

DOSAGE GUIDE & RECIPE BOOK



Easy To Use Dosage Guide, Recipes, & More



SUPER COLLAGEN PROTEIN

Hydrolyzed Type 1 & Type III Grass-Fed Bovine
Multi-Collagen Powder



Glowing
Skin



Luscious
Hair



Strong
Nails

Easy To Use Dosage Guide

Shake Before Use | Add 1 scoop to 8-12 oz of your favorite hot or cold beverage or food.

1
SCOOP



Sweet Tooth

1 scoop is more than
enough to satisfy that
sweet tooth

1/2
SCOOP



Subtle Hint

1/2 scoop is less sweet
with a more subtle hint
of flavor



**Always use a
blender or shaker
cup to prevent
clumping**



**Can Use Any
Time of the Day**

We expect everyone to have different tastes which is why we created Obvi to be super versatile!
The key to results is consistency! Find the right recipe that works for you!

Try Obvi With: • Milk (Dairy or Nut) • Coffee • Oatmeal • Yogurt • Baked Goods

YOUR BODY NEEDS TIME TO ADJUST.

FOR BEST RESULTS, USE OBVI CONSISTENTLY ONCE A DAY FOR AT LEAST 2-4 WEEKS.



CINNA BREAKFAST CAKES



Ingredients

- 1/4 cup blanched almond flour
- 1/4 cup coconut flour
- 2 scoops **Obvi Cinna Cereal Super Collagen Protein**
- 1/4 tsp cinnamon
- dash of sea salt
- 2 eggs (room temp.)
- 1/4 cup unsweetened almond milk
- 1/4 cup creamy almond butter
- 1/4 cup raw honey
- 1/4 tsp vanilla extract
- extra coconut oil for greasing pan



Instructions

1. Preheat your pan over low heat with coconut oil.
2. In a mixing bowl combine almond flour, coconut flour, Obvi Cinna Cereal Collagen Protein, cinnamon, and sea salt.
3. In a separate bowl, whisk together eggs, almond milk, almond butter, honey, and vanilla extract.
4. Mix the wet ingredients in with the dry ingredients until smooth and well combined.
5. Pour 1/4 cup batter onto coconut oil greased pan over low heat.
6. Once the batter begins to bubble at the top, flip it over and cook for another 2 minutes.
7. Repeat until the batter is done.
8. Enjoy!

Note: Any Flavor Super Collagen Protein May Be Used



5 Minutes



10 Minutes



Serves 2

obvi.



SUPERFOOD PINKS

Immunity & Probiotic Anti-Oxidant Defense Blend



**Boost
Immunity**



**Improve
Gut Health**



**Promotes
Anti-Aging**

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Try Obvi With: • Water • Smoothies • Juices • Tea (Hot or Cold) • Cocktails

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SUPERFOOD PINKS SMOOTHIE



Ingredients

- 1 scoop **Obvi Superfood Pinks**
- 1/2 grapefruit
- 1/2 cup raspberries
- 4 cherry plums
- 1/2 lemon, squeeze out the juice
- 1/2 banana
- Ice Cubes



Instructions

1. Mix everything together in a blender.
2. Blend for 1-2 minutes or until completely smooth.
3. Enjoy!



2-3 Minutes



3 Minutes



Serves 1

obvi.[™]



COLLAGEN WHEY

Multi-collagen infused meal replacement powder



**Weight
Loss**



**Improve
Gut Health**



**Beauty Hair,
Skin, & Nails**

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UNICORN POP TARTS



Ingredients

- 2 refrigerated pie crusts
- ½ cup blueberry jam
- 1 scoop **Obvi Unicorn Milk Whey Protein**
- 1 egg
- ½ cup powdered sugar
- ½ cup OBVI Unflavored Protein Collagen Powder
- 1 tbsp heavy cream, or more
- Sprinkles



Instructions

1. Preheat oven to 400F.
2. Line a baking sheet with parchment paper and set aside.
3. In a small bowl combine jam and Unicorn Milk powder and set aside.
4. Whisk an egg in another small bowl and set aside.
5. Roll out pie crusts and cut edges to form one large rectangle.
6. Cut each rectangle into 3 strips.
7. Place 1 ½ tablespoons on one side leaving a ½” border around.
8. Use egg to brush the sides, fold up and seal tightly using edge of fork.
9. Continue with the rest of the pop tarts. Bake for 15-18 minutes or until golden brown. Let cool slightly.

Mix Unflavored Collagen with powdered sugar and heavy cream to make an icing. Spread the icing on each pop tart and add sprinkles.

Note: Any Flavor Super Collagen Protein May Be Used



15 Minutes



20 Minutes



Serves 2

obvi.



