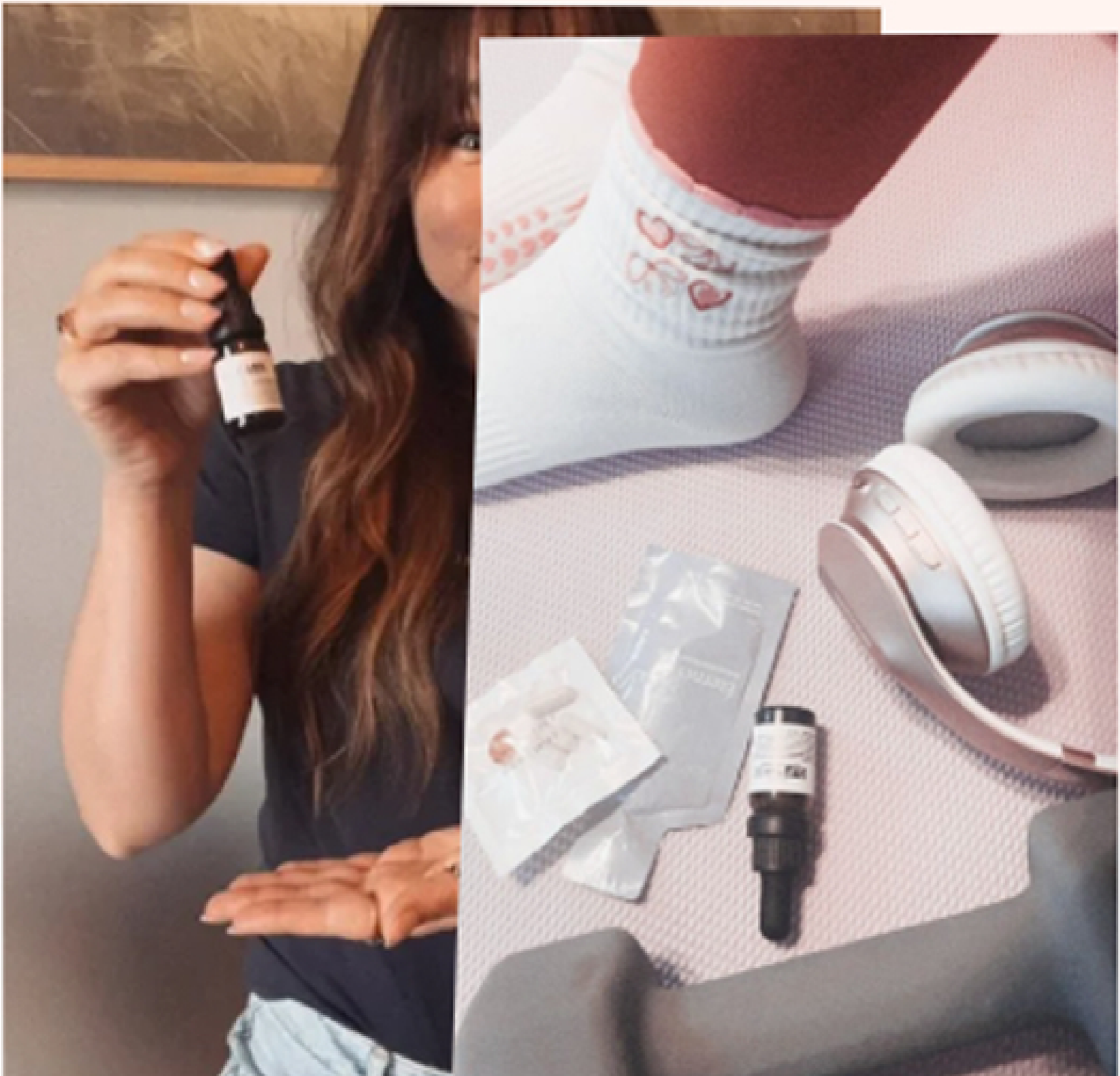




# PEPTIDE POWER UP

Because your natural GLP-1 support works best when your body feels safe, nourished, and hydrated.

METABOLIC HEALING LIFESTYLE GUIDE



# Congratulations!

## GLP THREE POWER UP



Whether you just placed your first GLP THREE peptide order, or you enrolled to share - this Guide is meant to ensure you have the best possible results with 4 "Power Up" tips & a Daily Goals list. It's not required, but any of these habits will only "power up" your health & results!

A GLP-1/GIP peptide like GLP THREE can bring restoration to your own signaling (often disrupted by toxin overload, under nourishment and habits).

Suddenly it's not about just "trying harder." It's about signaling smarter.

### GLP-1/GIP PATHWAYS INFLUENCE:

- hunger cues
- blood sugar balance
- brain reward centers
- appetite awareness
- metabolic signaling

### SAFFRON, GINSENG & HOPS INFLUENCE:

- mood support
- gut/cellular energy
- nervous system

First...

