



## LurraLife™ 21-Day Cycle Pack *for Coffee Lovers!*



Get fit and stay fit! The LurraLife 21-Day Cycle Pack for Coffee Lovers includes some of our most popular products made from quality natural ingredients hand-selected for their powerful adaptogenic, antioxidant, and thermogenesis properties. It's the perfect supplement to a health-conscious diet and active life to reach and maintain your weight and lifestyle goals.

This product pack is designed to fuel your active healthy life for four full weeks. Take the LurraFit™ capsules for three weeks to give your body a natural boost, then cycle off the capsules for a week during which use Dr. Miller's Detox Tea® to naturally detox, cleanse, and reset your body for the next cycle.

### Contents

The LurraLife 21-Day Cycle Pack for Coffee Lovers contains:

- 21 stick packs of LurraFit Coffee™ with adaptogenic mushrooms (one serving each day for three weeks)
- 21 capsules of LurraFit™ natural energy and appetite control formula (one serving each day for three weeks)
- 2 sachets of Dr. Miller's Detox Tea™ (makes a gallon of prepared tea – a week's supply)



### Directions

1. In the morning, drink 1 cup of LurraFit Coffee™. (Mix contents of 1 stick pack in a cup of hot water.)
2. In the afternoon 30 minutes before eating, take 1 LurraFit™ capsule with a full glass of water.
3. Repeat steps 2-3 daily for 3 weeks. (Then, wait a week before taking the capsules and coffee again.)
4. During the 4th week, drink 2 cups of Dr. Miller's Detox Tea™ each day for 7 days (i.e., morning and midday). (Prepare the tea the day before following the directions on the tea package.)
5. Then start the full four-week cycle again with your next LurraLife 21-Day Cycle Pack.

*You too can look, feel, and perform your best!*

Get started today. Order your LurraLife 21-Day Cycle Pack from [www.lurralife.com](http://www.lurralife.com).

## Detailed Explanation of the 21-Day Cycle Process



**BOOST:** Use LurraFit™ capsules and (in the Coffee Lovers pack only) LurraFit Coffee™ for three weeks (day 1 thru day 21). These products provide fast-acting, long-lasting natural energy; boost metabolism and fat burning; enhance focus and mental clarity; and reduce food cravings and fatigue. They are packed with powerful nutritional blends made of superfoods, medicinal mushroom, herbal extracts, and vital minerals known for their potent adaptogenic, antioxidant, and thermogenesis properties.

**CLEANSE:** Use Dr. Miller's Detox Tea® for one week (day 22 thru day 28). The 100% organic, caffeine-free herbal tea is formulated to effectively yet gently detoxify and cleanse the body. Cleansing and detoxification are integral parts of restoring balance to the body and keeping it operating optimally. The process helps restore proper nutrient absorption, increase metabolism and energy, and bring the whole body back in a balanced, healthy state. Plus, it can aid in rapid, healthy weight loss.

**RESET:** Take a one-week break from the LurraFit™ capsules and LurraFit Coffee™. It is a beneficial nutritional practice to cycle off powerful supplements on a regular basis to maximize their effectiveness and prevent plateauing or burnout. This on-again, off-again process allows time for the body to reset and rebalance. Cycling also helps sustain product benefits long term by reducing the chances of the body building up a tolerance to the product, thereby diminishing its positive effects.



# LurraLife 21-Day Cycle Pack for Coffee Lovers

## PRODUCT DETAILS

### Dr. Miller's Detox Tea™

DR. MILLER'S ORIGINAL HOLY TEA® + ORGANIC HERBAL BLEND

Detox, cleanse, and lose weight naturally with Dr. Miller's Detox Tea™. Regular use of this unique 100% organic, caffeine-free herbal tea has been found to improve overall well-being and digestive health. Plus, it can promote weight loss more effectively than Chinese green tea. Proudly made from Dr. Bill Miller's original Holy Tea+® blend based on over twenty-five years of research and clinical use.

\*Caution: Contains cathartic herbs.

