

## Start your day with Zija.

1



1) Mix 1 packet of **SuperMix**,  
**SmartMix** or **XM+** with water  
(be sure to shake the bottle well)

2



2) Take **2 XMburn** or **1 XMam**  
capsule as soon as you get up

## Continue the Burn.

3) Take 1 **XMpm** capsule  
30 minutes before dinner

3



## Cleansing is the Key.

4) Every other day:  
Steep 1 **Premium Tea** bag in  
boiled (non-microwaved) water  
to cleanse the body of toxins  
released from fat burning

4



\*Daily Tea can be taken hot or cold every day to aid in fat burning and appetite suppression

## To Lose 30lbs or More:

- Consume an additional SuperMix, SmartMix or XM+ in the afternoon
- Take 1 additional XMburn or XMam capsule in the afternoon
- Consistently take Premium Tea 3-4 times for week\*

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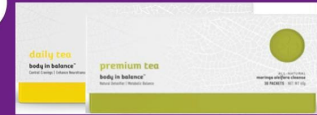
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