



skinnyfit♥

# PRODUCT GUIDE

Get the Skinny on our products!



## WELCOME TO SKINNYFIT®!

### 5 EASY STEPS TO SUCCESS FOR 90 DAYS:

- ✓ 1. Take SkinnyFit products daily and drink at least 8 glasses of water.
- ✓ 2. Walk, exercise, or join our at-home workouts for at least 20 minutes a day:  
[www.youtube.com/skinnyfit](https://www.youtube.com/skinnyfit)
- ✓ 3. Eat 3 meals with healthy snacks between 8 AM - 8 PM.
- ✓ 4. Avoid processed foods, added sugars, and eating late.
- ✓ 5. Get 8 hours of sleep to feel your best.

### JOIN OUR INSPIRING COMMUNITY

- Healthy Recipes
- Daily Motivation
- Fitness Tips
- Exclusive Giveaways

[facebook.com/groups/SkinnyFitCommunity](https://facebook.com/groups/SkinnyFitCommunity)

## MIXING SKINNYFIT PRODUCTS

Mix your products for double the benefits!  
Here are some of our favorites:



### ♥ YOUTHFUL GREENS

Super Youth Unflavored + Skinny Greens

### ♥ BERRY BEAUTY COCOA

Super Youth Chocolate Cake + Beauty Juice

### ♥ PEACHY CLEAN

Super Youth Peach Mango + Detox

### ♥ RECOVERY PUNCH

Super Youth Tropical Punch + Repair & Recover

Learn more about our favorites by visiting our [SkinnyFit blog!](#)

## COLLAGEN 101

SkinnyFit's collagen powder helps replenish our natural collagen supply that declines with age to help reverse signs of aging!

### Benefits

- Youthful Skin, Hair & Nails
- Promotes Healthy Weight & Gut
- Strong Bones, Joints, & Muscles



### DIRECTIONS

Take 2 scoops with your favorite **flavored** drink or recipes like coffee, smoothies, & soups, once daily. *For best taste, do not mix into water alone.*



## JUST YOUR TYPE

To get the most out of a collagen supplement, it's important to take all **5 types** of collagen peptides:

### Type I:

Supports Healthy Hair, Skin, & Nails

### Type II:

Supports Strong Joints & Digestive Health

### Type III:

Supports Cardiovascular Health

### Type V:

Helps Reduce Cellulite

### Type X:

Supports Bone Growth & Exercise Recovery

### Pro-Tip

**UNFLAVORED SUPER YOUTH®** dissolves easily when blended into hot beverages, foods, and smoothies. *For best taste, do not add to plain water.*





## COLLAGEN FLAVORS & MORE!

### **SUPER YOUTH® PEACH MANGO**

Experience summer all year-round!

#### **Pro-Tip:**

Spritz it up by mixing our delicious flavored collagens in 16 oz. of water, pour over ice, then add your favorite sparkling water.



#### **DIRECTIONS**

Mix 2 scoops into 16 oz. of water or add to your favorite smoothie once daily.

### **SUPER YOUTH TROPICAL PUNCH**

A vacation with every sip! So tasty, you can simply mix it with water!



### **SUPER YOUTH ORANGE PINEAPPLE**

Transport yourself to a tropical escape with this delicious, fruity combo you can simply add to water!



### **SUPER YOUTH CHOCOLATE CAKE**

Delicious cocoa-flavored collagen with only 30 calories per scoop. Enjoy with water alone or mix into coffee or a smoothie.

## POWERFUL SUPERFOOD POWDERS



### SKINNY GREENS

Loaded with 34 essential superfoods, stress-relieving adaptogens, & pre and probiotics for juicing made easy!

#### Benefits

- Healthy Weight
- Helps Soothe Bloating
- Boosts Energy & Focus

#### Pro-Tip

Make a slimming smoothie!  
Blend 1 cup of water, ½ frozen banana, 1 scoop of **Skinny Greens**, and ice.



#### DIRECTIONS

Enjoy 1 scoop anytime throughout the day with 14 oz. of water.

### BEAUTY JUICE®

An anti-aging superfood powder bursting with antioxidants, pre and probiotics, and mood-boosting adaptogens.

#### Benefits

- Youthful, Radiant Skin
- Improves Mood
- Supports Gut Health

#### Pro-Tip

Mix **Skinny Greens** & **Beauty Juice** together with water for double the benefits!



#### DIRECTIONS

Enjoy 1 scoop anytime throughout the day with 14 oz. of water.



