

# It Works! SYSTEM™

**WRAP. REMOVE. REBOOT.™**



**THE IT WORKS! SYSTEM  
IS SO SIMPLE WE CAN  
EXPLAIN IT IN THREE WORDS:  
WRAP. REMOVE. REBOOT.**

## **WRAP: EVERY 3 DAYS**

Tighten, tone, and firm your body with That Crazy Wrap Thing™

## **REMOVE: 2 DAYS EVERY MONTH**

Reset and rebalance your system with It Works! Cleanse™ while you remove “bad” foods from your diet and replace with healthy foods

## **REBOOT: EVERY DAY**

Fire up your metabolism to burn more calories and boost energy with Ultimate ThermoFit™ and Greens™ Berry<sup>†</sup>

**THIS ALL-IN-ONE SYSTEM GOES WHEREVER  
YOU GO WITH THE IT WORKS! BLENDER BOTTLE  
—INCLUDED IN YOUR SYSTEM!**

- Two detachable jars to store your two scoops of Greens Berry
- Removable pill organizer for your Ultimate ThermoFit
- Blender Ball shakes up your Greens and water



Individual results can and will vary. It Works! cosmetic products are purely cosmetic in nature and do not claim to cure/treat/prevent any skin & hair related disorders that are allergic to any ingredients listed, or are under treatment or on medication for your skin, please consult with your physician prior to use. Consult your physician if you have any stomach/bowel related issues, such as diarrhea, or if you are pregnant, nursing, taking medication or have a medical condition. For use by adults only.

\*These statements have not been evaluated by the Food and Drug Administration.  
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# WRAP: EVERY 3 DAYS



## DAY ONE OF THE IT WORKS! SYSTEM IS YOUR WRAP DAY

That Crazy Wrap Thing gives you progressive results over 72 hours! As part of the It Works! System, you will be applying **one Wrap every 3 days** (72 hours) until your Wraps are gone. (Your box contains four Wraps.)

## DAY ONE OF YOUR IT WORKS! SYSTEM: TAKE OUT YOUR WRAP. PUT IT ON. SEE RESULTS!

1. Pick the area you want to tighten, tone, and firm!
2. Place the cream-infused side against your skin and smooth it out so it's making full contact with the skin.
3. Make sure your Wrap stays in place when you secure with self-clinging Fab Wrap™.
4. Now just wait 45 minutes for your results!

### WRAP DAY TIPS

#### SEE THOSE RESULTS!

Take a "Before" picture of the area you're going to Wrap before you start wrapping, and then an "After" picture of your results!

#### STAY HYDRATED!

This is key to helping you experience your best Wrap results. So fill up your It Works! Blender Bottle with water and start drinking—up to half of your body weight in fluid ounces of water daily!

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# REMOVE: 2 DAYS EVERY MONTH



Pick 2 consecutive days every month to take your It Works! Cleanse. The healthier you eat as you're cleansing, the better It Works! Cleanse can reset and rebalance your system! So "Remove" the bad foods from your diet and "Replace" with healthy foods for the 2 days you're using It Works! Cleanse!

## REMOVE DAY TIPS

Take It Works! Cleanse the same time each day. Drink one bottle in the morning prior to meals, and another one before dinner, for 2 days.

Stay hydrated! Be sure to drink at least 8 glasses of water daily.

While cleansing it is important to maintain a healthy, well balanced diet and eliminate processed, fried, and junk food as you cleanse. Be sure to follow the "Remove" and "Replace" tips below.

## REMOVE THE SUPERSIZE

Sometimes it's not what you're eating, but how much you're eating!



Avoid the "value" menu



Divide your restaurant entrée in half and save for the next day



Don't skip meals (you'll overeat later!)

## REPLACE WITH RIGHT PORTION SIZE

Keep the amount of food you're eating in check when you follow these methods.

Measure your food for size and weight



Don't eat a portion of food that's larger than the palm of your hand



Use a smaller plate and plan your meals in advance



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## REMOVE BAD FATS

Saturated Fats and Trans Fats:  
Both can raise cholesterol levels, clog arteries,  
and increase risk of heart disease.

