



QUICK KETO METABOLIC RESET

Lose 1 Pound a Day

5-STEP EASY-TO-FOLLOW WEIGHT LOSS

Proven Results 100% Guaranteed!

- Boosts metabolism 25%
- Reduces blood sugar levels
- Regulates inflammation
- Kills cravings & blocks hunger signals
- Built-in cleansing, detox, metabolic fast
- Rebalances hormones
- Improves brain & heart health
- Natural energy & focus



What Makes This LynFit Protocol More Effective?

It makes losing weight, burning fat, and improving whole-body health faster and easier because we combined the specific nutritional products, food lists, and specific directions you need to lose weight and melt off stubborn belly fat, even when other diets or supplements have failed you. It won't stop working unless you do! Other supplements use inferior ingredients that don't contain enough of the specific ingredients your body needs to get results. Most typical supplements use inferior ingredients that are 20-30% grade and don't contain enough of the specific ingredients needed to get results. They contain fillers and other additives that can block weight loss and damage liver health. LynFit uses 90% grade (pharmaceutical grade) purified nutrients with ZERO preservatives and are standardized and stringently regulated. That's why we can say they are Metabolic!

YOU CAN DO IT...The only limit is you!

QUICK KETO METABOLIC RESET

Lose 1 Pound a Day Cheat Sheet

LynFit's Quick Keto Metabolic Reset Weight Loss and Fat-Burning System is unique. It's a safe yet highly effective multi-system approach that integrates the best methods, such as metabolic fasting (a superior version of intermittent fasting that won't slow your metabolism), the cleanest keto foods, and nutritional supplements, combined to address the underlying issues that block weight loss and fat-burning, increase hunger and cravings, and accelerate inflammation. It works by rebalancing blood sugar, cortisol, and leptin (hunger hormones) levels, making it easier to stay on track with weight loss and reach ketosis faster.

This system has a 100% success rate, no matter how old you are. IT WORKS, even if you're menopausal, hypothyroid, have faulty genetics, elevated cholesterol or blood sugar, or you're recovering from surgery, cancer treatments, or take medications that affect your weight. The synergistic action of this system makes it more powerful, making it easier for you to reach your goals and prevent weight gain. You'll lose weight faster and easier and prevent weight gain when you eat out or enjoy some of your favorite foods, as long as you make sure to pre-boost by taking your supplements before, during, and after cheat meals.

<p style="text-align: center;">1</p> <p style="text-align: center;">FAST METABOLICALLY</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">NATURAL WHEY PROTEIN</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">QUICK KETO RESET SUPPLEMENTS</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">CLEANSE & RESTORE</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">METABOLIC MEAL</p>
<p>Fast overnight for 14 hours. No more, no less, to avoid hormone disruption that blocks weight loss and fat-burning to...</p> <ul style="list-style-type: none"> • Rebalance blood sugar & hormone levels. • Detoxify your liver. • Regulate inflammation. <p>DIRECTIONS Drink your protein shake and consume your metabolic meal within the 10-hour eating window, spacing them 3-4 hours apart.</p> <p>*Adjust times to suit.</p>	<p>Specifically formulated to boost metabolism 25%, maximize weight loss and fat-burning, and provide all the essential amino acids to prevent metabolic slowdown and balance cortisol levels.</p> <ul style="list-style-type: none"> • Provide essential amino acids • Boost metabolism 25% • Filling prebiotic fiber • Balances cortisol levels • Improves skin, hair, nails <p>DIRECTIONS Consume a LynFit Protein Shake in the AM to break the fast and again 3-4 hours later for lunch.</p>	<p>Scientifically formulated into easy-to-take supplements, providing the best medical-grade nutrients to accelerate metabolic rate, fat-burning, and improved hair, skin, and nails, while making it easier to reach ketosis.</p> <ul style="list-style-type: none"> • Reduces blood sugar & cholesterol • Kills hunger, cravings • Accelerates fat-burning • Blocks sugar, carbs, fats • Improves energy, focus <p>DIRECTIONS (AM & NOON) (1) Keto Carb Edge & (1-2) Cutting Edge as soon as you wake up. Repeat 4 hours later.</p> <p>(BEFORE BED - OPTIONAL) (1-2) Lean Sleep</p>	<p>Restoring gut health is top priority, starting with cleansing and detoxifying your body, restoring gut health and improving digestion. Your body will absorb nutrients more efficiently and be burned off vs. stored as fat.</p> <p>Take Keto Carb Edge and Cutting Edge on "off" days to prevent weight gain.</p> <ul style="list-style-type: none"> • Gently cleanses colon • Detoxifies liver • Improves digestion • Controls hunger • Reduces cellulite & bloat <p>DIRECTIONS Take (2) with your metabolic dinner.</p>	<p>Prepare your metabolic meal using the Quick Keto Metabolic Reset-approved food list. It contains the leanest and most nutritious foods that are metabolic boosting, low glycemic, and full of filling fiber. They nourish and protect thyroid health and promote cleansing and detoxification. This is the healthiest and most effective diet for weight loss.</p> <p>DIRECTIONS For a metabolic dinner, choose (1 serving) of lean protein, (5 servings, minimum) of leafy green vegetables, and (1 serving) of essential fat (for cooking or dressing).</p>

- Stop taking all other nutritional supplements, protein, collagen, maca, green powders, or gummies to avoid interfering with the reset process and blocking ketosis.
- Take as directed with a full glass of water (consume ½ right before taking capsules and use the remaining to take them to improve nutrient absorption).
- Supplements can be taken on an empty stomach.
- Take consistently every day, especially on "off" days and before cheat meals. Adjust dosage, if needed.

NOTE FOR ALL SUPPLEMENTS: If over 200 lbs., add an additional scoop of protein powder and increase to (2) two capsules of Cutting Edge. These statements have not been evaluated by the Food and Drug Administration. This dietary supplement product is not intended to diagnose, treat, cure, or prevent any disease.