

BODYMELT™ PROGRAM FAQ'S

WHAT IS THE BODYMELT TOTAL WELLNESS PROGRAM?

A program to help you reach your weight management goals and live a healthy lifestyle. It consists of taking the BodyMelt products, eliminating unhealthy foods, following a meal plan, and exercising consistently over a period of 28 days.

DO I HAVE TO BUY THE BODYMELT TOTAL WELLNESS PACK?

Yes. The pack includes a 28-day supply of all the products you'll need for 28 days and you get a discount for buying the pack!

HOW MANY PRODUCTS WILL I BE TAKING EACH DAY AND HOW OFTEN?

You'll be taking each of the six products at least one time a day. Here's a common schedule of when and how much of each product to take:

***Upon Waking:** BodyMelt Energy Drink – 1 scoop with 4-6oz of water

***Breakfast:**

- BodyMelt Plant Protein Shake – 1 scoop with 8oz of water or plant-based milk
- BodyMelt SuperFood Greens – Mix with 4-6 oz of water and consume or add to BodyMelt Shake if desired.
- BodyMelt Micro Bio – 2 capsules

***Mid-Morning:** BodyMelt Burn – 1 capsule

***Lunch:** BodyMelt Plant Protein Shake – 1 scoop with 8oz of water or plant-based milk

***Before Bed:** 1 to 2 Detox capsules

HOW MUCH WEIGHT CAN I EXPECT TO LOSE?

Individual results vary. We recommend you read the personal testimonials of those who have experienced success with the program by visiting <https://www.facebook.com/groups/bodymeltprogram/>.

WHAT FOODS DO I NEED TO ELIMINATE DURING THE WELLNESS PROGRAM?

During the program, you'll need to eliminate foods with refined sugars, dairy, gluten, whey, soy, and artificial additives. There are food replacement recommendations in the BodyMelt Program Guide.

HOW DO I KNOW WHICH FOODS TO BUY AND PREPARE?

The BodyMelt Program Guide provides a list of foods to buy when grocery shopping. Additionally, you can visit <https://www.facebook.com/groups/bodymeltprogram/> for a variety of healthy recipes, exercise tips, and more.

DO I NEED TO COUNT CALORIES DURING THE WELLNESS PROGRAM?

No. You do not need to count calories during the BodyMelt Challenge; however, we do recommend you follow the recommended portions.



WHAT ARE THE RECOMMENDED PORTIONS?

A simple way to reduce your food portions is to first reduce the size of your dinnerware. Instead of using a full-size dinner plate, switch to a smaller size. Next, your portion sizes should be as follows:

- ½ plate – Vegetables
- ¼ plate – Lean, grass-fed meat or wild caught fish
- ¼ plate – Healthy carbohydrates
- 1 tbs – Healthy fats

HOW OFTEN DO I NEED TO EXERCISE AND FOR HOW LONG?

We recommend exercising five to six times a week for a minimum of 30 minutes. We also recommend alternating each day with cardiovascular and strength training exercises to achieve the best results.

WHAT HAPPENS AFTER USING THE PRODUCTS FOR 28 DAYS?

The BodyMelt Total Wellness Program is a jump-start to a new, healthier lifestyle and weight management program ... for life! This means continuing to eat clean, healthy foods while limiting the foods you did not eat during the program. We recommend staying on the program until your weight and health goals are met then using the products of your choice to maintain a healthy lifestyle.

WHERE CAN I GO TO GET MORE INFORMATION AND SUPPORT DURING THE WELLNESS PROGRAM?

Visit our Facebook page at BodyMelt Total Wellness Program for more details, recipes, exercise tips, healthy food replacements and to hear from others that have finished or are currently doing the program! This is a great resource to stay motivated and focused!

HOW DO I KNOW HOW MANY DETOX CAPSULES TO TAKE – ONE OR TWO?

Begin with one capsule. If you find you are not having regular bowel movements each morning or during the day, begin taking two.

