

# THRIVE ELITE FAQ

The incredible feedback the THRIVE ELITE Experience has received so far has been overwhelming! But if you still have questions, here's where you can find all the **ANSWERS TO THE MOST FREQUENTLY ASKED ELITE QUESTIONS:**

**Q** What is the THRIVE ELITE Experience?

**A:** The THRIVE ELITE Experience is a re-engineering & reformulation of arguably the world's most successful nutritional system, the THRIVE Experience. ELITE is the classic THRIVE Experience, but has been significantly supercharged to target weight management from a healthy, nutritional perspective!

**Q** Is THRIVE ELITE replacing the Classic THRIVE Experience?

**A:** Absolutely... **NOT!** Millions of individuals are enjoying the Classic THRIVE Experience and will continue to do their 3-Step routine daily. Now you have the option of choosing either the Classic THRIVE Experience or the ELITE Experience.

**Q** What is the difference between THRIVE ELITE & the Classic THRIVE Experience?

**A:** ELITE was built upon the Classic Experience, but is specifically designed & supercharged to target weight & appetite management from a healthy, nutritional perspective.



**Q** Who is the THRIVE ELITE Experience formulated for?

**A:** The THRIVE ELITE Experience is for anyone wanting to look and feel better in their skin, and blossom into the best shape of their lives! If you are someone who has trouble losing weight, has gained some weight due to health challenges, pregnancy, life events or even wants to lose a few stubborn pounds—THRIVE ELITE was specifically designed to help you reach your goals—no matter how big or small.



How do I follow the THRIVE ELITE Experience?

**A:** Just like the Classic THRIVE Experience... it's as easy as 1, 2, 3! First, take your M or W Capsules first thing in the morning with a glass of water. Then, shake up some smooth & creamy Lifestyle Mix and enjoy 20–40 minutes after taking your Capsules. Finally, apply your ELITE DFT to clean, dry skin! It's that simple.



Are there other Step 2: ELITE Lifestyle Mix flavors?

**A:** Currently, delicious Vanilla Lifestyle Mix is the only ELITE flavor. However, stay tuned for more flavors on the horizon!!



Will there be ELITE Vegan Lifestyle Mix flavors?

**A:** Stay tuned!! In the meantime, you can enjoy our Classic Vegan Lifestyle Mix in a variety of flavors.



Can you mix & match Steps from the Classic Experience?

**A:** If your goal is weight management, we recommend following the THRIVE ELITE Experience. After all, it was specifically designed for that purpose! However, we always recommend that you listen to your body and do what is best for you—everyone is different and you should customize your THRIVE Experience to your needs.



Will I lose weight following the THRIVE ELITE System?

**A:** The ELITE System was designed to enhance weight management. So, if your goal is to lose weight, keep in mind that meaningful weight loss requires healthy lifestyle choices, diet and exercise, and good nutritional intake as part of your daily routine.



What should I be eating while following the THRIVE ELITE Experience?

**A:** In general, we recommend avoiding heavy carbs and lots of sugar while you're on your ELITE Experience. To help you make healthy choices, we created a detailed Nutritional Guide featuring meals, recipes, a grocery list, other recommended products to enhance your Experience, foods to avoid, and steps for success. When you purchase THRIVE ELITE, this Guide is sent to you via email so you can download and print it to help you every step of the way.

**Q** ELITE is making me crave water! How much water should I drink daily?

**A**: With ELITE, we recommend drinking plenty of water. Try to get as close to drinking 80% of your body weight to 1 ounce of water. For example, if you weigh 150 pounds, aim to drink 120 oz. of water per day. Use this equation to find out how much water you should be drinking: \_\_\_\_\_ lbs. x .80 = \_\_\_\_\_ ounces of water per day.

**Q** Are there any preparations I should follow to get my body ready for ELITE?

**A**: No preparation is necessary but a great way to begin the Experience is after the 10-Day Total Detox which is intended to support your body in the removal of toxins and heavy metals. That way, when you begin the Experience, your body has already detoxed and your health & wellness journey can begin on the right foot.

**Q** Do you recommend any other THRIVE Products while following the THRIVE ELITE System?

**A**: Yes, you can continue with your favorite THRIVE Plus products. To support your gut & digestive system, we recommend adding THRIVE Biotic and/or THRIVE Balance to your ELITE Experience.



**Q** How long should I follow the THRIVE ELITE Experience?

**A**: You can follow the Experience for as long as you wish. However, please be aware that this 3-step system is not a quick fix. We recommend trying ELITE for at least 4–8 weeks along with a healthy diet and exercise.

**Q** What are the ingredients in THRIVE ELITE?

**A**: All of our Product information & ingredients are on our website.



**Q** Can I only purchase all three ELITE Steps together or can I buy them separately?

**A**: If your goal is weight management, we recommend sticking to all 3 Steps of the ELITE Experience System as it was designed. However, you can also mix and match with Classic Experience products if that is your preference. Be sure to add your THRIVE on Autoship to ensure you never miss a day.

*Meaningful weight loss requires healthy lifestyle choices, diet and exercise, and good nutritional intake.*