THE IT WORKS! SYSTEM IS SO SIMPLE WE CAN EXPLAIN IT IN THREE WORDS:
WRAP. REMOVE. REBOOT.

WRAP: EVERY 3 DAYS
Tighten, tone, and firm your body with That Crazy Wrap Thing™

REMOVE: 2-4 DAYS EVERY MONTH
Cut out “bad” foods and replace with healthy foods for just 2-4 days a month

REBOOT: EVERY DAY
Fire up your metabolism to burn more calories and boost energy with Ultimate ThermoFit™ and Greens™ Berry†

THIS ALL-IN-ONE SYSTEM GOES WHEREVER YOU GO WITH THE IT WORKS!
BLENDER BOTTLE —INCLUDED IN YOUR SYSTEM!

• Two detachable jars to store your two scoops of Greens Berry
• Removable pill organizer for your Ultimate ThermoFit
• Blender Ball shakes up your Greens and water
• Put on your Wrap and you’re ready to go!

Individual results can and will vary. It Works! cosmetic products are purely cosmetic in nature and do not claim to cure/treat/prevent any skin & hair related disorders. If you are allergic to any ingredients listed, or are under treatment or on medication for your skin, please consult with your physician prior to use.

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WRAP: EVERY 3 DAYS

DAY ONE OF THE IT WORKS! SYSTEM IS YOUR WRAP DAY

That Crazy Wrap Thing gives you progressive results over 72 hours! As part of the It Works! System, you will be applying one Wrap every 3 days (72 hours) until your Wraps are gone. (Your box contains four Wraps.)

DAY ONE OF YOUR IT WORKS! SYSTEM: TAKE OUT YOUR WRAP. PUT IT ON. SEE RESULTS!

1. Pick the area you want to tighten, tone, and firm!
2. Place the cream-infused side against your skin and smooth it out so it’s making full contact with the skin.
3. Make sure your Wrap stays in place when you secure with self-clinging Fab Wrap™.
4. Now just wait 45 minutes for your results!

WRAP DAY TIPS

SEE THOSE RESULTS!
Take a “Before” picture of the area you’re going to Wrap before you start wrapping, and then an “After” picture of your results!

STAY HYDRATED!
This is key to helping you experience your best Wrap results. So fill up your It Works! Blender Bottle with water and start drinking—up to half of your body weight in fluid ounces of water daily!

SYSTEM STEPS 1 WRAP every 3 days (72 hours). Be sure you're drinking water as you Wrap, so fill up your It Works! Blender Bottle!

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REMOVE: 2-4 DAYS EVERY MONTH

Support all the tightening, toning, and firming you’re doing on the outside of your body with better nutrition for the inside! Removing the “bad” foods from your diet and replacing with healthy foods for 2-4 days every month can help you to feel (and look!) better! Naturally, the more days you choose to eat healthier the better, but starting with just 2-4 days a month is a simple step towards the long-term goal of eating healthier every day!

For 2-4 days in a row every month, practice the “Remove” and “Replace” method! This can be done anytime during your It Works! System. Be sure to pick your REMOVE days and stick to them — the results will speak for themselves!

REMOVE BAD CARBS
Instead of giving you sustained energy, these simple carbs merely spike energy, leaving you feeling tired and hungry sooner, which can lead to weight gain.

REPLACE WITH GOOD CARBS
These complex carbohydrates take more time for your body to break down, giving you sustained energy and helping you feel fuller longer.

REMOVE DAY TIPS

<table>
<thead>
<tr>
<th>REMOVE BAD CARBS</th>
<th>REPLACE WITH GOOD CARBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Potatoes</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>White Rice</td>
<td>Brown Rice</td>
</tr>
<tr>
<td>Boxed Cereal</td>
<td>Oatmeal</td>
</tr>
<tr>
<td>White Bread</td>
<td>Whole-Wheat Pasta</td>
</tr>
<tr>
<td>White Pastas</td>
<td>Whole Grains</td>
</tr>
<tr>
<td>Soft Drinks</td>
<td>Beans</td>
</tr>
<tr>
<td>Refined Sugar</td>
<td>Natural Sugar</td>
</tr>
</tbody>
</table>

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**REMOVE BAD FATS**

Saturated Fats and Trans Fats:
Both can raise cholesterol levels, clog arteries, and increase risk of heart disease.