### SATURATED FATS



Cream & Ice Cream



Cheese

Chocolate

Deep Fried Foods



Butter & Lard

### TRANS FATS



Some Margarines

Cookies



Packaged Snack Foods

Crackers

Icings



Microwave Popcorn

Baked Goods

## REPLACE WITH GOOD FATS

Monounsaturated Fats and Polyunsaturated Fats:  
Both of these fats can help lower cholesterol levels,  
triglyceride levels, and reduce risk of heart disease.

### MONOUNSATURATED FATS

Canola Oils



Fresh Olives & Olive Oil

Avocado



Natural Peanut Butter

Nuts



### POLYUNSATURATED FATS

Walnuts



Flaxseed

Vegetable & Seed Oils



Pecans

Pine Nuts

Wheat Germ



Oily Fish & Fish Oils

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## REMOVE PROCESSED FOODS

If it's packaged, boxed, or canned, it's processed food. Many of these foods have salt, sugar, fat, and preservatives added.



Canned Fruits & Vegetables

Lunch Meat & Hot Dogs



Snack Foods

Soft Drinks



Microwave Meals

Boxed Cereals

## REPLACE WITH WHOLE FOODS

Natural foods straight from the farm that haven't been processed or manufactured.

Fresh Fruits & Vegetables



Fresh-Cut, Lean Meats

Organic Low-fat Dairy



Fresh Seafood

Whole Grains



Water

## REMOVE PREMADE DESSERTS

This opens you up to "treats" filled with artificial sweeteners and refined sugars, which you need to remove whenever possible.



Ice Cream

Packaged Treats



Cookies

Cake Mixes

## REPLACE WITH NATURE'S DESSERTS

Fresh fruits make a delicious treat and can be the perfect ingredient when making your own desserts, which is the best way to control what you're eating.

Apples



Cherries

Plums

Pineapples



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## REMOVE BAD CARBS

Instead of giving you sustained energy, these simple carbs merely spike energy, leaving you feeling tired and hungry sooner, which can lead to weight gain.



White Potatoes

White Rice



Boxed Cereal

White Bread

White Pastas



Soft Drinks

Refined Sugar

## REPLACE WITH GOOD CARBS

These complex carbohydrates take more time for your body to break down, giving you sustained energy and helping you feel fuller longer.†

Sweet Potatoes



Brown Rice

Oatmeal

Whole-Wheat Pasta



Whole Grains

Beans



Natural Sugar

Keep the bad stuff moving out  
when you flush your system with the fluid  
you're mostly made of—water!

**SO HAVE THAT IT WORKS!  
BLENDER BOTTLE FILLED UP!**



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# REBOOT: EVERY DAY



Greens Berry and Ultimate ThermoFit work together to fuel your body with the nutrition it needs to **REBOOT** and fire up your metabolism.<sup>†</sup> Starting on Day One, you will want to begin to **REBOOT** your system for increased calorie burn and more energy!<sup>†</sup>

You will want to have at least two scoops of Greens Berry in water and one Ultimate ThermoFit with your meals every day. Fill your It Works! Blender Bottle with Greens Berry and Ultimate ThermoFit and take it with you wherever you go!

## REBOOT DAY TIPS

### START ON YOUR WRAP DAY!

You don't have to wait to **REMOVE** to start your **REBOOT**! Start rebooting the first day you Wrap (Day One of your It Works! System) with Greens Berry and Ultimate ThermoFit.

## SYSTEM STEPS

- 1 WRAP** every 3 days (72 hours). Be sure you're drinking water as you Wrap, so fill up your It Works! Blender Bottle!
- 2 REMOVE** Reset and rebalance your system with It Works! Cleanse while you remove "bad" foods from your diet and replace with healthy foods.
- 3 REBOOT** your metabolism and up your energy with one Ultimate ThermoFit with your meals and two scoops of Greens Berry in water every day.<sup>†</sup>

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