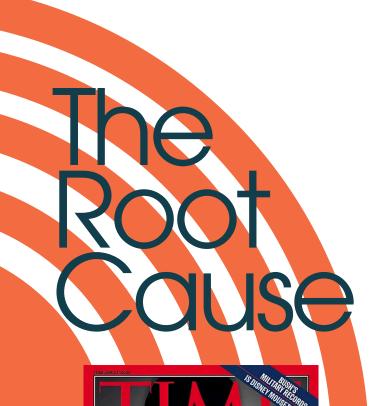


ALOVÉA METABOLIC LIFESTYLE PROGRAM & FOOD GUIDE

The latest advances in metabolic science combined with Alovéa's advanced nutritional technologies can help achieve:

- + An Efficient Fat-Burning Metabolism*
- + Appetite & Craving Control*
- + Sustainable Energy*
- + Focus & Memory*
- + A Healthy Gut Microbiome*
- + Optimal Immune System Function*



■ What you can do to fight it

Medical science recognizes inflammation as an underlying cause most major health challenges. The problem is a persistent low-grade inflammatory immune response that results in a constant attack on healthy cells, tissues and organs. Time magazine calls it the "secret killer" because you don't see or feel anything until the long-term cumulative effects create a major health problem.*

This persistent inflammatory activity first expresses itself in the form of metabolic dysfunction, resulting in low energy excessive weight gain, joint discomfort, loss of mental focus and memory, digestive problems, or premature aging of the skin.*

Alovéa's Metabolic Lifestyle Kit is designed to provide you with the most scientificallyadvanced nutritional technologies and guide to healthy food choices to support an optimally functioning immune system and balance your inflammatory responses.*

Understanding Inflammation

Acute inflammation is the body's normal, healthy response to injury, damaged tissues or infection. The immune system sends out an army of cells that create redness and swelling, which helps to heal the initial cell injury, clear out dead or dying cells and tissues, and initiate tissue repair. In a balanced, healthy immune system, this short-term response typically lasts a few hours up to a few days and is then reduced. In contrast, persistent low-grade immune responses throughout out the body, can result in cumulative damage and decline in body functions.*

Inflammation Modulation*

Burns, Trauma, Infections, and Allergens* Chronic diseases, Autoimmune disorders, and Metabolic dysfunction*

High Potency
ACUTE
Responses*

IMMUNE SYSTEM

Low-Grade PERSISTENT Responses*

HEALTHYHOURS/DAYS

UNHEALTHY MONTHS/YEARS

Top 5 Dietary Factors

That Promote Persistent Low-Grade Inflammatory Responses Throughout the Body

oxin Exposure

A number of chemicals found in our environment are known carcinogens, producing free radical toxins. When the level of free radicals exceeds our body's ability to neutralize them, oxidative damage to our cells and DNA occurs, disrupting healthy immune balance and promoting persistent lowgrade inflammatory responses.*

Nutrient Deficiencies

Essential vitamins, minerals, and phytochemicals are required to support proper cellular functions, as well as energy production, detoxification, and the immune system's mechanisms of defense, repair and modulation. While a well-balanced diet can provide many of the nutrients needed by the body, most people don't consume such a diet! Filling in the nutritional gaps between what your body fully needs, and what you don't get from food alone, is the critical role that scientifically-advanced dietary supplements play to boost your metabolism. Numerous studies report that vitamins and minerals from whole foods are more useful than synthetically-made isolates.*

3 atty Acid Imbalance

Different fatty acids can stimulate or reduce low-grade inflammatory responses. The typical American diet is seriously imbalanced, containing too much omega-6 and too little omega-3 fatty acids. This is due to the overconsumption of fried foods, shelf-stable (ultra-processed) foods, generic vegetable oils and salad dressings. Olive and canola oils are the best liquid oils to use. In addition, increasing omega-3 intake is important. Among their many benefits, omega-3's help to mobilize body fat and support its efficient metabolism. Omega-3's also help control persistent inflammmatory responses in the body.*

4 Ultra-Processed Foods

The overconsumption of highly processed foods, artificial sweeteners, flavors and preservatives can disrupt a healthy gut microbiome. Gut bacteria alterations can increase intestinal permeability, allowing unhealthy food remnants and toxins to leak in. This is one of the major causes of persistent low-grade inflammation.*

5 too Much Sugar, Too Little Fiber

The proper ratio of healthy to unfriendly bacteria in your gut is critical for vibrant health. Good bacteria are nourished by prebiotic fiber, while bad bacteria thrive on refined sugars and processed starches. A high sugar intake is linked to poor digestion, bowel disorders, and persistent low-grade inflammation, which can result in metabolic dysfunction, excess fat accumulation, low energy and long-term health challenges.*

*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.