Nutrition Per Serving	
Serving size: 3 grams	
Protein.....	<1%
Fat.....	0%
Carbohydrate.....	0%
Calories.....	0%
<b>USRDA IN %</b>	
Vitamin A.....	<2%
Vitamin C.....	<2%
Riboflavin.....	<2%
Thiamine.....	<2%
Niacin.....	<2%
Sodium.....	<0.2%
Iron.....	<0.1%
Calcium.....	2.3%
Caffeine.....	0%

### LurraFit™ capsules

ALL-DAY NATURAL ENERGY AND APPETITE CONTROL

Enjoy all-day energy and appetite control with LurraFit™. Each capsule is packed with powerful nutrient complexes made of super foods, herbal extracts, medicinal mushrooms, and vital minerals. The nutrient-rich formula releases a steady stream of natural energy in the body – tapping into the brain's reward system (dopamine receptors) to help increase energy and concentration, curb food cravings, and facilitate weight loss. (Contains ~140 mg caffeine.) \*Caution: Contains ~140 mg caffeine\*\*.

Supplement Facts	
Serving Size: 1 capsule	
Amount Per Serving	% DV
Mental Clarity & Focus Complex L-Tyrosine, Caffeine, Bacopa monnieri extract, N, N-Dimethylphenethylamine, Yohimbe bark extract, L-theanine, Rhodiola rosea, Yerba mate extract	310 mg **
Adaptogenic Mushroom Complex Ganoderma extract, Cordyceps, Chaga, Lions mane	100 mg **
SuperFoods Complex Acai berry, Acai berry, Camu camu, Maqui berry, Noni berry	100 mg **
Oxygen Transport Complex Ferrous fumarate, ferrous sulfate, OmniMinAC Trace mineral blend	70 mg **
Black pepper extract	2.5 mg **
Vitamin B1 150%	Vitamin B6 250%
Vitamin B2 100%	Vitamin B12 3,000%
Vitamin B3 75%	Vitamin B9 100%
Vitamin B5 250%	Iron 50%
**Daily Value (DV) not established.	
Other Ingredients: Pharmaceutical-grade gelatin (FDA & natural dyes, 100% Kosher and Halal certified & inspected)	

### LurraFit Coffee™

ARABICA COFFEE WITH ADAPTOGENIC MUSHROOMS

Energize your day and weight loss with LurraFit Coffee™. Made with quality ingredients hand-selected for their natural adaptogenic, thermogenesis, and antioxidant properties, it's unlike your average cup of joe. Our special black Arabica coffee is rich in smooth, bold flavor and aroma. Plus, it's enriched with medicinal mushrooms, organic compounds, and plant-based extracts known to boost metabolism, productivity, and even mood. \*Caution: Contains ~150 mg caffeine\*\*.

Supplement Facts	
Serving size	1 Scoop (4 grams)
Amount per serving	5
Calories	
	% Daily Value*
Total Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	50 mg 2%
Total Carbohydrate	1 g <1%
Dietary Fiber	0 g 0%
Total sugars	0 g 0%
Includes 0 g Added Sugars	0 g 0%
Protein	<1 g <1%
Lurra Energy Coffee Blend	3,160 mg †
Arabica Coffee, Choline Bitartrate, DMAE (Deanol L-Bitartrate), Green Tea Extract, Mucuna Pruriens Extract, Alpha GPC, Theobromine	
Lurra Weight Loss Blend	590 mg †
L-Tyrosine, L-Theanine, Eria Jarensis Extract (N,N-Dimethylphenethylamine), PEA (Phenylethylamine HCL)	
Lurra Adaptogen Mushroom Blend	200 mg †
Ganoderma Lucidum Extract, Cordyceps, Lions mane	
Chromium (Chromium Picolinate)	100 mcg 2.85
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
† Daily Value not established	
Other Ingredients: Sodium Bicarbonate	

\*Keep out of the reach of children. Not intended for use by persons under age 18. Do not use if pregnant or nursing. Always consult your healthcare practitioner before taking this or any health supplement, especially if you are taking prescription medications, under a doctor's medical care, or at risk for or have any illness or health condition.

\*\*Do not use this product if you are at risk or are being treated for high blood pressure, stroke, heart, kidney, thyroid, or psychiatric disease, anxiety, depression, or seizure disorders.

These statements have not been evaluated by the U.S. Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information is provided for informational purposes. Results may vary. You may not experience the same benefits from using this product.