

INNOV8TIVE SUCCESS PLAN



Guide to Achieving Success

With Innov8tive Success Spray combined with a restricted calories diet, your body will become more efficient converting stored fat to energy.

There is not a single product that can automatically make you lose or keep off weight. Our bodies will always out do any that attempt in order to protect the body from a perceived starvation mode.

To achieve success, a holistic approach is **REQUIRED**:

1. Anti-inflammatory diet
2. Appropriate body motion (exercise)
3. Nutritional support
4. Behavioral changes (reduced stress, control, and proper sleep)

Our Success Spray product and diet program are based on tried and true homeopathic ingredients, and an anti-inflammatory diet for long-lasting life style changes and results. In order to maintain the highest ingredient quality and manufacturing standards, Innov8tive uses a manufacturing facility that complies with current GMP (Good manufacturing Practices) and the code of Federal Regulations (CFRs) for your safety.

Before You Start

- **Weigh in** — It is recommended to weigh in the morning on the same scale (a weight chart is included on page 7 of this guide)
- **Take measurements & determine BMI** — Record chest/bust, arms, thighs, and abdomen measurements before beginning the program and weekly thereafter until your desired goal is reached. Determine your BMI (Body Mass Index) by using the calculation below. (Measurement charts are included on page 6 of this guide)



A healthy and optimal weight can be calculated by your **BMI (Body Mass Index)**.

Divide weight in pounds by height in inches squared and multiply by 703.

$$\frac{(\text{weight in pounds})}{(\text{height in inches}) \times (\text{height in inches})} \times 703 = \text{BMI}$$

BMI Normal weight = 21.00-24.99

BMI Overweight >25

BMI Obese > 30

BMI Underweight BMI <18.5

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Day 1 and 2 (Phase 1)

Take the Success Spray. Dosage is **3 sprays** taken **three times a day**. Do not take more than the recommended dosage. It will not yield additional benefits. The ideal spacing for each dose is 7 hours apart (i.e. 8am, 3pm, & 10pm). For the best absorption, avoid eating or drinking 10 minutes before or after taking the spray. You should hold the liquid in your mouth for 1 minute, swish it around and then swallow. Begin the Success Spray on day 1 and continue until day 39. You will continue the recommended eating program days 39-42, without using the spray. Should you miss the sprays during the directed time frame, you may experience hunger and an interruption of weight loss.

It is very important to shake the bottle well immediately before use.

Watch your calories. The goal is to consume no more than **5,000 calories** each day **for two consecutive days**. Eat throughout the day — it is important to “graze” rather than eat 3 large meals. Failure to follow these guidelines, may greatly hinder your overall results as your body needs these reserve calories for the next phase in order to not fall into starvation mode and create a miserable experience with excess hunger.



What to expect During this step, the average person will gain a few pounds. Do not be alarmed — these are needed to offset the changes in food consumption that occurs in Phase 2.

Approved foods (remember fat load, not sugar/junk food load) Cheese, eggs, bacon, ribs, steak, nuts, nut butters, avocados/guacamole, olives, dressings, mayonnaise, cold pressed virgin oils. (Complete approved food list at the back of this guide.)

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Days 3 through 39 (Phase 2)

During this phase, you will begin a **restricted-calorie** diet program in combination with the Success Spray nutritional support formula. The diet contains specific blends, amounts and ratios of low glycemic, nutrient-dense and anti-inflammatory foods. Approximately **850-900 calories** (2 lbs.) of food are recommended. Consuming more than the recommended amount of food will likely decrease your desired results.

Take the Success Spray. Dosage is **3 sprays** taken **three times a day**.

Consume the following balance of food:

	Protein 8oz a day
	Vegetables 4 cups a day
	Fruits 2 servings a day

(See Approved Foods List at the back of this book)

Stay Hydrated. During this step, it is recommended that you drink at least **100 ounces of water per day** (consult your physician if you suspect or have a known kidney issue).

You are welcomed to consume coffee, tea, water, etc. If you use cream or sugar then a no-calorie cream or sugar substitute should be used. (We recommend a stevia based sugar substitute).

Exercise recommendations: Light or **minimal** exercise, such as 20 minutes of leisurely walking — remember your calories are limited and the nutritional support is what is maintaining the additional needs for your body. Do not engage in more vigorous exercise. There are simply not enough calories consumed during this phase to support more aggressive activity.