Alovéa's Metabolic Lifestyle Kit

For the restoration of healthy immune and inflammation systems and an efficient fat-burning metabolism*

It starts with MFTAPACK:

METAPACK

Key Ingredients

OPTIMIZE AE™



IMMUNE SYSTEM OPTIMIZATION* (Highest level of immune-activating acemannan*)

A power-packed proprietary blend of best-in-class superfood extracts combined with our exclusive Alovéa Acemannan Extract (Alovéa AE™). This blend provides ideal immune system modulation, inflammatory biomarker defense, and antioxidant protection.*





Vitamin C **Oregenol**

5%

Prolain Patented Beet Root

Extract

Prolain has been shown to reduce inflammatory biomarkers by up to 48%* Premium Cevlon Cinnamon Extract

VITALITY



100% WHOLE-FOOD NOURISHMENT* (No s ynthetically made vitamins or minerals)

A unique blend of nature's most nutrient-dense foods, plants, sprouts and immune optimizing Acemannan. This amazing breakthrough composition provides nutritionally effective levels of whole-food sourced vitamins, minerals, diaestive enzymes and trace elements in their most bioavailable form for the production and maintenance of healthy cells and an optimally functioning metabolism.*

Whole Food Blends

Aloe Products Aloe Products

100% Nutrient-Dense Whole Food and Sprout Blends. No synthetically made vitamins and minerals.



MOBILIZE



ADVANCED OMEGA-3 FORMULA

(5x more bio-available than traditional fish oils*)

Combines highly bioavailable omega-3 lysine powder with a proprietary blend of fat-mobilizing plant extracts (green tea EGCG, green coffee bean caffeine, and Alovéa AE™) for the restoration and maintenance of a healthy fat-burning metabolism. Metabolizing fat for fuel instead of sugar and refined carbs helps reduce sugar and carb cravings, and lowers oxidative stress and lowgrade inflammatory responses in the body.*

Omega-3 Lysine Powder

Bioavailability Difference between Fish Oil versus our glycinated Omega-3 powder.*







2 g fish oil -30% concentration = 600 mg EPA and DHA

.47 g Omega-3 Lysine powder 600 mg EPA and DHA

Taking into account **5x higher bioavailability** of Omega-3 Lysine powder compared to Omega-3 ethyl ester oils.



Dr. Robert Hackman
ALOVÉA CHIEF SCIENCE OFFICER
Creator of the Metabolic Lifestyle Kit



PRIME SHAKE

These great-tasting shakes are formulated with a dynamic blend of plant-sourced proteins that provide a complete range of essential amino acids that can help boost your basal metabolic rate up to 30% higher, supporting muscle while helping you metabolize fat.*

The unique S7® blend of plant compounds have been clinically shown to improve the body's production of nitric oxide, increasing blood flow to get more oxygen to cells so that they can burn fat.*

Prebiotic xylooligosaccharide fiber in PRIME Shake is more effective at nourishing friendly bacteria than other forms of fiber. Health promoting gut bacteria support a strong immune system and help reduce a low-grade inflammatory state.*

FOCUS

CLEAN ENERGY & MENTAL FOCUS ENHANCER*

A proprietary blend of neurotransmitter building blocks, natural caffeine and antioxidants that enhance focus, alertness, attention, and memory. FOCUS is supercharged with immune-optimizing Alovéa AE™.*

SUSTAINED FOCUSED ENERGY VS. A SHORT BLAST OF JITTERS*

Focus is a healthy, fast-acting drink mix powder that can provide 4 to 6 hours of sustained mental energy without the energy crash common in high-sugar, high-caffeine drinks.*

FOOD MATTERS

In the past 25 years, the US has experienced a huge increase in the rates of obesity, diabetes and long-term health problems. This may be due, in part, to an unhealthy shift in the American diet as we replaced healthy fats with processed carbs and sugars, which shifted our metabolism from efficient fat burners

to sugar burners.*



1992 USDA Food Pyramid

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2011 Harvard Healthy Eating Plate

Harvard School of Public Health's updated healthy eating plate recommendations that include the need for more healthy fats while eliminating the intake of heavily processed breads, cereals, and pastas.

