



- Supports healthy immune function
- Optimizes nutrient absorption
- Helps protect the body from harmful microorganisms
- Promotes healthy bowel function



- Increases muscle recovery and tissue repair
- Promotes heart health, immune system function, and healthy circulation
- Helps maintain proper kidney and liver function



- Contains 20g of protein and 23 essential vitamins & minerals per serving
- Encourages weight management by satisfying hunger and controlling calories
- Supports lean body mass, muscle recovery, and muscle growth



- Encourages bowel regularity
- Supports healthy cardiovascular, immune, and hormone function
- Promotes production of short chain fatty acids, which support colon health



- Features 100mg of CoQ10, a vital nutrient used by every cell in the body
- Encourages healthy cardiovascular function
- Supports healthy bones, teeth, joints, skin, eyes and more!



- Contains the same antioxidants as 24 servings of fruits and vegetables per scoop
- Supports healthy vision, circulation, immune function, and mental function
- Helps fight premature aging with powerful antioxidants



- Boosts energy levels and increases metabolism
- Supports healthy immune and cell function
- Increases alertness and improves focus



- Supports healthy digestion and regularity
- Improves nutrient absorption
- Supports healthy blood sugar levels and health fat metabolism

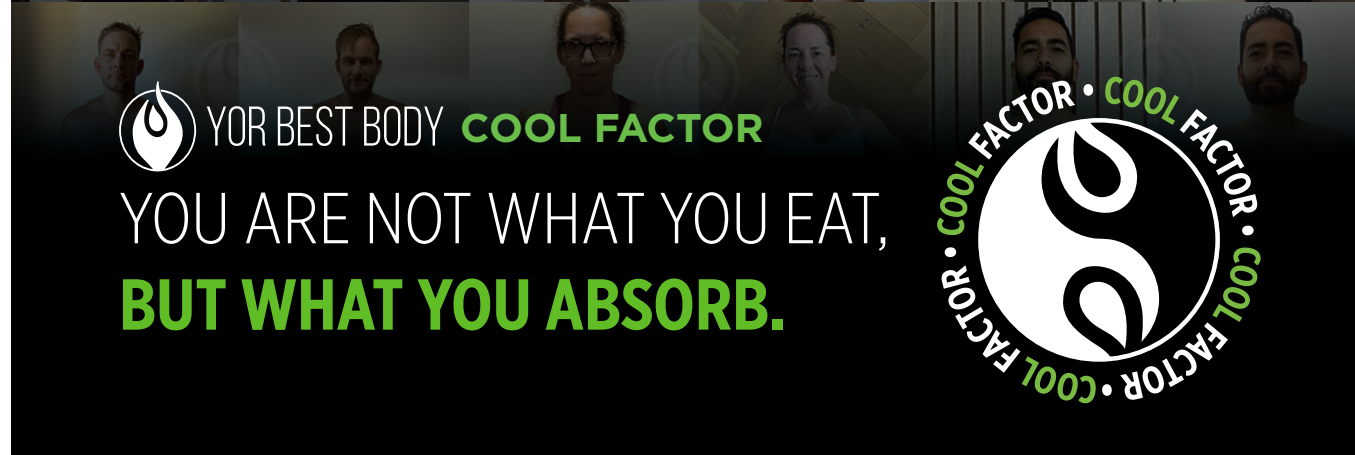
CHECK OUT OUR ON-DEMAND WORKOUTS & DELICIOUS RECIPES
FOR HEALTHY TREATS AFTER A HARD WORKOUT. **YOU DESERVE IT!**






















DIGEST AND ELIMINATE























USE ONLY AS DIRECTED. ALWAYS READ ENTIRE LABEL BEFORE USE.

These statements have not been evaluated by the Food and Drug Administration. YOR Health products are not intended to diagnose, treat, cure, or prevent any disease.

US
v5.04



SLIM	WAKE UP	EXERCISE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	BEDTIME
	 1 Capsule							
							 2 Capsules	
			 2 Scoops				 2 Scoops	
			 1-2 Scoops				 1-2 Scoops	
			 2 Tablets				 2 Tablets	
				 1 Pack		 1 Packet Optional		
				 1-2 Scoops		 1-2 Scoops Optional		
				 2 Capsules				
HEALTHY BALANCED MEAL			Swap it for a YOR Shake!		Go for it!		Swap it for a YOR Shake!	
WALK/CARDIO/ DANCE		15-45 Min						

SCULPT	WAKE UP	EXERCISE	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	BEDTIME
	 1 Capsule							
							 2 Capsules	
			 2 Scoops			 2 Scoops Optional	 2 Scoops	
			 1-2 Scoops				 1-2 Scoops	
			 2 Tablets				 2 Tablets	
				 1 Pack		 1 Packet Optional		
				 1-2 Scoops		 1-2 Scoops Optional		
				 2 Capsules				
HEALTHY BALANCED MEAL			Meal optional with YOR Shake!		Go for it!		Swap it for a YOR Shake!	
HIIT/WEIGHTS/ PILATES		30-60 Min						

If you are pregnant, nursing, diabetic, on medication, have any medical conditions, or are beginning a weight control program, consult your physician before using any YOR Health® products or making any other dietary changes. Persons under the age of 18 should not use products without clearance from a physician. YOR Berry Blast® is not intended to be consumed simultaneously with other caffeinated products due to caffeine content. Suggested caloric meal intakes are for those looking to lose weight at a healthy rate of 1 to 2 pounds per week. An important part of weight management is moderate exercise such as 30-60 minutes 3-5 times per week. To maintain long-term weight loss goals, adopt a lifelong commitment that includes increasing regular physical activity of at least moderate intensity and healthy eating. A healthy eating plan should be low in calories, low in fats, and high in vegetables, fruits, and whole grains. Moreover, even weight loss of as little as 10 percent of body weight, if maintained over time, has been shown to be beneficial.