remember: consistency is key!

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## Daily Dose™

A light daily dose of Burn Mode™ can gently support natural detoxification processes, cell regeneration, overall health, and youthful aging. ◊

Consume 1 serving of Burn Mode™ each day, preferably at night before bed on an empty stomach or first thing upon waking to start your day. It can also be taken mid-afternoon in between meals.

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## Mid Burn Days™

Mid Burn Days™ are defined by fasting for up to 24 hours. These sessions support fat burning, natural detoxification, cell regeneration and a mild state of autophagy.

Choose 1 day per week as your Mid Burn Day™ and experience the health benefits. It's recommended to enjoy a minimum of 5 or more Ultra Days™ in between your Mid Burn Day™ sessions.

S	M	T	W	R	F	S
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## Max Burn Days™

Enjoy up to 48-hour Max Burn Day™ fasting sessions to maximize your results. Max Burn Days™ support maximum autophagy, fat burning, natural detoxification and cell regeneration.

Max Burn Days™ provide the fastest, most aggressive yet safe results. It's recommended to enjoy a minimum of 5 or more Ultra Days™ in between your Max Burn Day™ sessions.

## Tips to Maximize Success

### Protein Intervals

Dividing your protein intake throughout the day, 15-45 g of protein per Ultra 30™ shake or meal, is the best way for your body to utilize protein.

### Post Workouts

Consume 1 serving of Ultra 30™ (2-3 scoops) within 30 minutes post-workout for maximum muscle recovery and gains. ◊

### Burn Days™

Burn 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!

### Daily Water Intake

Drink a minimum of 64 ounces or up to half your ideal body weight in ounces per day. Choose quality, mineral-rich water.

## Earn Free Product Credit When You Refer 3 Friends!

### — Three & Free —

When you enroll as a Zallevo® Wellness Partner and refer 3 friends who spend \$100 or more per month, you can qualify to receive free product credit!

You can also earn commissions on every single product, earn rewards, and get a rebate of up to 25% on your own orders.

For additional info on how to qualify for this program, reach out to the person who introduced you to Zallevo® or send an email to [support@zallevo.com](mailto:support@zallevo.com).



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◊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.

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