Harvard School of Public Health; The Nutrition Source www.hsph.harvard.edu/nutritionsource

Alovéa Metabolic Lifestyle Healthy Food Guide

BEST WHOLE FOOD OPTIONS TO BUILD IMMUNE STRENGTH AND SUPPORT BALANCED INFLAMMATORY RESPONSES.

The Metabolic Lifestyle Kit provides 3 dynamic supplements and 2 functional food drinks that contain proprietary blends of nature's most powerful molecules for achieving optimal immune support and an efficient fat-burning metabolism. The healthy food guide will help you identify the right food choices for supporting your metabolic transformation.*



DAILY METABOLIC LIFESTYLE KIT PRODUCT SCHEDULE

For best results, try to keep a consistent schedule for taking the Metabolic Lifestyle Kit products.

WAKE UP	BREAKFAST	LUNCH	AFTERNOON	DINNER
1 METAPACK Serving FOCUS Drink w/8oz Water	PRIME Shake or High-Protein Food Choice	1 METAPACK Serving PRIME Shake or High-Fat/Protein Meal	FOCUS Drink if Needed	Balanced High Healthy Fat, Protein, Carb Meal

HEALTHIEST FATS HEALTHIEST PROTEINS HEALTHIEST VEGETABLES/FRUITS HEALTHIEST GRAINS FOODS ANIMAL SOURCES VEGETABLES Barley, Brown Rice, Buckwheat (at least 3 daily servings) groats (kasha), Bulgar Wheat, Almonds, Avocado, Beef, Buffalo Arugula, Asparagus, Bamboo Shoots, Basil, Bell Millet, Oats (steel cut), Rye, Cheese (any variety), Cheese (any variety), Peppers, Bok Choy, Broccoli, Brussels Sprouts, Semolina (whole grain), Coconut Milk (whole Chicken, Crab, unsweetened), Cream, Eggs (whole), Fish, Cabbage, Cauliflower, Celery, Chives, Collard Tapioca, Whole-grain Crackers, Greens, Cucumber, Daikon, Dill, Eggplant, Whole wheat breads, Hot Cream Cheese, Ghee, Lamb, Milk, Endive, Escarole, Fennel, Garlic, Ginger, Grape Cereals, Pastas (whole grain), Half & Half, Whole Milk, Nut Pork, Poultry, Leaves, Green Beans, Hearts of Palm, Herbs, Tortillas (whole grain) butters (no sugar added), Salmon, Scallops, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Nuts (any plain raw or Shrimp, Turkey, Mushrooms, Mustard Greens, Onions, Parsley, salted), Olives, Venison, Wild Game, Radishes, Radicchio, Seaweed, Shallots, Snap Plain yogurt (whole), Protein drinks without sugar Beans, Snap Peas, Snow Peas, Sorrel, Spaghetti Seeds (any plain PLANT-BASED SOURCES Squash, Spinach, Sprouts (any variety), raw or salted), Pinto beans, Refried beans, Summer Squash, Sweet Potato, Swiss Chard, Sour Cream (whole), Edamame, Pea protein, Whipping Cream Thyme, Turnip Greens, Wheat Grass, Zucchini Garbanzos/Chick peas, **FRUIT OILS** Lentils, Tempeh (grain-(at least 2 daily servings) Avocado, Coconut, free), Quinoa, Vegan Apples, Pears, Cherries, Peaches, Plums, Grapeseed, Olive, Walnut, protein drinks without sugar Apricots, Kiwi, Oranges, Grapefruits and other Safflower Citrus fruits, Avocados, Tomatoes, Berries, Watermelon

