



Serious About Getting Results?

You need to read this!

How To Make Superfood Tabs

Step 1:

Drop 1 tablet into 16-20 oz. of cold water.

Step 2:

Depending on water temperature, allow 3-10 minutes to dissolve.

Step 3:

Drink! (Need help with the flavor? Check out the next page!)

Helpful Tips:

- Start with 1/2 tab per day as your body adjusts to the cleanse.
- Let the tab dissolve in a small amount of warm water and then add ice cold water. The tab will dissolve more quickly!
- Make sure to drink 20 oz. of water with each tab! The more water the better for your overall health.



When To Take Your Tabs



In The Morning

Start your day with a refreshing boost! Drinking your tabs on an empty stomach will ensure you absorb the most of the nutrients.



When You're Tired

Superfood Tabs improve mental clarity and reduce fatigue. They're perfect for a late afternoon drink after a long day!



Before Meals & Workouts

Our tabs are great for boosting energy *and* your metabolism. Drink when you need help with your exercise & healthy eating routine.



When You're Bloating

Drinking Superfood Tabs can help your body release uncomfortable excess water and help to digest food!

How To Enhance The Flavor

Did you know your body will actually reject healthy foods if not accustomed to them? Think for example, adjusting to vegetables as a kid. Superfood Tabs have a delicious, berry flavor that we love! However, some first-time drinkers may struggle with the flavor while their bodies adjust to the detox.

If you are one of these customers, no need to worry! We've gathered some delicious tips & tricks to enhance the flavor of the tabs! Here are the 5 easiest ways to make it taste great!



1 Drink in ice cold water



2 Use at least 20 oz. of water



3 Break the tablet in half



4 Make it bubbly with sparkling water



5 Add fresh fruit like lemons or strawberries

Want even more recipes?
Check out our blog or see our two favorite recipes at the end of this guide!

How To Get Results

If you want to know how to get results and when to expect seeing them, find out everything you need to know here.

1 Use your Superfood Tabs

Your tabs were designed to help with weight loss and make you feel better overall. Incorporate your tabs into your daily routine to maximize your results!

2 Maintain A Healthy Diet

We recommend drinking Superfood Tabs in conjunction with a healthy diet and regular exercise. For best results, work on skipping processed foods, cutting out sugar, and sticking to fresh produce and lean proteins.

3 Find A Workout Routine You Can Stick To

You need a workout routine that is challenging, as well as sustainable. If you want a workout routine you'll actually continue with, you'll need to consider your daily schedule and overall lifestyle while planning it.

4 Set Realistic Expectations

There are plenty of "get slim quick" weight loss gimmicks on the Internet, but Superfood Tabs are not one of them. Our tabs are not magic pills; they are a healthy dietary supplement that will get you results by boosting your metabolism & helping you cut out bad habits & cravings!

While most of our customers see results after 2-3 weeks, every *body* is different! Some people report having boosted moods and energy levels their first month, but don't see dramatic weight loss until 2-3 months later. Keep your expectations realistic and pay attention to how your body is feeling, instead of checking a number on a scale.

5 Build A Pattern & Keep Going

The most difficult part of a wellness journey is creating a new pattern for your life. We are here to help you establish this pattern, and are sending you a printed calendar with your first package that you can use to track your habits and build up a new healthy lifestyle.

Once you've completed your first month with the tabs, document your changes. Feeling amazing? Want even more results? The best thing to do is KEEP GOING! We don't believe in fad diets, we believe in daily healthy choices. If you want to see results, you need to maintain a constant wellness routine that continues well into the future!



How Do Superfood Tabs Work?

The benefits of Superfood Tabs come from 15 powerful superfoods. These ingredients are plant-based, GMO-free, and are nutritionist approved for natural results. Read to learn the more on each ingredient and how they help cleanse and nourish your body.

A Short Breakdown Of Our 15 Powerful Superfoods



Chlorella

Strong antioxidant that lowers blood pressure and boosts immunity.



Ginseng

Boosts immunity and brain function. Controls appetite and burns calories.



Matcha

Controls appetite, boosts metabolism, and nourishes skin and gut.



Aloe Vera

Maximizes weight loss potential and nourishes hair, skin, and nails.



Dandelion

Aids in weight loss. Lowers blood pressure and cholesterol.



Goji Berry

Controls hunger and cleanses liver. Great aid for healing and burning fat.



Milk Thistle

Aids weight loss, boosts energy, clears skin, and controls hunger.



Beet Root

Reduces inflammation, aids in digestion, and supports your heart.



Elderberry

Boosts immunity, lessens stress, and reduces inflammation.



Green Tea

Controls hunger, boosts metabolism to burn fat, and nourishes skin.



Pomegranate

Improves mood and reduces inflammation. Helps fight disease.



Burdock Root

Improves skin, cleanses liver, and manages blood pressure.



Ginger Root

Improves overall gut health and controls blood sugar levels.



Lemon Balm

Improves brain function and reduces stress and anxiety.



Wheatgrass

Promotes healthy digestion, boosts metabolism, and lowers cholesterol.

Recipes Our Community Loves

Lemon Berry Hot Tea



Ingredients

- 16-20 oz. Water
- 1 Superfood Tab
- 1/2 Lemon
- Raw Honey or Agave



Directions

1. Boil 16-20 oz of water
2. Drop your Superfood Tab in to dissolve.
3. Squeeze in the lemon and your choice of sweetener.
4. Stir and pour into your favorite mug.



Superfood Tabs Orange Citrus

Ingredients

- 16-20 oz. Water
- 1 Superfood Tab
- 4 Slices of Orange
- 4 Slices of Lemon

Directions

1. Grab your Superfoods Tumbler
2. Drop your Superfood Tab in the water and let it fizz completely.
3. Add ice, lemon, and oranges.
4. Mix with your straw and ENJOY!



Other Infused Combos We Love!



Lemon & Grapefruit



Raspberry & Mint



Strawberry & Basil



Cucumber & Lime

How To Reach Us



As a family-owned business, we pride ourselves in delivering excellent customer service, with our main goal being to help aid and coach our customers on their individual health & wellness journeys. We are here **for you!**

Have questions? Want to let us know about your results? Email your customer service representative at vip-support@superfoodscompany.com or contact our team at (737) 204-8551.

Need more resources? Want to follow us on social media to stay updated on sales and new releases? Scan the QR code below!



SCAN ME

- 1** Open camera on smart phone
- 2** Center QR code in front of camera
- 3** Click the link you'd like to be taken to

Good luck on your journey and remember:
YOU GOT THIS!