












ESPIRA PRODUCT GUIDE





BOOST



PRODUCT	WHAT IT DOES	INGREDIENTS	HOW IT WORKS	DETAILS
 Metabolism Boost	Helps boost your metabolism so you burn more calories.*†	Green tea leaf extract, cocoa bean extract, coffee bean extract and guarana seed extract.	Antioxidants and naturally sourced caffeine enhance the metabolism with calorie-burning energy.*† Theobromine from cocoa helps promote a positive mood.†	 60 vegetarian capsules. Take 2 capsules, daily. reg. \$25
 Hunger Block	Naturally curbs hunger to help avoid overeating.†	Glucomannan from the konjac root.	Particles from a natural super fiber that can absorb up to 50x its weight in water help you feel fuller longer.†	 60 vegetarian capsules. Take 2 capsules, daily with 8 oz. of water before a meal for 30 days. reg. \$25
 Natural Energy	Increases energy and focus.†	Green tea leaf extract, NeuroFactor™ (coffee fruit extract) and TeaCrine® (Theacrine).	A powerhouse of bioactives that enhance mental and physical energy and performance.†	 30 vegetarian capsules. Take 1 capsule, daily. reg. \$25
 Ideal Cleanse	A gentle 3-day cleanse to help reset your metabolism.†	AM capsules: Apple Fiber, Acacia Fiber, Uva Ursi Leaf Extract, Dandelion Root Extract, Horsetail, Chlorella, Bacillus Subtilis. PM tablets: Aloe Vera, Cape Aloe.	Herbs and soluble fibers gently flush out accumulated wastes and help improve digestion.†	 AM & PM 3-day multipack. reg. \$20
 Plant Power Protein	Natural plant protein that keeps you satisfied as a healthy snack replacement.†	Plant protein from organic sprouted quinoa, organic sprouted amaranth, yellow peas and globe artichokes. Proprietary fruit enzyme blend of bromelain and alpha galactosidase.	21 grams of complete plant-based protein. Fruit enzymes make it easy to digest.	 15-serving canister Creamy Vanilla Rich Chocolate reg. \$35 each  10-pack single-serving sachets Creamy Vanilla Rich Chocolate reg. \$35 each









GLOW



 AM Protect	Helps protect and rebuild beautiful hair, skin and nails.†	OptiMSM®, Lutein (from Lutemax® 2020), Zeaxanthin (from Lutemax® 2020), Organic Bamboo Shoots Extract (Orgen-Si™), Silica (from horsetail extract).	Antioxidants and biotin enhance skin tone and brightness, and help protect from UV exposure.† Supports the body's natural production of collagen for healthier hair and nails.†	 60 tablets. Take 2 tablets, daily. reg. \$30
 PM Restore	Helps repair and renew at the cellular level while you sleep.†	VERISOL® Bioactive Collagen Peptides®. Flavor: Pink Citrus.	Stimulates the body's own natural ability for building new collagen, the key to healthy, younger-looking skin.† Includes ingredients to enhance skin elasticity and overall appearance.†	 30 packets. Take 1 packet with water, before bedtime. reg. \$30

RESTORE



 Daily Essentials	1 packet. 3 pills. Complete nutritional support.	Includes a full complement of 19+ vitamins and minerals, antioxidants from 50 fruits and vegetables, and purified omega-3 fish oil, screened for potential contaminants such as mercury and other potential marine pollutants.	Your complete daily nutritional support pack to target eye health, cardiovascular health and immune health.†	 30 packets. Take 1 packet, daily. Women's Women's 40+ Men's reg. \$30 each
 Multivitamin	100% of the daily value of 19+ vitamins and minerals.	19+ vitamins and minerals, 8 whole fruit concentrates and 7 whole vegetable concentrates.	Custom-formulated multivitamin with phytonutrients and whole food concentrates to help fill the gaps in your diet and support a healthy immune system.†	 60 tablets. Take 1 tablet, daily. Women's Women's 40+ Men's reg. \$12 each
 Restful Sleep	Helps you fall asleep faster and wake up refreshed.†	Melatonin, Magnesium, Chamomile, Passion Flower Extract, Hops Extract, Magnesium.	A non-habit-forming supplement with melatonin, herbs and botanicals that promote tranquil sleep.† Magnesium helps the body to relax.†	 60 vegetarian capsules. Take 2 capsules, daily. reg. \$18
 Calm	Helps provide relaxation and relief from occasional stress without drowsiness.†	Patented, clinically tested Sensoril® from Ashwagandha, L-Theanine, Lemon Balm, Eleuthero, Rhodiola and Vitamin B Complex.	L-Theanine, a green tea compound, and Sensoril® help promote occasional-stress relief and relaxation while B vitamins help maintain your physical energy.†	 60 vegetarian capsules. Take 2 capsules, daily. reg. \$18

*With reduced dietary intake and exercise.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.