

REBOOT+ | reset your gut-brain axis with this 3-day system*

Why Reboot Your System?

A new beginning in mental wellness starts with a healthy microbiome.

Reboot+ is the first step in ridding your body of the imbalances in gut bacteria that can be the source of digestive problems, unbalanced inflammation, and nagging mental wellness issues such as fatigue, tension, and depressed mood.

*While not a “must do,” taking **Reboot+** before starting the FundaMentals program **amplifies** the beneficial effects in your gut-brain axis.*

For optimal mental wellness, “rebooting” the ecology of your gut microbiome helps prepare your body and mind for healthy re-population and re-balancing.

Let's Clear Up Some Things...

Reboot+ is NOT a traditional cleanse. Here is the **truth** behind many common concerns:

I have to wait for a convenient time to start...
FALSE!

You don't have to change your plans to fit in your reboot. Many restaurants provide healthy items which fit the program. The nutrients will leave you feeling energized and ready to take on anything you have scheduled.

I'll be stuck in my bathroom all day...
FALSE!

None of the ingredients in Reboot+ act as a harsh laxative.

The food guidelines will leave me hungry...
FALSE!

There are no calorie restrictions with Reboot+. You can eat as many booster foods as needed during the day. Additionally, many of the options are high in fiber and will make you feel full longer.

The foods will be limited and difficult to find...
FALSE!

The wide variety of options means you may have many of the foods already in your home. Most are readily available at your local grocery store.

Cutting caffeine will make me tired...
FALSE!

The many beneficial nutrients and foods will provide your body with plenty of clean energy to get you through your day.

PRO TIP!

Avocados make you feel full. They go great with your smoothie or salad!

REBOOT+ | Dietary Suggestions

It's Only 3 Days! You can do ANYTHING for 3 days!

Hey, it never seems like the *perfect* time to do a reboot, and you might not follow everything *perfectly*, but for best results, follow these simple guidelines:

How to Reboot:

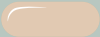
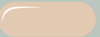










Directions:

Beginning the morning of day 1, start the Reboot+ dietary program, and then take **2 capsules** with 8-oz of water with the following meals:

Day 1: Dinner

Day 2: Breakfast and Dinner

Day 3: Breakfast, Lunch, and Dinner

| | | | |
|-------|-----------|---|---|
| DAY 1 | DINNER |  |  |
| DAY 2 | BREAKFAST |  |  |
| | DINNER |  |  |
| DAY 3 | BREAKFAST |  |  |
| | LUNCH |  |  |
| | DINNER |  |  |

WATER

Due to the high fiber content of the reboot boosters, make sure to drink plenty of water to support normal digestive processes.

Refer to the chart below:

| Body Weight (lbs) | Water (oz) |
|-------------------|------------|
| 100 | 64 |
| 120 | 72 |
| 140 | 80 |
| 160 | 88 |
| 180 | 96 |
| 200 | 104 |
| 220 | 112 |
| 240 | 120 |
| 260+ | 128 |

Don't chug!

Space out your water intake throughout the day.

ENJOY! Reboot Boosters

Booster Vegetables: broccoli, cauliflower, kale, cabbage, brussels sprouts, red and green lettuce, romaine, spinach, endives, artichokes, dandelion greens, arugula, asparagus, beets, collard greens, celery, parsley, carrots, onions, yams/sweet potatoes, mushrooms, bok choy

Booster Fruits: apples, pears, raspberries, açai, blueberries, blackberries, grapefruits, kiwis, lemons, pomegranates, bananas, tomatoes

Legumes: lentils, peas, chickpeas/hummus, beans (except refried beans)

Nuts and Seeds: hemp, flax, pumpkin, & sunflower seeds, almonds, walnuts, cashews, nut butters (avoid peanuts)

Booster Oils/Fats: coconut oil, olive oil, avocados, coconut meat

Herbal teas: chamomile, mint, rooibos, ginger, dandelion root, hibiscus

Milks: almond, coconut, hemp or rice (all unsweetened)

AVOID! Reboot Busters

Alcohol and Caffeine

Sweeteners: sugar, foods with refined sugars (especially soda), cane sugar/juice, corn syrup, maple syrup, honey, artificial and/or added sweeteners (stevia is permitted)

Processed Foods: fast food, packaged food

Dairy: milk, cheese, cottage cheese, cream cheese, sour cream, yogurt, ice cream, butter

All Animal Products: meat, poultry, eggs, fish

Soy Products: tempeh, tofu, soy milk

Buster Oils: vegetable oil, canola oil, soybean oil, anything partially hydrogenated

Buster Fruits: fruit juices, spreads/preserves with added sugar

Grains: rice, quinoa, wheat, oats, barley, pasta, bread, cereal, tortillas, oatmeal, granola

Buster Vegetables: potatoes, corn, creamed vegetables

To access the full Reboot+ dietary program, please visit www.Reboot-Plus.com

Reboot+ is NOT a typical "detox" - it's a scientifically-supported RESET.

Your 3 day Reboot+, in combination with the science-backed formulas in the FundaMentals, will help strengthen your gut-brain axis, which is the foundation upon which your mental wellness is built.