## DETOX TEAS

### DETOX

13 metabolism-boosting superfoods help kickstart your weight loss goals and fend off harmful toxins.

#### Benefits

- Supports Weight Loss
- Helps Reduce Bloating
- Increases Energy

#### Pro-Tip

Steep **Detox** & let it chill in the fridge overnight for a refreshing cold-brew iced tea!



#### DIRECTIONS

Replace your coffee or caffeinated tea with Detox in the morning or anytime before 5 PM. Enjoy 1-2 servings daily.

### ZZZTOX®

8 stress-fighting superfoods help relieve bloating and enhance quality of sleep.

#### Benefits

- Supports Weight Loss
- Helps Reduce Bloating
- Improves Rest & Sleep

#### Pro-Tip

Cozy up with a detoxifying latte by adding ½ cup of warm milk to your **ZzzTox**.



#### DIRECTIONS

Enjoy 1-2 servings daily before bed or anytime you want to unwind!



## HEALTH SUPPLEMENTS

### DAILY GLOW Hair, Skin, & Nail Supplement

#### Benefits

- Longer, Stronger Hair & Nails
- Youthful-Looking Skin
- Bright, Glowing Complexion



#### DIRECTIONS

Take 2 capsules at the same time daily.

### SNACK ATTACK® Anti-Craving Supplement

#### Benefits

- Kickstarts Metabolism
- Helps Fight Cravings
- Feel Satisfied Longer



#### DIRECTIONS

Take 2 capsules per day 30-60 min prior to eating.

### BELLY BALANCE® Pre & Probiotic Supplement

#### Benefits

- Promotes Healthy Digestion
- Relieves Stomach Discomfort
- Calms Bloating



#### DIRECTIONS

Take 2 capsules per day before or at the start of a meal.



### SKINNY GUMMIES with Apple Cider Vinegar

#### Benefits

- Healthy Weight
- Aids Fat Burn
- Appetite Control



#### DIRECTIONS

Take 2 gummies anytime throughout the day.

### SLEEPY GUMMIES with Melatonin

#### Benefits

- Fall Asleep Faster
- Deep, Restful Sleep
- Wake Up Refreshed



#### DIRECTIONS

Take 2 gummies once before bed.

### HAPPY GUMMIES with Ashwagandha

#### Benefits

- Helps Ease Stress
- Supports Immunity
- Helps Improve Mood



#### DIRECTIONS

Take 2 gummies anytime throughout the day.

## WORKOUT SUPPLEMENTS



### JUMP START

A thirst-quenching pre-workout to kick your fitness goals into high gear!

#### Benefits

- Long-Lasting Energy
- Supports Focus & Endurance
- Promotes A Positive Mood



#### DIRECTIONS

Take 15-30 min before a workout or anytime before 5 PM.

### REPAIR & RECOVER

Recover faster with our unique combination of BCAAs that help maximize exercise results.

#### Benefits

- Eases Soreness
- Promotes Muscle Repair
- Supports Weight Loss



#### DIRECTIONS

Take during a workout or immediately after.



## SKINNYFIT ACCESSORIES



### SKINNYFIT MINI MIXER®

Effortlessly blend your favorite SkinnyFit powders in seconds.



### SKINNYFIT BOTTLE

This chic, 24 oz. BPA-free bottle keeps drinks perfectly chilled and has a leak-proof lid!



### SUPER SHAKER® BOTTLE

You'll love the built-in mixing grid to effortlessly dissolve powders.



### SKINNYFIT HYDRO BOTTLE

Our 32 oz. bottle helps you stay hydrated with convenient time and motivation markers right on the bottle!



### PILL BOX

Store your daily supplements in our sleek 7-day Pill Box – complete with a mirror for glamming on-the-go.



### Join The SkinnyFit Community

Join over 50,000 women for inspiration, motivation, and the support you need to reach your health and fitness goals!

- ✓ Exclusive giveaways
- ✓ At-home workouts
- ✓ Delicious, healthy recipes

[facebook.com/groups/SkinnyFitCommunity](https://facebook.com/groups/SkinnyFitCommunity)

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It takes **21 DAYS** to form a habit, and **60 DAYS** to start seeing results.

If in **90 DAYS** you're still not satisfied, we're here to make it right!

Our SkinnyFit team is available 24/7 at:

1-888-862-1758 • [hello@skinnyfit.com](mailto:hello@skinnyfit.com)