

# ZEN

B O D I <sup>TM</sup>



Made in the USA exclusively for JEUNESSE®

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## EXPLORE THE SECRET OF ZEN BODI™

A powerful system that targets the three stages of fat loss.

S H A P E    Balance cravings.

F I T        Drop inches.

P R O        Get toned.

## ORIGINS

Carefully formulated to balance your metabolism, ZEN BODI™ is a targeted, holistic approach to weight

management. By curbing cravings, burning fat, and building muscle, ZEN BODI™ opens the path

to health and restores the body's natural mechanisms—delivering what you want most: results.



ZEN  
BODI™

# ZEN SHAPE™

## Balance cravings.

ZEN Shape™ empowers you to make the right choices by suppressing cravings that lead to unhealthy habits.



These powerful capsules contain a patented form of African Mango seed extract, which is clinically shown to stimulate weight loss and metabolic wellness.\* Bolstered by an infusion of raspberry ketones and high-quality green tea extract, ZEN Shape™ controls appetite and helps regulate blood sugar levels. Achieve perfect balance with ZEN Shape™.

## BENEFITS

- ▶ PROMOTES METABOLIC WELLNESS
- ▶ PROMOTES FAT LOSS
- ▶ HELPS DECREASE CARBOHYDRATE AND SUGAR CRAVINGS
- ▶ HELPS CONTROL APPETITE AND HUNGER
- ▶ SUPPORTS HEALTHY BLOOD SUGAR LEVELS
- ▶ SUPPORTS HEALTHY CHOLESTEROL LEVELS



# ZEN FIT™

## Drop inches.

Amino acids are essential to your health, but your body can't produce them on its own. ZEN Fit™ is fortified with amino acids that trigger fat loss by facilitating muscle maintenance and aiding with the absorption of nutrients. Amino acids also activate neurotransmitters in the brain which mitigate stress and elevate your mood.



## BENEFITS

- ▶ BURNS BODY FAT
- ▶ SUPPORTS HEALTHY MUSCLE HEALTH
- ▶ HELPS BUILD MUSCLE
- ▶ SUPPORTS STRENGTH AND STAMINA
- ▶ HELPS CURB HUNGER
- ▶ SUPPORTS HEALTHY METABOLISM

Designed to minimize calories and maximize nutrition, ZEN Fit™ also packs over 20 grams of protein per 6 calories in each serving. Strengthen your body and mind with ZEN Fit™.

# ZEN PRO™

## Get toned.

Protein helps build muscle and contour the body; it's what makes you look fitter and leaner after you've lost inches.



## BENEFITS

- ▶ BUILDS MUSCLE
- ▶ MAXIMIZES THE SENSATION OF FULLNESS
- ▶ PROMOTES HEALTHY INTESTINAL FUNCTIONS
- ▶ PROMOTES HEALTHY METABOLIC FUNCTIONS
- ▶ SUPPORTS A HEALTHY IMMUNE SYSTEM

**ZEN Pro™** contains a premium protein blend of whey, rice, pea, and chia seed powder that keeps you feeling fuller longer. The **ZEN Pro™** formula also incorporates a probiotic blend of healthy bacteria to optimize digestion and help you stay lean. **ZEN Pro™** unleashes the powers of performance.

# THE SCIENCE OF ZEN BODI™

The human body is complex. It takes several mechanisms working together to keep you fit and healthy, which means a multi-functional approach is necessary to target fat loss correctly.

While you eat, your fat cells naturally produce a vital messenger called leptin. Leptin has two roles in the body: one, it communicates to the brain that your body is no longer hungry, and two, it tells the brain when it's okay for the body to start using fat cells as an energy source.

As you age, your cells may also start releasing another protein called the c-reactive protein, which causes inflammation in the body. After it is released, the c-reactive protein fuses with the leptin molecule, it inflames, and like a big block trying to enter a tiny hole, it stops leptin's vital messages from reaching the brain. A vicious cycle begins: the body can no longer recognize when it is full, causing weight gain that can lead to obesity, heart disease, and diabetes.

The **ZEN BODI™** system works in unison to decrease the production of the c-reactive protein, which allows leptin to enter the brain so that you can regulate your appetite properly.