HEALTHIEST EXTRAS HEALTHIEST DRINKS HEALTHY RECOMMENDATIONS

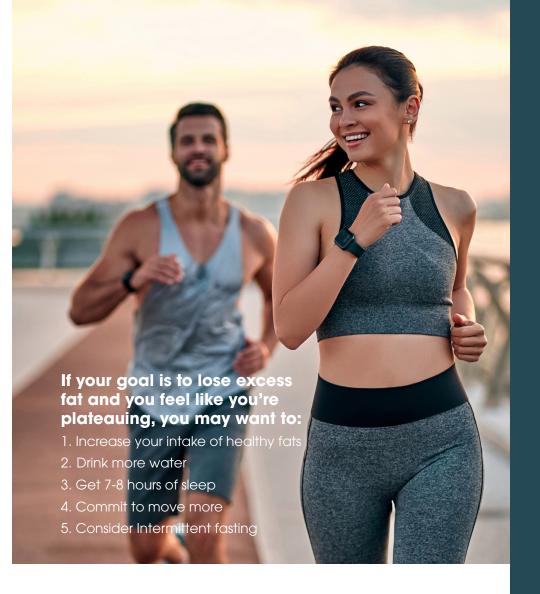
Almond Milk (unsweetened), Balsamic Vinegar, Liquid Aminos, Salad Dressing (with olive or canola oil, avoid sugar or unapproved oils), Hemp Milk (unsweetened), Hot Sauce (no sugar), Nutritional Yeast, Salsa (fresh), Sea Salt, Spices

Water, Coffee, Green Tea, limited amounts (1 cup/day) of Vegetable or fruit Juices

Alovéa PRIME, FOCUS, FIX, and FUEL

The USDA recommends 5-7 servings of fruits and vegetables per day.

alovea.com/metaboliclifestyle



HIDDEN FAT

One of the goals of the Metabolic Lifestyle Program is to restore your efficient fat-burning metabolism. Many people can no longer burn fat as their primary source of fuel but instead are sugar burners. Using sugars as the primary fuel source creates more damaging free radicals than burning fat and perpetuates persistent low-grade inflammation.*

Body fat releases pro-inflammatory molecules that can dramatically disrupt your metabolic balance. Rather than the Metabolic Lifestyle Program focused on weight loss, our system addresses the factors that contribute to low-grade inflammation and as a result, healthy weight loss (build muscle, reduce body fat) also occurs. Even if you don't need to lose weight, the Metabolic Lifestyle Program is designed to build muscle and balance your immune system.*

MOVE

Moving your body, even gently, can achieve significant results to normalize your body composition and balance your immune and inflammatory systems. The goal for adults is 150 minutes/week of activity, while for children it is 60 minutes/day. Walking is a great first step to get started. Movement is also extremely beneficial to heart health.*

Tips for Success

- 1. While counting calories works for some people, focusing on what TO EAT and filling up through wise food choices, and limiting or avoiding processed foods works best for most everyone.
- 2. Fiber feeds friendly gut bacteria.
 Sugar feeds unhealthy gut bacteria.
 The objective is to feed the good and starve the bad. So, eat as many healthy vegetables as you want.
- **3.**When you eat a salad, be sure to also include a lean protein and a healthy fat.
- 4.This is not a calorie-counting, all or nothing program. Just stay committed to making healthier food choices and utilize the Metabolic Lifestyle products to fill your nutritional gaps while restoring healthy metabolic functions. You will be amazed at the new you.

PARTNER UP

Find an accountability partner, do it together and HAVE FUN!

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We Give HOPE to Children Facing Impossible Odds



MOVEMENT

NOUR

Consider these Facts:

- Immune deficiency, caused mainly by malnourishment and poor sanitation, makes children highly susceptible to chronic and infectious diseases.*
- Over 7 million children die every year from these conditions while tens of millions more become disabled or mentally compromised for life.*
- The ongoing rise of chronic and infectious diseases is one of the world's most significant challenges.*

How can we positively impact these challenges?

Our Buy 1, Nourish $1^{\mathbb{M}}$ model of social giving is at the very heart of our Social Business mission.

First, optimize your own health with Alovéa's products.

Alovéa then matches the daily servings you consume with a daily serving of our advanced immune support for a vulnerable child, who without our support, has little hope of achieving and maintaining good health.



Look for Servings Donated for every Alovéa product. alovea.com/hopemovement