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Sample Menu

Breakfast

2 oz. of protein
2 oz. of fresh fruit
Coffee or Tea

Lunch

2 oz. of lean protein
(chicken, beef 93/7, fish, pork)
vary your meats each day
4 oz. of low glycemic fresh vegetables
(no corn or potatoes)
2 oz. of fresh fruit
Whole grains (less than 100 calories)

Dinner

4 oz. of lean meat
4 oz. of low glycemic vegetables
4 oz. of fresh fruit
Whole grains (less than 100 calories)

Remember preparing food ahead of time will help you stick to your diet plan, but if you are going to eat out please follow these ordering guidelines:

Dining Out Guide

Applebees: Grilled chicken Caesar salad, no cheese and dressing on the side

Napa chicken and Portobello, no cheese, and instead of potatoes substitute steamed broccoli

Arbys: Roast turkey farm house salad, dressing on the side

Arby's ham and swiss melt, light cheese

Buffalo Wild Wings: 4 naked tenders with a side salad, no cheese. All sauces on the side. Apple wedges

Burger King: Tendergrill chicken sandwich and side garden salad, dressing on the side

Veggie Burger(only eat top or bottom half of bun)

Kentucky Fried Chicken: Snack size kfc famous bowl and a side salad, dressing on the side

Kentucky grilled chicken breast and a side salad, dressing on the side

McDonalds: Artisan grilled chicken sandwich, no sauces, only ½ bun, feel free to add extra veggies, May add apple wedges as a side

Grilled chicken salad- no cheese or croutons, dressing on the side

Taco Bell: Fresco burrito supreme (light or no beans) or two fresco chicken soft tacos or cantina power bowl-chicken or steak — no guacamole, sour cream, or ranch sauce. May have apple wedges on the side.

Panda Express: Kung Pao Chicken OR Broccoli chicken OR mushroom chicken OR broccoli beef OR Mongolian beef. May add 1-2 sides mixes vegetables

Steak and Shake: Grilled chicken sandwich, no mayo, may have extra lettuce tomatoes and onions

Subway: Grilled chicken over spinach salad, unlimited veggies (except olives), low fat dressing on the side.

6 inch turkey wrap, unlimited veggies (except olives), may have vinegar and mustard

Wendy's: Grilled chicken salad, no cheese or croutons, dressing on the side

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Days 40 through 42 (Phase 3)

During this phase, you will continue the **restricted-calorie** diet program, but you will NOT use the Spray. Approximately **850-900 calories** (2 lbs.) of food are recommended.

Do **NOT** take the Success Spray.



Continue the same **balance of food:**

	Protein 8oz a day
	Vegetables 4 cups a day
	Fruits 2 servings a day

(See Approved Foods List at the back of this book)

Stay Hydrated. Continue with the recommended **100 ounces of water per day.**

You are welcomed to consume coffee, tea, water, etc. If you use cream or sugar then a no-calorie cream or sugar substitute should be used. (We recommend a stevia based sugar substitute).

Exercise recommendations: Light or **minimal** exercise.

You may continue to **use this phase longer than 39 days until you reach your goal weight.**

You may expect some plateau days when repeating cycles.

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Maintenance (Phase 4)

Once you have reached your goal weight you will begin the maintenance phase. You have now changed your eating habits and helped your body reestablish a new **BMI** (Body Mass Index) and **BMR** (Basal Metabolic Rate). During this time, you will increase your caloric intake to match your BMR, which is the number of calories you burn in 24 hours with no activity. If you have moderate exercise we recommend you add those calories back in using protein.

For **women**, generally **1100-1500 calories** a day is needed for maintenance

BMR (Basal Metabolic Rate) calculation for women:

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

For **men**, generally **1500-1800 calories** per day is needed

BMR (Basal Metabolic Rate) calculation for men:

$$66 + (6.25 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

Sample Maintenance Meals

WOMEN

Breakfast

- 2 eggs
- 4oz fruit
- 1 piece whole grain toast (optional)

Lunch

- 6 oz. of lean meat
- 6 oz. of low starch vegetables
- 6 oz. of fresh fruit
- 2 pieces of melba toast

Dinner

- 6-7 oz. of lean meat
- 6-7 oz. of low starch vegetables
- 6-7 oz. of fresh fruit
- 2 pieces of melba toast

MEN

Breakfast

- 2-3 eggs
- 1 cup fruit
- 1 piece of whole grain (optional)