**ZEN BODI™** also decreases an enzyme called G3PD, which converts blood sugar into fat; by slowing down the production of G3PD, **ZEN BODI™** helps keep you leaner.™ It targets the three essential aspects

of getting fit: curbing appetite, losing inches, and getting toned. This methodical approach to weight loss isn't the only revolutionary thing about **ZEN BODI™**—what's truly revolutionary are the results.

**ZEN BODI™** is an ideal complement to the **Youth Enhancement System** offered exclusively by Jeunesse®. Restore harmony and help your body function the way it was meant to.



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B O D I <sup>TM</sup>

## THREE SYNERGISTIC FORMULAS

### SHAPE

With African mango seed extract, green tea leaf extract, and raspberry ketones, **ZEN Shape™** fights sugar cravings while controlling hunger. Featured in *Forbes*

*Magazine* as one of the most effective weight loss supplements on the market, African mango seed extract has been turning heads internationally. In fact,

to get the kind of nutrients **ZEN Shape™** offers, you'd have to eat 90 pounds of fruit. Meticulously developed, **ZEN Shape™** was made to prepare the body for fat loss.

### FIT

**ZEN Fit™** is a rich source of amino acids, which aid with muscle recovery as well as with the digestion of proteins. They are also important for burning fat and

helping to lift your mood. A specially formed compound found in **ZEN Fit™** works with **ZEN Pro™** and **ZEN Shape™** to heighten the brain's

sensitivity to leptin, so you know when you're satisfied sooner—which means you eat just as much as your body needs—no more, no less.

Available in: ▶ watermelon ▶ fruit punch

### PRO

Protein is the ultimate muscle fuel. That's why we've incorporated a potent blend of whey, rice, and pea proteins into **ZEN Pro™**—to build

the power you need to tone up. We've also added crushed chia seeds to get you optimum energy without the extra calories.

Our proprietary powder is made from the highest quality protein available, which is easily digestible and healthier than many soy-based formulas.

Available in: ▶ chocolate dream ▶ vanilla bliss



“ZEN BODI™ has taken us back to the way we looked when we were younger. There’s nothing else like it.”



BEFORE

### TOM & CHERYL G.

As a couple, Tom and Cheryl have lost a total of 59 inches and 30 pounds.



AFTER

## REAL RESULTS

Certified. Tested.  
Researched. ZEN BODI™  
is clinically proven to  
work. You'll start seeing  
results in just four weeks.

“ After using **ZEN BODI™** my clothes started to fall off—  
I had to buy **new jeans!** ”



BEFORE

**RAY M.**

Ray lost a total of 35 inches and gained some of those inches back—in muscle.



AFTER

“ **ZEN BODI™** has completely changed my life—I’m running  
5Ks and doing things I **never** thought possible. ”

**SHARI B.**

Shari went down 6 dress sizes and lost a total of 24 inches.



AFTER

BEFORE



# START NOW

- 1 Take two capsules of **ZEN Shape™** before your main meals to curb cravings.
- 2 Pour **ZEN Fit™** into 8–12 ounces of cold water before exercise or twice a day to trim down.
- 3 Take **ZEN Pro™** as a meal replacement or after exercise to help with muscle recovery.

The **ZEN BODI™** system should be used in conjunction with a healthy diet and exercise. For fast success with the **ZEN BODI™** system, drink beverages with less than 25 calories for every 8–10 ounces. Consult with your physician before starting any

new exercise, diet plan, or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. For best results, use all three **ZEN BODI™** products together.

**ZEN BODI™ was designed after years of scientific studies** with doctors and scientists who have been in the health industry for decades. A proprietary blend of synergistic nutrients, it works by naturally targeting multiple systems in the body. Stop dieting, start living. Unlock the secret of balance with **ZEN BODI™**.

\*Oben J, et al: IGOB131 *Irvingia gabonensis* (African mango) significantly reduces body weight and improves metabolic parameters in overweight individuals in a randomized double-blind placebo controlled investigation. *Lipids in Health and Disease* 2009.

\*\*Oben J, Ngondi JL, Blum K: Inhibition of *Irvingia gabonensis* seed extract (OB131) on adipogenesis as mediated via down regulation of the PPARy and Leptin genes and up-regulation of the adiponectin gene. *Lipids in Health and Disease* 2008, 7:44.