ALL NATURAL
INGREDIENTS
100%

COLLAGENIC™ BURN

Worlds First Collagen Infused Stim-Free
& Caffeine Free Fat Burner



**Advanced
Weight Loss**



**Boost Energy
& Mood**



**Beautiful Hair,
Skin, & Nails**

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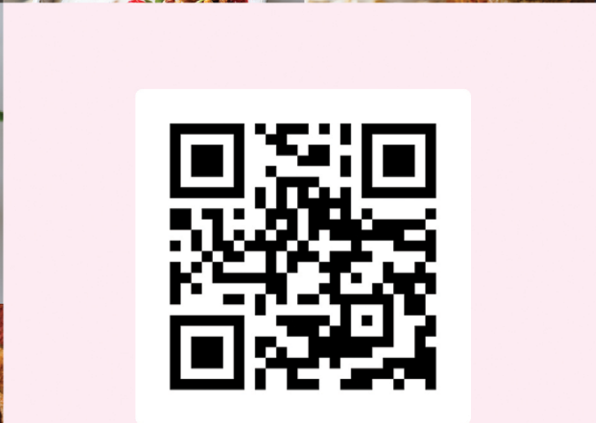
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SCAN FOR MORE RECIPES

MYOBVI.COM/RECIPES





COLLAGENIC™ BURN

5 types of collagen infused with powerful weight loss ingredients



Advanced Weight Loss



Boost Energy & Mood



Beautiful Hair, Skin, & Nails

Easy To Use Dosage Guide



Beginner

Start with 1 capsule
1x a day to get your
body adjusted



Recommend

2 capsules 2x
a day

DIRECTIONS: Take 2 capsules in the morning (Breakfast) and 2 capsules in the afternoon (Lunch) with food or after eating daily. If you are unable to swallow capsules, you may empty out the contents into any beverage or food substance and consume.

Note: Be sure to drink plenty of water and stay hydrated while taking this supplement otherwise you may experience a slight heartburn sensation.

DO NOT EXCEED 4 CAPSULES PER DAY. DO NOT CONSUME AT NIGHT TIME.

YOUR BODY NEEDS TIME TO ADJUST.

FOR BEST RESULTS, USE OBVI CONSISTENTLY ONCE A DAY FOR AT LEAST 2-4 WEEKS.



DETOX COMPLETE 30 DAY GUT CLEANSE

Easy To Use Dosage Guide



Beginner

Start with 1 capsule a day
to get your body adjusted



Recommend

3 capsules a day

DO NOT EXCEED 3 CAPSULES PER DAY.

DIRECTIONS: Take 3 capsules daily preferably with food or as recommended by your healthcare practitioner, at any time of the day.

Note: Users can take Obvi's Detox continuously or on an as-needed basis.



GUILT FREE CARB BLOCKER

Easy To Use Dosage Guide



Recommend

4 capsules a day

DO NOT EXCEED 3 CAPSULES PER DAY.

DIRECTIONS: Take 4 capsules of Obvi's Carb Blocker right before consuming your highest carb meal of the day.

Note: Splitting up the dosage of Obvi's Carb Blocker will decrease the overall effectiveness, IE do not take 2 in the morning and 2 in the afternoon. The full dosage must be taken once a day right before your highest carb meal for the best results.

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HELLO ALL DAY ENERGY

Easy To Use Dosage Guide



Beginner

Start with 1 capsule a day
to get your body adjusted



Recommend

2 capsules a day

DO NOT EXCEED 2 CAPSULES PER DAY.

DIRECTIONS: Take 2 capsules in the morning or afternoon with food or after eating daily.
Do not exceed more than 2 capsules per day.



GOODBYE HORMONAL IMBALANCE

Easy To Use Dosage Guide



Beginner

Start with 1 capsule a day
to get your body adjusted



Recommend

2 capsules a day

DO NOT EXCEED 2 CAPSULES PER DAY.

DIRECTIONS: Take 2 capsules in the evening with food or after eating daily.
Do not exceed more than 2 capsules per day.

Note: Goodbye is known to cause minor headaches when taken for the first time. This is due to the ingredient DIM and also indicates that the product is working. This will subside after continuous use and adequate daily consumption of water.

YOUR BODY NEEDS TIME TO ADJUST.

FOR BEST RESULTS, USE OBVI CONSISTENTLY ONCE A DAY FOR AT LEAST 2-4 WEEKS.



MERMAID MULTI

EASY TO USE DOSAGE GUIDE

Take 2 capsules daily, morning or night
DO NOT EXCEED 2 CAPSULES PER DAY.



Beginner

Start with 1 capsule a day
to get your body adjusted



Recommend

2 capsules a day



BEAUTY SLEEP REST & REJUVENATE

EASY TO USE DOSAGE GUIDE

Take 2 capsules daily on an empty stomach
30-60 minutes before bedtime.

DO NOT EXCEED 2 CAPSULES PER DAY.

Recommend

2 capsules a day



LUST SPARK THE ROMANCE IN YOU.

EASY TO USE DOSAGE GUIDE

Take 1 capsule in the morning, and 1 capsule at night
DO NOT EXCEED 2 CAPSULES PER DAY.



Beginner

Start with 1 capsule a day
to get your body adjusted



Recommend

2 capsules a day

YOUR BODY NEEDS TIME TO ADJUST.

FOR BEST RESULTS, USE OBVI CONSISTENTLY ONCE A DAY FOR AT LEAST 2-4 WEEKS.



Super Collagen Sample Stick

EASY TO USE DOSAGE GUIDE



Sweet Tooth

full stick is more than enough to satisfy that sweet tooth



Subtle Hint

1/2 stick is less sweet with a more subtle hint of flavor



Always use a blender or shaker cup to prevent clumping



OBVI BAR

MEAL REPLACEMENT PROTEIN BAR

Recommend

Consume any time of the day

Note: Store in a cool place or even refrigerator.



OBVI GUMMIES

EASY TO USE DOSAGE GUIDE

Take 2 gummies daily, morning or night

DO NOT EXCEED 2 GUMMIES DAILY.



Recommend

2 gummies a day