

An Innovative SuperFood System for Optimal Health and Weight Management



At NuVerus, we have rediscovered the wisdom of the ancients and combined it with modern science to unlock a state-of-the-art Total Health and Weight Management System. The NuVerus SuperFood System utilizes advances in nutrition development to assist you in a simple and permanent approach to total health and weight management.

Step 1: Start your Day with NuVerus Plus

Why Plus: Science has shown that a body that is mal-nourished will be in constant hunger. Most people don't understand this, and thus cannot lose weight no matter what they try. Your body needs a daily supply of anti-oxidants. We are supposed to get these from eating 6 or more servings of fresh fruits and vegetables. When you fail to get these vital daily anti-oxidants, your body will let you know . . . it is called HUNGER. Thus when you don't supply your body with these vital anti-oxidants, you are always hungry. This is why NuVerus Plus is so important. NuVerus Plus was scientifically developed and tested by Doctors. It is proven to provide you with your daily antioxidants. 1 ounce of NuVerus Plus in the morning provides almost 9,000 units of anti-oxidants. Do the same thing in the evening, and you are loading your body with what nature intended . . . vital anti-oxidants!



Step 2: Add NuBlend™ to your Morning

Why NuBlend is Important: NuBlend™ is an innovative blend of our signature SuperFood Black Seed, with additional powerful SuperFoods including Green Tea, Green Coffee Bean, and White Chia, blended with protein, pre-probiotics, and fiber. This special blend, packed with Powerful SuperFoods, has been proven to be beneficial in many unique ways, including assisting with cardiovascular health, intestinal health, joint health, weight management and healthier hair, skin and nails.

- The combination of Black Seed with Green Tea Caffeine, Green Coffee Bean, White Chia, and Cayenne Pepper will give you a wonderful influx of energy, along with a boost to your metabolism, both of which will assist you in maintaining your optimal desired weight!
 - The combination of fiber and protein reduces caloric intake by increasing satiety (the feeling of fullness), as well as decreasing hunger and preventing you from over-eating.
 - Probiotics are created in the bowel tract when NuBlend™ is digested. Probiotics improve digestion and the processing of waste from the colon. They support and replete the good bacteria within the intestine.
 - The protein in NuBlend™ is an excellent source of branched chain amino acids (BCAAs). It stimulates the synthesis of proteins in the body, supports the immune system, and promotes bone health and general wellness.
- . . . All with less than 100 calories per serving!!



For a delicious Super Charged Morning formula: mix 1 scoop of NuBlend with 6 ounces of water and 1 ounce of NuVerus Plus. For additional energy, add 2 ounces of NuVerus ELAV8.

Step 3: During your Day, Drink water with Trim

Why Trim: Let's face it; we all know we need to drink 6-8 glasses of water per day. But water does not have a satisfying taste. Thus we reach for unhealthy diet beverages, or even high calorie beverages. NuVerus Trim is the solution. When you add NuVerus Trim to your daily water intake, you will love the flavor. The special natural SuperFood in NuVerus Trim will also suppress your appetite. With Trim you will drink more water. More daily water intake with Trim results in faster weight loss.



Step 4 : Energize your Day with NuVerus Energy

Energy combines ancient wisdom with modern science for a new kind of High Energy, Antioxidant SuperFood.

Most energy drinks on the market today use synthetic caffeine. It absorbs very quickly causing a harsh kick to your nervous system, followed by an inevitable crash. The caffeine in Energy is from organic Green Tea. It is absorbed slowly and leaves no toxicity in the body. Thus it is delivered to the body in nature's form, and delivers safe and natural increased energy and mental alertness. The result is a delicious and nutritionally packed energy drink that delivers hours of safe energy with no jitters or crash . . . the way nature intended!

Drink Energy in the morning with NuBlend to Supercharge your morning. Also add Energy in the afternoon for all-day energy.



The NuVerus Optimal Health System

NuVerus Quick System Guide



With the NuVerus Weight Management Products, it will be easier to make smart food choices during your day

Breakfast: Consume NuVerus Plus and NuBlend in the morning. Add Energy to Supercharge.

Lunch & Dinner: Drink NuVerus Trim water 20 minutes before your meal. Then eat a healthy meal with a combination of protein and complex carbohydrates. (1/2 protein is best)

Snack Times: Before reaching for a snack, drink a full glass of Trim water. Wait 20 minutes and your hunger goes away. Add Energy to Super Energize your Trim Water

Bedtime: Drink another 1 ounce serving of NuVerus Plus

NuVerus Advanced System Guide

First Thing in the Morning

Drink 1 oz. of NuVerus Plus with 1 Scoop of NuBlend and 6 ounces of water.

- Add your favorite fruit and blend, or
- Add 2 ounces of your favorite juice, or
- Add 2 ounces of Elav8 energy (Great change for Coffee Drinkers)
- Wait 30 minutes – If still hungry, eat a sensible Breakfast or light snack.

Midmorning / Mid-Afternoon Snack Time

Full glass of Trim water, wait 20 minutes for hunger to turn off .

- Are you on the go all day: No problem, buy a bottle of water and add Trim.
- Morning Advanced Weight Loss / Energy Option: Mix 1 bottle Energy + 12 ounces of water + 15-20 drops of Trim. This Supercharged morning 14 oz. beverage will turn off hunger, and energize you for 4-6 hours!
- Still need a midmorning snack? Choose a low calorie protein/energy bar.

Lunch & Dinner

20 minutes before eating your meal, drink a full glass of Trim Water. Drinking Trim water before

- your meal will result in you eating up to 50% less!
- Eat a sensible Meal that contains at least 1/3 of your calories from protein. (1/2 is even better)
- After Dinner Cravings: Do you have a craving for sweets after your meal. Drink 1-2 ounces of NuVerus Plus over ice. Sip slowly over 5 minutes to satisfy your post meal sweet tooth.

Evening Snack:

Trim + 12 oz. water

- Eat a Smart Snack that contains protein > Nuts, Turkey & Cheese, Eggs & Tuna, Protein Bar, Peanut Butter & Celery Sticks.

Before Bed Snack:

Drink 1 ounce of NuVerus Plus to stimulate repair of your cells while you eat

For the first 14 days consume only 1 serving of NuBlend per day to allow your body to get used to the fiber. Then add a 2nd serving later in the day. This can even be substituted for Dinner for rapid weight loss

Exercise Daily:

Get in the habit of at least 20 minutes a day of exercise. Go for brisk walk, a bike ride, a quick trip to the fitness center, and yoga will all increase your metabolism

Get Plenty of Sleep:

You need 8 hours a night of quality sleep. Sleep repairs and regenerates your body, and you burn a lot of calories while sleeping.

Get Ready to Lose weight and keep it off permanently!