<table>
<thead>
<tr>
<th>SATURATED FATS</th>
<th>MONOUNSATURATED FATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream &amp; Ice Cream</td>
<td>Canola Oils</td>
</tr>
<tr>
<td>Cheese</td>
<td>Fresh Olives &amp; Olive Oil</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Avocado</td>
</tr>
<tr>
<td>Deep Fried Foods</td>
<td>Natural Peanut Butter</td>
</tr>
<tr>
<td>Butter &amp; Lard</td>
<td>Nuts</td>
</tr>
</tbody>
</table>

**TRANS FATS**

<table>
<thead>
<tr>
<th>POLYUNSATURATED FATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some Margarines</td>
</tr>
<tr>
<td>Cookies</td>
</tr>
<tr>
<td>Packaged Snack Foods</td>
</tr>
<tr>
<td>Crackers</td>
</tr>
<tr>
<td>Icings</td>
</tr>
<tr>
<td>Microwave Popcorn</td>
</tr>
<tr>
<td>Baked Goods</td>
</tr>
</tbody>
</table>

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### REMOVE PROCESSED FOODS
If it’s packaged, boxed, or canned, it’s processed food. Many of these foods have salt, sugar, fat, and preservatives added.

- Canned Fruits & Vegetables
- Lunch Meat & Hot Dogs
- Snack Foods
- Soft Drinks
- Microwave Meals
- Boxed Cereals

### REPLACE WITH WHOLE FOODS
Natural foods straight from the farm that haven’t been processed or manufactured.

- Fresh Fruits & Vegetables
- Fresh-Cut, Lean Meats
- Organic Low-fat Dairy
- Fresh Seafood
- Whole Grains
- Water

### REMOVE PREMADE DESSERTS
This opens you up to “treats” filled with artificial sweeteners and refined sugars, which you need to remove whenever possible.

- Ice Cream
- Packaged Treats
- Cookies
- Cake Mixes

### REPLACE WITH NATURE’S DESSERTS
Fresh fruits make a delicious treat and can be the perfect ingredient when making your own desserts, which is the best way to control what you’re eating.

- Apples
- Cherries
- Plums
- Pineapples
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**REBOOT: EVERY DAY**

Greens Berry and Ultimate ThermoFit work together to fuel your body with the nutrition it needs to **REBOOT** and fire up your metabolism.†

Starting on Day One, you will want to begin to **REBOOT** your system for increased calorie burn and more energy!†

You will want to have at least two scoops of Greens Berry in water and one Ultimate ThermoFit with your meals every day. Fill your It Works! Blender Bottle with Greens Berry and Ultimate ThermoFit and take it with you wherever you go!

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**REBOOT DAY TIP**

**START ON YOUR WRAP DAY!**

You don’t have to wait to **REMOVE** to start your **REBOOT**! Start rebooting the first day you Wrap (Day One of your It Works! System) with Greens Berry and Ultimate ThermoFit.

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**SYSTEM STEPS**

1. **WRAP** every 3 days (72 hours). Be sure you’re drinking water as you Wrap, so fill up your It Works! Blender Bottle!

2. **REMOVE** “bad” foods and replace with healthy foods for 2-4 days in a row every month.

3. **REBOOT** your metabolism and up your energy with one Ultimate ThermoFit with your meals and two scoops of Greens Berry in water every day.†

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**3 STEPS. 3 PRODUCTS. 1 MONTHLY SYSTEM.**

It’s that easy to **WRAP. REMOVE. REBOOT**. your way to results!

**START SHAKING UP YOUR SYSTEM AT ITWORKS.COM/SYSTEM**

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