Lunch

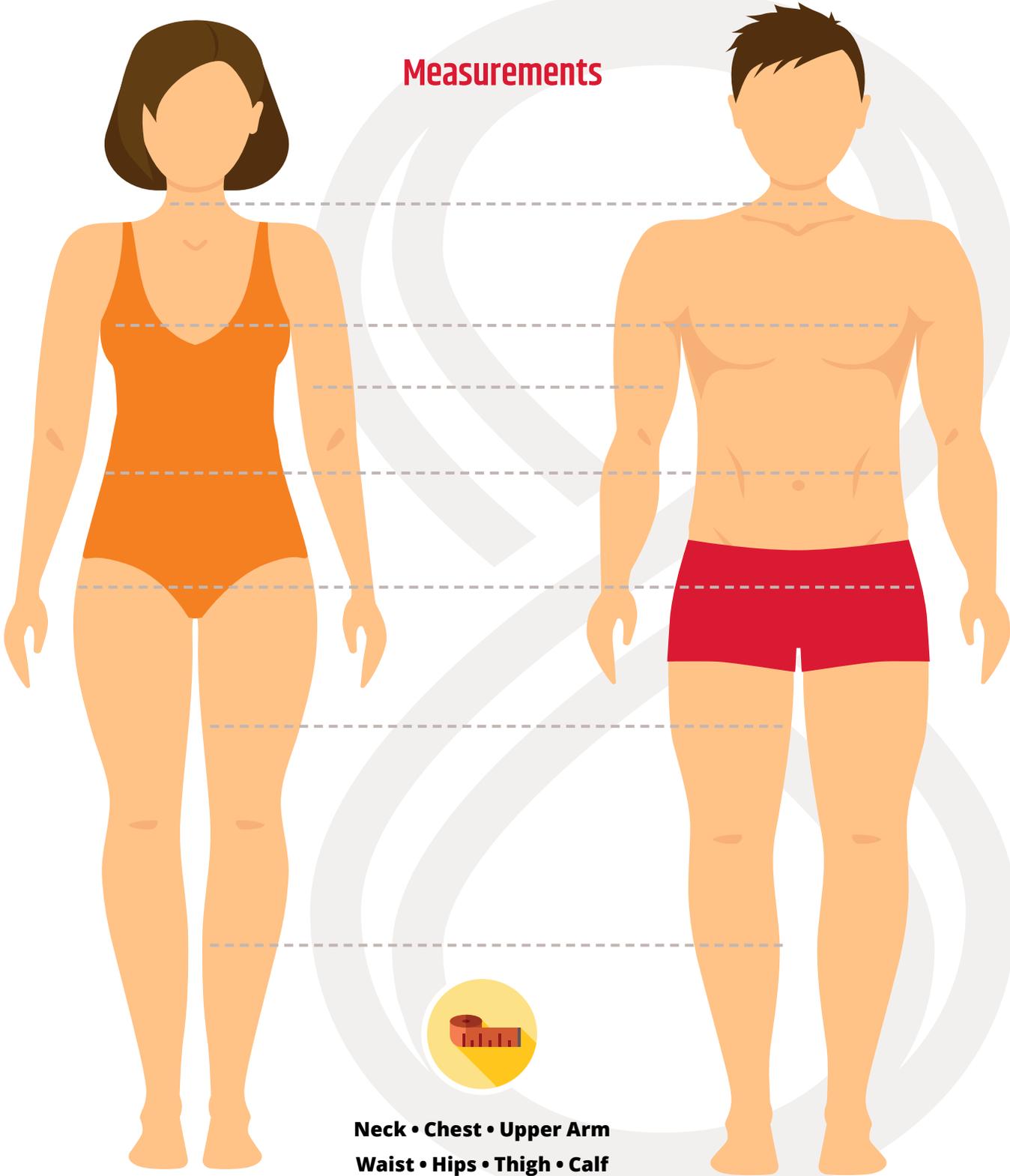
- 7 oz. lean meat
- 7 oz. of low starch vegetables
- 7 oz. fresh fruit

Dinner

- 7-8 oz. of lean meat
- 7-8 oz. of low starch vegetables
- 7-8 oz. of fresh fruit

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Measurements



**Neck • Chest • Upper Arm
Waist • Hips • Thigh • Calf**

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Starting Weight

Ending Weight

Difference

Day

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
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42 _____



**Daily
Weight
Chart**

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Approved Foods

Fats

(2 tablespoons)

Almonds
Almond butter
Avocado
Avocado oil
Cashews
Coconut oil
Flaxseed
Olives
Olive oil
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Lean Proteins

