THE BEVERLY SHAPE-UP STACK FOR WOMEN:
SLIM DOWN AND TIGHTEN UP!

The Beverly Shape-Up Stack is more than just for fat-loss. It will also help you tone and preserve lean muscle. Dropping body fat is important, of course, but to give your body that coveted slim, tight, and defined look, you can't neglect your muscles!

Like all Beverly supplement stacks, this one is easy to follow, produces motivating results within a few days, and will improve your overall health and well-being.

How it works
Select from the products listed below. Level 1 products are essential (must-have) components of your stack. Depending on your budget, you can add supplements from Levels 2 and 3 to make your transformation even more dramatic.

BEVERLY SHAPE-UP STACK FOR WOMEN: COMPONENTS

UMP Level 1: Essential ULTIMATE MUSCLE PROTEIN

UMP is a high-quality protein supplement that helps you drop fat without losing muscle tone or definition. Plus, it tastes "YUM" delicious. To transform your body you need to do plenty of resistance exercise and consume ample amounts of high-quality protein afterwards. UMP makes the latter easy and enjoyable.

Secrets to Success

• As a general rule of thumb, take roughly 1 scoop of UMP for every 50 pounds of body weight. Example: Let's say your body weight is 135 pounds. Divide 135 by 50 and you get 2.7. Round this up to 3 scoops of UMP daily.
• The best times to take UMP are mid-morning, mid-afternoon and before bed. At least 1 scoop should be taken immediately after working out.
• The most popular ways to enjoy UMP are as a protein shake, pudding, or pancake. Check out our guilt-free recipes at www.bevnut.com/recipes.
• Travel Tip: Put 1-2 scoops of UMP in a Ziploc bag and tuck it inside your shaker bottle.
**Lean Out**  
**Level 1: Essential**  
This wonderful stimulant-free formula helps your metabolism convert the calories you eat into usable energy instead of storing them as fat. Women frequently report that Lean Out also helps them control the urge to overeat. Combined, this results in faster fat loss!

**Secrets to Success**  
The "tipping point" for results with Lean Out is 8 capsules daily. We recommend taking 2 capsules with each of 4 meals.

**FitTabs**  
**Level 1: Essential**  
FitTabs is custom designed for the female fitness warrior. It promotes a fast, energized metabolism, and heightens mental sharpness and well-being. Each tablet is packed with every vitamin and mineral your body craves, plus nutrient-rich food extracts and a pre-digested form of iron that absorbs effortlessly. (Iron is often missing from multi-vitamin products sold by other sports nutrition brands.)

**Secrets to Success**  
Take 2 tablets of FitTabs, twice daily, with meals (4 tablets total).

**7-Keto MuscLean**  
**Level 2: Recommended**  
Losing fat typically requires cutting calories. This can cause your metabolism to slow down and weight loss to grind to a halt. At the core of the 7-Keto MuscLean formula is 7-Keto. In clinical studies, this exciting nutraceutical was shown to promote nearly 3x greater weight loss than achieved by exercising and cutting calories alone. Significant weight loss of around 6 pounds was seen after 8 weeks. 7-Keto also helped prevent subjects’ metabolism from slowing down.

**Secrets to Success**  
Most women take Lean Out and 7-Keto together, as they seem to enhance one another. Take 3 capsules of 7-Keto MuscLean, 2 times daily. Take your first serving upon arising in the morning, and your second serving at lunch.

**EFA Gold**  
**Level 2: Recommended**  
EFA Gold boosts your performance and helps you lean out faster with a synergistic blend of essential fatty acids (EFAs) from organic flaxseed, fish, and borage oils. Our fish oil is purified and certified mercury-free.

**Secrets to Success**  
Women who use EFA Gold regularly report a host of benefits including improved skin and hair quality. A personal trainer told us that one of her clients dropped 9 pounds while using EFA Gold!

**Muscularity**  
**Level 3: Optional**  
If you want your body to have that coveted slim, tight, and defined, look, you need to do everything you can to preserve and tone your muscles. Muscularity capsules help you do both with branched-chain amino acids (BCAAs), plus B vitamins, chromium and zinc to support blood sugar and appetite regulation.

**Secrets to Success**  
Take 2-4 Muscularity capsules with each meal.

**Glutamine Select**  
**Level 3: Optional**  
This refreshing, clinically driven blend of amino acids helps you recover from your workouts faster, and reduces muscle soreness.

**Secrets to Success**  
When trying to lose fat, women will often mix 2-3 scoops of Glutamine Select with cold water and sip on it during their workouts for recovery, or throughout the day to curb cravings.

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**Questions about which Beverly Products are best for you?**  
Ask your retailer or email BevNut@BeverlyInternational.net.