## LET'S ASSESS

Health isn't only affected by biology. Taking a look at where you're currently at can help shape the habits you want to implement and changes you are hoping to see.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
PHYSICAL	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
EMOTIONAL	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Power Up #1

## THE PROTEIN PRIORITY

GLP-1 support naturally reduces appetite. If you eat less but do not prioritize protein, you can weaken your muscle, cause slow metabolism, and feel fatigued.

### DAILY PROTEIN .....

TARGET GUIDE

- Most women: 80-120g daily
- Most men: 100-140g daily
- Minimum goal: 30g per meal



### SIMPLE IDEAS .....

ACTION PLAN

- 3 eggs + Greek yogurt
- Protein smoothie (30-40g)
- Clear Protein drink (Jive is a good Amazon brand)
- Grass-fed beef or bison bowl
- Wild salmon + roasted veggies
- Cottage cheese + hemp seeds
- Collagen + protein combo in coffee
- Search for "protein" in the Proactive Wellness fb group for more ideas!

PINTEREST HAS MANY SUGGESTIONS, TOO!

## Power Up #2

# FIBER

### Daily fiber goal:

- 25-35g per day
- Aim for 8-10g per meal
- Increase amount slowly to prevent gas/bloating
- Increase water to keep things moving

### Easy Add-ons:

- 1 tbsp chia seeds (5g)
- 1 tbsp ground flax
- Stewed/boiled pears or apples
- Lentils or white beans
- Raspberries
- Avocado
- Cooked and cooled potatoes (resistant starch)



Fiber improves insulin sensitivity, gut hormone signaling, and helps the GLP-1 pathway function naturally.

Fiber feeds the microbiome — and your microbiome talks to your metabolism.



# Power Up #3

## HORMONES



Hydrate! Dehydration increases fatigue, headaches, constipation, and false hunger signals – especially when appetite decreases. Also - stress blocks healing.

### HYDRATION



1

- Half your body weight in ounces daily
- Add electrolytes
- 1 pinch mineral salt in morning water

#### Metabolic Boost Additions:

- Lemon water or mineral-rich herbal teas
- Warm water upon waking (supports digestive fire/strength)



2

### BLOOD SUGAR STABILITY

- Fiber/greens first
- Protein second
- Carbs last (no naked carbs/carbs alone)
- 10-minute walk after meals



3

### NERVOUS SYSTEM SAFETY

- Morning sunlight/limit blue light at night
- Prayer / gratitude
- Deep breathing for more oxygen
- Slow chewing & Tech-free meals

# Power Up #4

## MUSCLE

### Minimum Effective Dose:

- 3 strength sessions per week
- 8-12 reps
- Progressive overload/increase
- Walk daily (8-10k steps)

## Daily Goals

### Put it all together:

- 25-35g fiber
- 30g protein per meal
- Hydration goal hit
- 8-10k steps/movement
- Strength training (if scheduled)
- Eat slowly / GLP THREE as needed
- Nervous system support



### Why it matters:

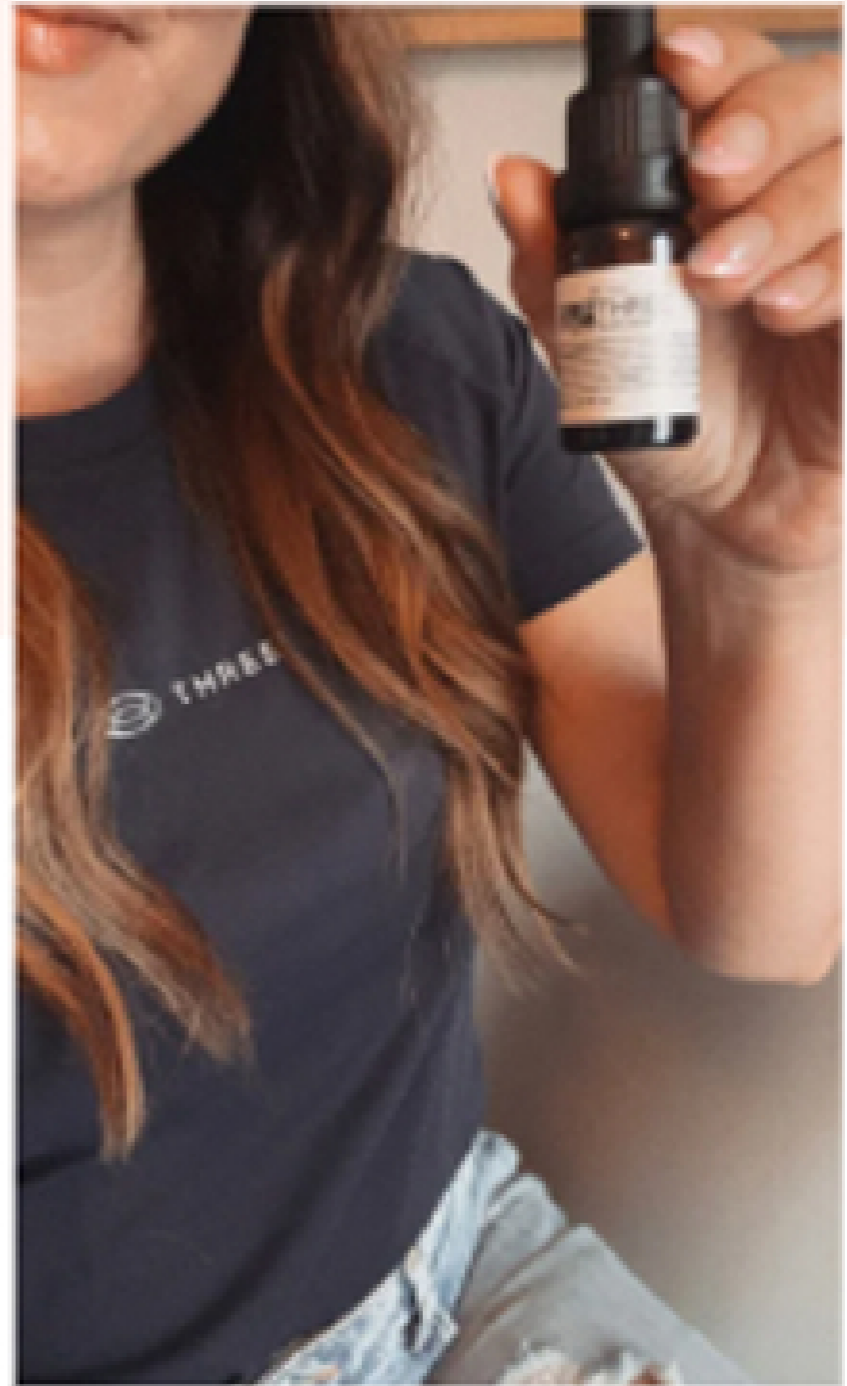
GLP-1 pathways naturally reduce caloric intake. Strength training protects muscle and resting metabolic rate.

