



INTRODUCING PLEDGE

Each day take the three M3 Body System products and choose three healthy lifestyle behaviors. It's simple: Take 3, Make 3. We guarantee you will lose weight.* More importantly, you will be taking your first step to living clean!

TAKE 3



BURN
Morning

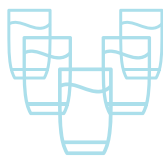


SUSTAIN
Afternoon



SYNC
Evening

MAKE 3



Drink 5 (12 oz)
Glasses of
Water a Day



Eliminate
Sugar Drinks



Cut Fried
Foods



Eliminate the
White Stuff: Flour,
Rice, and Sugar



Walk 7500
Steps