



# LurraLife™ 21-Day Cycle Product Pack



Get fit and stay fit! The LurraLife 21-Day Cycle Product Pack 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 Product Pack contains:

- 42 capsules of LurraFit™ natural energy and appetite control formula (two servings 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 30 minutes before eating, take 1 LurraFit™ capsule with a full glass of 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 to before taking the capsules again.)
4. During the 4<sup>th</sup> 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 for three weeks (day 1 thru day 21). This product provides fast-acting, long-lasting natural energy; boost metabolism and fat burning; enhance focus and mental clarity; and reduce food cravings and fatigue. It is 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. 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.



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## PRODUCT DETAILS

### 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\*\*.

<b>Supplement Facts</b>	
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, Aoniah berry, Camu camu, Manjist 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 (FD&C natural dyes, 100% Kosher and Halal certified & inspected)

### 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.

<b>Nutrition Per Serving</b>	
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%

\*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.