

30 Days to Better Balance, Energy, and Control

Our YGY GLP 30 Day System™ delivers the nutritional support you need to help your body naturally enhance GLP-1 production, supporting a healthy metabolism, smooth digestion, and better weight management. The intent of the YGY GLP 30 Day System™ is to provide greater focus on how much you eat. The system has been designed to address the triggers that drive cravings, appetite, hunger, and low energy. As you eat your meals and throughout the day, be conscious of how you feel. Have you reached your satisfaction limit?

By using the YGY GLP 30 Day System™ and aligning your lifestyle to support your health goals, you'll be on your way to craving less of what you don't need and adding more of what you really need for a healthier, happier you!

What Day to Take Which Product?

- 🍷 GLP-1 Support Shot (YGY Elevate™)
- ⚡ GLP-1 Boost (YGY Activate™)
- 🌿 Daily Fiber (YGY Regulate™)

		1	2	3	4
		🍷🌿	🍷🌿	🍷🌿	🍷🌿
5	6	7	8	9	10
🍷🌿	🍷🌿	🍷🌿	🍷🌿	🍷🌿	🍷🌿
11	12	13	14	15	16
⚡🌿	⚡🌿	⚡🌿	⚡🌿	⚡🌿	⚡🌿
17	18	19	20	21	22
⚡🌿	⚡🌿	⚡🌿	⚡🌿	⚡🌿	⚡🌿
23	24	25	26	27	28
⚡🌿	⚡🌿	⚡🌿	⚡🌿	⚡🌿	⚡🌿
29	30				
⚡🌿	⚡🌿				

YGY GLP Lifestyle Enhancers

- 🍷 **Nutrition**

 - 80% whole food diet
 - Protein intake: Body weight x 70% = total grams/day
 - Hydration intake: Body weight x 50% = # ounces of water per day
- 🏃 **Movement**

 - 50x stand up & sit downs per day
 - 2x - 30 min walks per day
 - 3x per week resistance training
- 💬 **Lifestyle**

 - Reduce alcohol/sugar by 50%
 - Get at least 7 hours of sleep
 - Track food & movement
- 🌟 **Bonus**

 - Do not eat 3 hours before bed
 - Find an accountability partner
 - Take BTT daily

Enhancers are healthy habits that can accelerate your weight loss. The more you include, the quicker your results. At first, choose one from every group; once you've added all, add in the Bonus Enhancers to your daily routine. Every action leads you to your goals.

For more information, contact:

Manufactured in the U.S.A. for:

YOUNGEVITY®

2400 Boswell Road • Chula Vista, CA 91914
(800) 982-3189 • www.Youngevity.com
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YGY GLP 30 Day System™

Crave Less,
Live More



GLP-1 SUPPORT SHOT YGY ELEVATE™

#USYG70002



Effects: May help reduce appetite and overeating, helping you feel fuller faster.†

How To Take: Drink 1 full shot 20 minutes before your largest meal.

Notes: Drink 1 shot every day from Day 1 to Day 10 of your GLP-1 weight management journey.

Supplement Facts

Serving Size: 1 Shot (50 mL)
Servings Per Container: 10

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	3 g	1%*
Protein	1 g	
Sodium	30 mg	1%
GLP-1 Support Formula	1800 mg	**
Bifidobacterium Breve Postbiotic, Rocket Apple Extract, Probiotic-Kombu Black Tea		
Lepteam Ferment Powder	330 mg	**
Isomalt Oligosaccharide, Pomegranate (<i>Punica granatum</i>) Fruit Juice, Purslane (<i>Portulaca oleracea</i>) Leaf Powder, White Mulberry (<i>Morus alba</i>) Fruit Juice, Fennel (<i>Foeniculum vulgare</i>) Fruit Powder, Bitter Melon (<i>Momordica charantia</i>) Fruit Powder		
EAA proprietary Blend	692 mg	**
L-Phenylalanine, L-Leucine, L-Lysine HCL, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Methionine, L-Histidine, L-Tryptophan		
Mandarin Orange (<i>Citrus reticulata blanco</i>) Unripe Fruit Extract	3 mg	**
Moringa (<i>Moringa oleifera</i>) Leaf Extract	5 mg	**
Lemon Balm (<i>Melissa officinalis</i> L.) Stem & Leaf Extract	5 mg	**
Grape (<i>Vitis vinifera</i> L.) Skin Extract	1 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Water, Natural Flavors, Erythritol, Phosphoric Acid, Steviol Glycosides, Gum Acacia, Sunflower Lecithin, Xanthan Gum.

Contains: Milk

† These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

GLP-1 BOOST YGY ACTIVATE™

#USYG70001



Effects: May reduce cravings and provide sustained energy.†

How To Take: Drink 1 packet in 10 oz of water any time of the day.

Notes: Best not to drink too late at night because it may provide enhanced energy.

Supplement Facts

Serving Size: 1 Packet (8.4 g)
Servings Per Container: 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin C (as ascorbic acid)	50 mg	56%
L-Arginine Base	4500 mg	**
Tart Cherry Powder (<i>Prunus cerasus</i>)	250 mg	**
Resveratrol (<i>Polygonum cuspidatum</i>) Extract	100 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily value not established.

Other Ingredients: Citric acid, Malic acid, Natural flavors, Stevia leaf extract, Guar gum, Silica, Natural colors (Beta carotene, Beet root).

DAILY FIBER YGY REGULATE™

#USYG70003



Effects: May help provide fullness, detoxify the body, and reduce excess food consumption.†

How To Take: Drink 1 packet in 10 oz of water daily 20 minutes before a meal.

Notes: Increase your water intake to at least Body Weight ÷ 2 = ounces of water per day.

Supplement Facts

Serving Size: 1 Packet (10.3 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	35	
Total Carbohydrate	9 g	3%
Dietary Fiber	8 g	29%
Sodium	20 mg	1%
Prebiotic Fiber Blend	8.5 g	**
Inulin, Acacia Fiber, Beet Fiber, Flaxseed, Chia Seed		
Blood Sugar Support Blend	100 mg	**
Cinnamon Bark Extract, Bitter Melon Fruit Extract, Gymnema Sylvestre (leaf) Extract (std. to 25% Gymnemic Acid)		
Enzyme Blend	100 mg	**
Bromelain, Papain, Protease, Amylase, Cellulase, Lactase, Lipase		
<i>Bacillus coagulans</i>	5 billion CFU	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily value not established.

Other Ingredients: Citric acid, Natural flavors, Silica, Stevia leaf extract (RebaudiosideA), Natural color (Beta-carotene), Stevia leaf extract (RebM).