### TIP:

*Search the Proactive Wellness fb group for "lymphatic" and see a quick video you can use!*

# Tips for GLP THREE

- 1 Store in the fridge for a chilled effect (you'll love it!)
- 2 Shake gently before use
- 3 Hold under the tongue for 30 seconds
- 4 Take  $\frac{3}{4}$  dropper (.75) before a meal or to curb cravings. Adjust as needed. Some take it before their largest meal, once a day. Can be taken 1-3 times a day. One bottle has 15 servings.



## Power Up Framework:

GLP THREE helps restore communication. Protein preserves muscle. Fiber + blood sugar stability improves signaling. Hydration supports detox + energy. Peace protects your hormones. Strength training protects your future metabolism.

# PEPTIDE MILESTONES

## WHAT TO EXPECT



**WEEKS**  
1-4

### Restoring Communication

Subtle improvements in energy, sleep quality, and reduced appetite. Possible changes in scale, inches & inflammation. Signal is firing up!

**WEEKS**  
4-8

### Early Results

Improvements in skin tone, hydration, metabolism, and faster recovery times from workouts. Look for body composition changes!

**WEEKS**  
8-12

### Noticeable Changes

Visible differences in lean body mass, firmer skin and increased muscle tone. Gut-brain signaling is back online.

**MONTHS**  
3-6

### Full Benefits

Maximal effects, including significant weight loss or maximum muscle growth, mood, gut, and nervous system supported.

Extra...

# SUPPORT PRODUCTS

Far beyond reaching weight loss goals, you'll also find foundational building blocks for longevity, filling nutrient gaps & proactive health - powered by absorption tech!

### ÉTERNEL

Antioxidant Super Blend

- Antioxidant support for healthy aging
- Supports healthy UV response
- Contains 200mg of Resveratrol
- Helps neutralize free radicals
- 4 types of Absorption Technologies

### COLLAGÈNE

Premium Liquid Collagen

- Sustainably sourced marine collagen
- Third-party tested for heavy metals & toxins
- Highly absorbable Type 1 collagen
- 3 types of Absorption Technologies
- 10 days on 20 days off cycle

### IMÚNE

Total Immune Support

- Inhibits quorum sensing
- Supports a healthy microbiome
- Formulated to work at a cellular level
- Supports innate and adaptive immune systems
- Made with 2 unique types of Absorption Technologies

### PURIFI

Gentle Daily Detox

- Helps the body remove toxins
- Gentle enough to take daily
- 4 types of Absorption Technologies
- Fulvic acids absorb nutrients
- Supports the 5 main elimination organs

### VITALITÉ

Multivitamin Complex

- Natural vitamins & minerals
- Highly absorbable
- 3 unique strains of probiotics
- 4 types of Absorption Technologies
- 100's of phytonutrients

### REVÍVE

Renewal + Recovery

- Maintains healthy inflammatory status in the body
- Eases muscle stiffness
- 4 types of Absorption Technologies
- Supports healthy joint function
- Made with turmeric and curcumin

↑ Also support natural GLP-1 signaling ↑