

ignite

Fat Burning  
System

 xyngular.





The Ignite Fat Burning System may increase your metabolism, curb your hunger (allowing you to make better food choices), detoxify your system—eliminating toxins that slow down your metabolism, give you energy for life, assist in building your lean muscle tissue, protect your body from free radicals, stabilize your blood sugars—allowing your body to burn fat rather than store fat, and provide many, many other positive benefits!

\* Always consult a physician before starting any diet plan. Individual results from using Xyngular products may vary depending on diet and exercise. Product results may not reflect the results of all consumers of Xyngular products. Xyngular products are not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the Food and Drug Administration.

## A New You In Only 8 Days!

Have you struggled to lose weight and keep it off? Do you feel like it is impossible to give up the foods you love? Have you given up hope that you will ever be the weight you want to be? You are not alone! Millions of people worldwide feel exactly the same way! Xyngular has the answer and it is faster and easier than you can ever imagine...

The Xyngular Ignite Fat Burning System was developed with you in mind and delivers real results—helping you shed pounds and keep them off!

### What you can expect with the Ignite Fat Burning System:

#### SHORT TERM

- Lose 8–12 pounds in the first 8 days alone.
- See your waistline shrink dramatically in only 8 days.
- Learn how to turn your body into a fat burning machine.
- Supercharge your metabolism

#### LONG TERM

- With healthy weight loss, reduce the likelihood of obesity related medical issues.
- Teach your body to lose weight in a healthy way.
- Stop the trend of yo-yo dieting!
- Reset your metabolism to optimize future weight loss.
- Create a total health and wellness support system.

## Ignite Products

The Ignite Product Pack gives you what you need to complete an 8-day Ignite cycle, plus a full one month supply of Accelerate, Cheat+, Flush, and Xyng to help you maintain your new weight!

### The Ignite Pack Contains:

- 1 • Lean
- 1 • Accelerate
- 1 • Cheat+
- 1 • Global Blend
- 1 • Axion (In Ignite Plus Pack)
- 1 • Flush
- 1 • Xyng
- 1 • Shaker Bottle



### LEAN

A vanilla-flavored smoothie mixture full of essential amino acids and proteins. It helps boost energy levels and increases metabolism. At only 44 Calories per serving, it is an ideal snack or meal replacement.

### GLOBAL BLEND

Delivers nutritional support with three major types of nutrients: antioxidant rich super fruits, critical primary antioxidant promoting nutrients, and an herbal blend of adaptogens.



### ACCELERATE

A thermogenic blend formulated to accelerate your metabolism, suppress your appetite, and increase your stamina so you can lose weight while staying focused and active throughout the day.



### XYNG™

An all-natural nutritional supplement bursting with a blend of herbal ingredients, vitamins and minerals. Xyng is uniquely formulated to assist in increasing energy, improving focus, and making you feel more vibrant.



### FLUSH

A gentle organic daily cleanse formulated to support weight loss and energy by improving digestion, removing toxins and decreasing bloating to create a flatter stomach.



### AXION™\*

A full-spectrum, bi-Layer (sustained release) supplement that provides essential immune, cardiovascular, and metabolic support for your body. It contains vitamins, minerals, enzymes, probiotics and more.

\*included in the Ignite Plus Pack



### CHEAT+

The original Cheat formula in capsule form, but with a few new additions to help improve your overall health— green coffee bean to regulate blood sugar, and phytosterols that can help control cholesterol.









## Your Daily Ignite Schedule

	Days 1, 2, 4, 6, 8	Days 3, 5, 7	Serving Size, Tips and Other Information
<b>Wake-Up</b>	8 oz water*	8 oz water*	<p>* We recommend drinking 1 gallon of water (128 oz) daily during your Ignite cycle.</p> <p>† Due to sugar content, fruit should not be added to the Lean Smoothie. Global Blend may be used as a fruit substitute.</p> <p>‡ Axion is included in the Ignite Plus Pack.</p> <p>Δ <b>Protein, Grains, and Green Vegetables Guidelines:</b></p> <ul style="list-style-type: none"> <li>• Protein can include turkey, chicken or fish ( 🧑 women 3 oz; 🧑 men 4-6 oz).</li> <li>• Grains can include brown rice, cous cous, quinoa, rye, barley, or steel cut oats ( 🧑 women 1/2 cup; 🧑 men 1 cup).</li> <li>• Vegetables can include spinach, kale, or broccoli and should be steamed or eaten raw, w/ no dressings or toppings ( 🧑 women and men 1/2 cup).</li> </ul> <p><b>Note:</b> For men and women whose goal is to lose 40lbs or more, we recommend beginning with 6 oz of protein.</p> <p><b>Serving Size Tips:</b></p> <ul style="list-style-type: none"> <li>• 6 oz serving of protein is equal to two decks of playing cards.</li> <li>• 1/2 cup serving of raw vegetables is equivalent to a light-bulb.</li> <li>• 1/4 cup of nuts is equivalent to a small handful.</li> </ul>
<b>Breakfast</b>	Lean Smoothie† Global Blend and Axion‡	Lean Smoothie† Global Blend and Axion‡	
<b>Morning Snack</b>	Cheat + (30 min. prior to meal) Protein Meal w/ Green VegetablesΔ Xyng (w/meal)	Cheat + (30 min. prior to meal) Protein Meal w/ Green VegetablesΔ Xyng (w/meal)	
<b>Lunch</b>	Lean Smoothie† Accelerate (after meal)	Protein Meal w/GrainsΔ Accelerate (after meal)	
<b>Afternoon Snack</b>	Cheat+ (30 min. prior to meal) Protein MealΔ + Xyng (w/meal) Accelerate (after meal)	1/4 cup Almonds, Peanuts, or Sunflower Seeds (raw and unsalted)	
<b>Dinner</b>	Lean Smoothie†	Cheat + (30 min. prior to meal) Protein Meal w/ Green Vegetables*	
<b>Before Bed</b>	Flush (w/warm drink)	Flush (w/warm drink)	

## Cardio Plan (optional)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>Cardio</b>	Walk/Jog for 20 min. at fast pace	Off	Walk/Jog for 20 min. at comfortable pace	Walk for 3 min., run for 1 min. (repeat 5 times)	Off	Walk for 3 min., run for 1 min. (repeat 5 times)	Off	Off

Serving Size Tips	6 oz	2 decks	1/2 cup	1 bulb	1/4 cup	sm. handful
						

\* Cardio, weight training, pilates, yoga, etc. are suggested to increase the effectiveness of the Ignite System.

\* The intensity of any exercise should be limited during the 8 day Ignite cycle, due to calorie depletion.

\* It is always best practice to consult a physician prior to beginning any diet or exercise regimen.

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Go to [www.xyngular.com/ignite](http://www.xyngular.com/ignite) for complete Ignite System resources and information.



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