



# FREQUENTLY ASKED QUESTIONS

## 1. I just received my Fit Kit – now what do I do?

You're not alone on your Fit3 journey and we recommend that you join our Fit3 community at [facebook.com/relivfit3](https://facebook.com/relivfit3) starting on day one! This community of Fit3 champions share ideas and advice that can help you stay motivated and accountable. You can even start your own Fit3 team and Facebook page for your group! Next, login to the Fit3 site to download the Fit3 nutrition guides and meal plans at <https://fit3.reliv.com/nutrition-coaching>. Use these guidelines to plan your next week's healthy meals and snacks and increase your water intake. Finally, don't forget to take your before photos now. This is the best way to track your transformation. In 90 days, you'll be amazed at the new you! After 90 days, send your story and photos to [sharemystory@relivinc.com](mailto:sharemystory@relivinc.com).

## 2. How often should I work out?

Plan to exercise at least 3 times per week incorporating one circuit training workout and one strength training workout. Login to the Fit3 site to access the exercise videos at <https://fit3.reliv.com/fit3-workouts> and choose the workouts that are right for your fitness level. You can also walk, bike, run, swim or do any other physical activities that you know you enjoy!

## 3. When do I take the Fit3 products?

We recommend you take 2 Burn capsules in the morning with your breakfast or shake to activate your metabolism and keep it revved up all day long. Take the Active shakes when convenient, but many Fit3 participants prefer to take one shake in the morning and one in the afternoon. On days you exercise, we recommend having one shake about an hour before exercising and one shake after. We recommend taking 2 capsules of Purify at night, so it can cleanse and restore healthy bacteria while you sleep. Studies suggest that by cleansing the liver and re-establishing healthy microbial flora in the gut, food is utilized more efficiently which in turn supports a more active and efficient metabolism.

## 4. Should I replace a meal with Active?

We intentionally formulated Active to be a dietary supplement and not a meal replacement. Fit3 is not a diet plan based on deprivation and eating less, but rather a lifestyle program involving eating smaller portions and healthier choices multiple times throughout the day. Fit3 is designed to keep your body fueled and ready to perform when you get that opportunity to exercise or engage in physical activity. Active was formulated to stand alone as a healthy snack and as a key element of a healthy meal. Don't starve, thrive!

## 5. Can children take the Fit3 products and participate in the program?

While we recognize that weight management and control is a serious and growing problem among children, the Fit3 program is intended only for adults. We do not recommend the Fit3 program for children 12 and under. Reliv designed the Fit3 program for use by adults and based on an adult's diet and physical maturity. In addition, the Burn and Purify capsules contain active ingredients only intended for mature digestive systems. While the Fit3 program is tailored for adults, the whole family can benefit from the lifestyle changes incorporated into the Fit3 program. Healthier eating choices and more physical activity are invaluable to the health of children and adults alike. Reliv Now® for Kids is an ideal product to introduce a child to those healthier choices and help that child on a path to a healthier and fitter lifestyle.

## 6. If a woman is pregnant or breastfeeding, can she take the Fit3 products?

The Fit3 program is not intended for pregnant or nursing mothers. Please consult your physician prior to the use of any Reliv products.

## 7. Can I open up the Burn and Purify capsules and empty them into my shakes?

Yes. The capsules may be opened and consumed in a shake or drink of your choosing.

## 8. Can I take the Fit3 products if I have a medical condition?

Anyone with a medical condition should always seek the advice of a medical professional before beginning a nutritional or exercise program. It's also a good idea for anyone under a doctor's care to have his/her physician evaluate Reliv products to ensure the products conform to any current dietary program.

## 9. Are these products gluten free, Kosher and Halal?

Active is gluten free, Kosher and Halal. Burn is gluten free and Kosher. Purify is gluten free, but is neither Kosher nor Halal.

## 10. Are the Fit3 products vegan?

Active and Purify both contain small amounts of milk and, therefore, they are not vegan. Burn does not contain any animal-based ingredients and is vegan.

## 11. My question wasn't answered here. How can I find an answer?

For any additional questions about the Fit3 products and program, please e-mail [productinfo@relivinc.com](mailto:productinfo@relivinc.com).