3-4 oz (deck of cards)

Eggs (3 eggs or 4 whites)
Chicken
Turkey
Beef (grass fed)
Venison
Lamb
Cod
Halibut
Salmon
Tuna (steak or 1 can in water)
Whitefish (snapper, shellfish, trout, bass)

Vegetables

(½ cup chopped, 1 cup leafy greens)

Alfalfa sprouts
Asparagus
Beets
Bell peppers
Broccoli
Brussel sprouts
Bok choy
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Cucumber
Eggplant
Garlic
Green beans
Kale
Lettuce
Leeks
Mushrooms
Mustard greens
Onions
Parsnips
Peas
Pumpkin
Spinach
Squash
Swiss chard
Tomatoes
Zucchini

Spices

(unlimited)

Basil
Cayenne
Cilantro
Cloves
Parsley
Cinnamon
Cumin
Dill
Ginger
Mint
Mustard seed
Oregano
Rosemary
Thyme
Turmeric

Liquids

(unlimited)

Water
Water
WATER!!
Coffee
Tea (unsweet)

NO SODA (even diet, these use unhealthy sugar substitutes)

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Approved Foods

Fruits

1 medium size fruit, ½ cup chopped

Apples	Mangoes
Apricots	Nectarines
Bananas	Oranges
Blueberries	Papaya
Cantaloupe	Peaches
Cherries	Pears
Cranberries	Pineapples
Currants	Plums
Dates	Pomegranate
Grapefruit	Prunes
Grapes	Raisins
Honeydew	Raspberries
Kiwifruit	Rhubarb
Lemons	Strawberries
Limes	

Grains/Carbs

½ cup cooked, ¼ cup uncooked

Baked potato
Red potato
Sweet potato
Barley
Brown rice
Buckwheat
Millet
Oats
Quinoa
Rye
Beans

Foods to AVOID!

If you can't read it, DON'T EAT IT!

That means it's processed — even foods labeled “sugar free, fat free, gluten free” have preservatives and additives that cause inflammation.

Drinks should be limited to water, unsweetened tea, or unsweetened coffee. Milk should be avoided, if milk is a must, please use almond milk.

Diet sodas should be avoided as they contain inflammatory artificial sweeteners.

Cut the **C.R.A.P.**

Carbonated drinks

Refined sugars

Artificial ingredients

Processed foods

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Additional Tips

Plateau days — Remember that with any significant weight loss, that the body will protect itself from starvation and a plateau will occur. That is not a reason to be discouraged or to discontinue the program. That is why the program is designed to last for 42 days per cycle. The brain may send a message to the body that it is in a starvation mode and will counterbalance this with a change in metabolism or fat breakdown. This is often referred to as a “set point”. Our goal is to reach a new “set point” during a Success Spray Cycle and then continue it on a as needed basis.

Possible symptoms that may be experienced while on a Homeopathic supported, calorie restricted diet:

Hunger — Allow for an extra piece of fruit to curb the appetite.

Dizziness or Shakiness — this can be often contributed to rapid weight loss, and blood sugar changes. A pinch of salt on the tongue 15 minutes apart for up to one to two hours helps alleviate this.

Constipation — While not consuming a lot of calories can change the bulk enough in your diet, increasing your water intake or fiber consumption can help.

Loss of appetite — Some may lose their appetite on Success Spray but should be reminded to consume a minimum of the recommended calories so they will not find themselves in a stall phase with their results.

Headaches or Fatigue — This is seen at times from withdrawal from a toxic, inflammatory or high sugar diet and tends to dissipate on its own. Discontinue and/or consult your physician if you feel this is persistent.

Medical Disclaimer

This guidebook is not intended to replace any expert opinion of a trained health care professional and has not been evaluated by the Food and Drug Administration. Our homeopathic ingredients are listed in the Homeopathic Pharmacopeia of the United States (HUPS). Homeopathic management for the “BATTLE OF THE BULGE” has been written about, tried, and studied about for over 60 years.

We are governed by the USDA, as nutritional supplements are considered a food.

We strongly encourage anyone who feels they have a health condition to consult with their physician before beginning Success Spray Use.

Is Success Spray for Everyone?

While most can find benefit, there are a few exceptions:

• **Children under the age of 12** • **Pregnant or nursing mothers** • **Patients undergoing chemotherapy** • **Patients undergoing dialysis**

This guidebook should not be used to diagnose, treat, cure or prevent any disease. This information should never be construed as medical advice.