WHEN DO I TAKE THE DETOX CAPSULES?

Take them before going to bed. This is to promote regular bowel movements each morning.

HOW LONG DO I TAKE THE DETOX CAPSULES?

Take the Detox capsule for weeks one and two on the program then stop for weeks three and four. This is to help ensure your digestion system doesn't become reliant on the product. If desired, you can start taking the Detox capsule in the following month for week one and two again.

WHY DO I NEED TO TAKE THE BURN CAPSULE ONE TO TWO HOURS AFTER BREAKFAST?

Taking the Burn capsule at this time allows for quick absorption while supporting energy levels and metabolism throughout the day.

WHY ARE DAIRY, SOY, AND GLUTEN PRODUCTS NOT ALLOWED ON THE PROGRAM?

Dairy, soy, and gluten are highly allergenic foods and can be hard to digest for many people. They can also lead to weight gain. A "clean eating" program such as BodyMelt, eliminates these foods to allow for proper digestion and weight management.



DO I NEED TO FOLLOW THE PROGRAM EXACTLY TO SEE RESULTS?

For the best results, and to jump-start a healthy lifestyle, the program should be followed as outlined which includes exercising 5 to 6 times per week and following the eating plan.

HOW LONG DOES IT TAKE TO SEE RESULTS?

This depends on the individual and several factors including adherence to the program, exercise, and metabolism. Don't get discouraged if you don't see results right away. We recommend sticking with the program until you reach your goals.

HOW MANY SHAKES AM I SUPPOSED TO DRINK PER DAY?

You can have one shake for breakfast or lunch. The other meal should consist of a healthy meal, following the approved food list. If you would like to have a shake for both breakfast and lunch, you will need to order the BodyMelt Double Protein Pack which includes two shakes.

CAN THE POWDER PRODUCTS BE COMBINED?

Yes! You can add the Greens Superfood Blend or High-Performance Energy Blend to the BodyMelt Shakes if desired or any other combination. Experiment with the products to discover what works best for you.

HOW DO I KNOW IF PACKAGED FOODS ARE APPROVED OR NOT?

Most packaged foods are not approved. They contain high amounts of sugar, fat, calories, and genetically modified ingredients. However, there are more healthier food options available than ever before. The most important thing to do is READ LABELS. Look on the back of the product label. If it's high in fat, calories, or sugar then it is not a good food choice. If the ingredient list has high fructose syrup, modified starches, hydrogenated oils, MSG, trans-fats, or artificial ingredients then it is not a good food choice.

CAN INDIVIDUALS WHO HAVE DIABETES DO THE BODYMELT PROGRAM?

Any individual with a medical condition or who is on prescription medication should speak with their doctor before starting the BodyMelt program. This includes individuals who are pregnant or breastfeeding.

IS THE BODYMELT PROGRAM KETO AND/OR PALEO FRIENDLY?

The BodyMelt approved food list contains healthy carbohydrates. Individuals who prefer a keto diet can make modifications to the meal plan if they prefer to stick to a keto or paleo diet.

WHAT CAN I EXPECT WHILE TAKING THE DETOX CAPSULE?

Some individuals may experience temporary changes in their bowels, skin, slight headache, etc. when taking the Detox (especially if you have never taken a detox product before). These changes reflect the cleansing properties of the product and the body adjusting. This process may take a few days. If after a few days, you're still concerned, it's recommended to speak with your doctor.

DO I NEED TO SUBMIT MY "BEFORE" PICTURES AND MEASUREMENTS BEFORE STARTING THE PROGRAM?

No. Some individuals choose to submit their pictures and measurements for posting on the BodyMelt Facebook Group page but this is not required. It is up to the individual. In addition, any posts that show weight lost during the program needs to include the following statement:

Results vary from person to person based on starting point, effort and other factors. Testimonials do not represent typical results. (Name) is a MDC Independent Affiliate