



### Slique Shake

Replace one meal each day where you tend to choose convenience over health. Mix one single-serving packet with water, almond milk, or fruit.



### Citraslim

Consume 2 powder capsules in the morning with 8 ounces of water. Consume 1 powder and 1 liquid capsule with 8 ounces of water in the afternoon, before 3 p.m. If you miss taking your capsules in the morning, you may take all 4 capsules together in the afternoon, before 3 p.m.



### Slique Gum

Chew as needed to help control food cravings and improve oral health.



### Slique Essence

Shake vigorously before use. Add 2-4 drops to 4-6 oz. of your favorite beverage, Slique Tea, or water. Use between and during meals regularly throughout the day whenever hunger feelings occur.



### Slique Tea

Bring 8 ounces of water to a rolling boil, let cool for 3½ minutes. Place one pouch in a cup, mug, or filter and add water. Steep for at least 3 minutes. Add Slique Essence or other Vitality oils as desired. Use daily before and after workouts, with meals, or any time you need a natural boost.



### Slique Bars

Consume before or between meals with 12 ounces of water to help control hunger.



### Ningxia Nitro

Take a shot of Nitro when your early-morning routine demands alertness or during an afternoon slump.