



## LurraLife™ 5-Day Kick Start *for Coffee Lovers!*



Kick start your healthy life by losing 5 pounds in 5 days! The LurraLife 5-Day Kick Start for Coffee Lovers gets you started fast with products designed to work synergistically and holistically with the body – boosting energy, fat-burning, focus, and mood while reducing food cravings, fatigue, and brain fog.

At LurraLife we're on a mission to help you get in the best shape of your life, for the rest of your life. By doing the LurraLife 5-Day Kick Start, you're taking the first step to losing that unwanted weight and getting your life back in a healthy balance. People around the world have

renewed their commitment to healthy living and being fit using our products. We feel honored to be part of their transformation and look forward to being part of yours too. It all begins with a conscious decision to start, and the LurraLife 5-Day Kick Start is a powerful tool that can help you take that first, important step towards a happy, healthy life.

### Contents

The LurraLife 5-Day Kick Start for Coffee Lovers contains:

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



### Directions

1. The day before you plan to start, prepare Dr. Miller's Detox Tea™. (Follow directions on tea package.)
2. In the morning, drink 1 cup of LurraFit Coffee™. (Mix contents of 1 stick pack in a cup of hot water.)
3. In the afternoon 30 minutes before eating, drink 1 cup of the prepared tea and take 1 LurraFit™ capsule.
4. Drink 1-2 cups of the prepared tea at your leisure throughout the day.
5. Repeat steps 2-4 daily for 5 days.
6. Then start the LurraLife 21-Day Cycle Pack to reach and maintain your healthy weight and active lifestyle goals.

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

Get started today. Order your LurraLife 5-Day Kick Start from [www.lurralife.com](http://www.lurralife.com).

# LurraLife 5-Day Kick Start 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%

Other Ingredients: Pharmaceutical-grade gelatin (FDB certified), 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	
Calories	5
	% 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 (Diastol), L-Sitaramate, 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.