

# CUSTOMISE YOUR *Thrive* 30 DAY PROGRAM

Choose the package to support your goals

## *Gold*

30 days to Healthy living

- 2x Feel Fit/Simply 1 plant based Protein
- 2x Ginseng Energy Fizz sticks
- 2x CleanTox Herbal tea
- 1x GutHealth Digestion & Microbiome Support

### CHOOSE 2 OUT OF 3:

- CleanTox Gentle Cleanse
- GutHealth Prebiotic Fibre
- BeWell Superfood Greens
- Inner Calm Adaptogenic De-Stress powder(USA only)

## *Silver*

Green Gut Glow +

- 1x BeWell Superfood Greens
- 1x Skin Elixir Collagen Builder
- 1x GutHealth Digestion & Microbiome Support

### CHOOSE AN OPTION:

- Feel Fit/ Simply 1/ meal replacement plant based Protein
- Ginseng Energy Fizz
- CleanTox Gentle Cleanse
- Inner Calm Adaptogenic De-Stress powder
- Mind Health Focus Super Powder
- Any TrueSport workout Supplement
- Mushroom powder daily defence

## *Bronze*

Healthy Habits

- 1x Feel Fit/Simply 1 plant based Protein
- 1x Ginseng Energy Fizz sticks
- 1x CleanTox Herbal tea
- 1x GutHealth Digestion & Microbiome Support

## *Custom*

Custom selection

A fully customised supplement regime with 4 or more supplements

**PLEASE SPEAK TO YOUR CONSULTANT FOR MORE INFO**

## *Each set includes:*

- Recipes, Shopping lists & downloadable cheat sheets
- Lifetime access to the Thrive app with hours of educational content on gut health, creating balance, lightening your toxic load, women's health and more
- On demand workouts including Pilates, HIIT, Breathwork, Ballet barre, gym programmes & Yoga
- A full mindset course to ensure you don't just change your body, you also change your mind
- Free access to the Be Well Members Club - A wellness collective to start your day in the right way
- Live educational Health Workshops
- Full Accountability to keep you on track
- A community of people all on the same health journey
- 1-1 coaching with weekly zoom check in's and support (\*GOLD PACKAGE ONLY\*)
- Bi monthly swag giveaways when your products are on subscription