

PGX[®] Program

BASIC PLAN START CHART

Your step-by-step guide to getting started with the PGX[®] Program[™]

You can do it!

Starting any new program is always hard. But if you follow along with this guide, day by day and week by week you will start to see results. The key is to start slowly and replace unhealthy habits with healthier options.

Quick tips

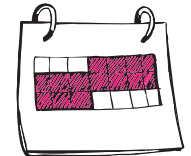
If you haven't already, sign up for the PGX[®] Program[™] online at PGX.com to receive guidance, tips and helpful questionnaires in your email inbox.



After taking PGX[®] always **drink an extra glass of water.** (12-16oz or 375-500ml)



Start slowly and work your way up to the full amount of PGX[®]. If you feel discomfort, reduce the amount slightly.



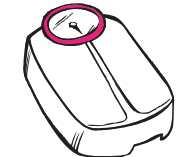
It may take **up to 2 weeks** for your body to become fully used to taking PGX[®].



PGX absorbs water, which means it doesn't "dissolve" as you might expect. Mix it in a smoothie or take with moist food such as yogurt or soup.



If you take medications, it works best to take those 1 hour before or 2-3 hours after taking PGX[®]. Be sure to consult your physician.



Slow weight loss is healthy weight loss! And in many cases, reducing size and improving health is more important than losing weight.

PGX Program Week 1

PGX® can take a little while to get used to. The first 2 weeks will be about ramping up to the proper amount of PGX with every meal and getting started with exercise. At first, you're only going to take a small amount of PGX with 2 meals per day and work up to 3.

Day 1

Take a Before photo!

- Just before a meal (breakfast or lunch) take about 2 g of PGX and an extra glass of water
- Just before a meal (lunch or dinner) take about 2 g of PGX and an extra glass of water
- Take 5,000 Steps
- 10 minutes of cardio exercise

To get 2 g of PGX choose one of these options:
 Nearly 1 entire stick pack ½ scoop of granules
 Nearly 1 scoop of Satisfast 2 capsules

Day 2

- Just before a meal (breakfast or lunch) take about 2 g of PGX and an extra glass of water
- Just before a meal (lunch or dinner) take about 2 g of PGX and an extra glass of water
- Take 5,000 Steps
- 10 minutes of cardio exercise

TIP: Start using a pedometer to help count how many steps you're taking.

Day 3

- Approx. 2 g of PGX and an extra glass of water with breakfast
- Approx. 2 g of PGX and an extra glass of water with lunch
- Approx. 2 g of PGX and an extra glass of water with dinner
- Take 6,000 Steps
- 10 minutes of cardio exercise

TIP: Make sure you're getting at least the daily recommended intake of fiber. Taking PGX will certainly help you get there.

Day 4

- Approx. 2 g of PGX and an extra glass of water with breakfast
- Approx. 2 g of PGX and an extra glass of water with lunch
- Approx. 2 g of PGX and an extra glass of water with dinner
- Take 6,000 Steps
- 10 minutes of cardio exercise

TIP: This is about you. Don't compare yourself with anyone else. Just concentrate on who you are.

Day 5

- 2½ g of PGX and an extra glass of water with breakfast
- 2½ g of PGX and an extra glass of water with lunch
- 2½ g of PGX and an extra glass of water with dinner
- Take 7,000 Steps
- 10 minutes of cardio exercise

To get 2.5 g of PGX choose one of these options:
 1 stick pack of granules ½ scoop of granules
 1 scoop of Satisfast 3-4 capsules

Day 6

- 2½ g of PGX and an extra glass of water with breakfast
- 2½ g of PGX and an extra glass of water with lunch
- 2½ g of PGX and an extra glass of water with dinner
- Take 7,000 Steps
- 10 minutes of cardio exercise

TIP: If you take medications, it works best to take those 1 hour before or 2-3 hours after taking PGX.

Day 7

- 2½ g of PGX and an extra glass of water with breakfast
- 2½ g of PGX and an extra glass of water with lunch
- 2½ g of PGX and an extra glass of water with dinner
- Take 8,000 Steps
- 10 minutes of cardio exercise

TIP: Get exercise, but don't overdo it. By over-exerting yourself, you're more likely to have food cravings.

Week 1 Totals

How many steps did you take?

How many days did you do cardio?

How do you feel?

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PGX Program Week 2

Let's pick up where you left off with Week 1. By the end of Week 2 you should be completely "ramped up" to the recommended 2.5 - 5 g of PGX® with every meal. If you feel any discomfort while upping the amount of PGX simply take a slightly smaller amount and slowly build up.

Day 8

- 2½ g of PGX and an extra glass of water with breakfast
- 2½ g of PGX and an extra glass of water with lunch
- 2½ g of PGX and an extra glass of water with dinner
- Take 8,000 Steps
- 10 minutes of cardio exercise

TIP: A primary benefit of PGX is creating a feeling of fullness and satisfaction with less food.

Day 9

- 2½ g of PGX and an extra glass of water with breakfast
- 2½ g of PGX and an extra glass of water with lunch
- 2½ g of PGX and an extra glass of water with dinner
- Take 8,000 Steps
- 10 minutes of cardio exercise

TIP: Recognize that in order for things to change, you must change. Only you can make this happen.

Day 10

- 2½ g of PGX and an extra glass of water with breakfast
- 2½ g of PGX and an extra glass of water with lunch
- 2½ g of PGX and an extra glass of water with dinner
- Take 9,000 Steps
- At least 12 minutes of cardio exercise

TIP: How's your sleep? Not enough or poor sleep can make you have more food cravings during the day. Work on getting better sleep.

Day 11

- 2½ g of PGX® and an extra glass of water with breakfast
- 2½ g of PGX and an extra glass of water with lunch
- 2½ g of PGX and an extra glass of water with dinner
- Take 9,000 Steps
- At least 12 minutes of cardio exercise

TIP: Are you a fast eater? Try to be much more mindful by sitting at the table, focusing & savouring every bite & chewing thoroughly.

Day 12

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

To get 5 g of PGX choose one of these options:
 2 stick pack of granules 1 scoop of granules
 2 scoops of Satisfast [4 g] 6-7 capsules

Day 13

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: When developing new healthy habits be patient and persistent. Change takes practice, practice, practice.

Day 14

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: Gratitude journal: a simple way to relieve stress, helps keep things in perspective & you positive. Write 5 things you're grateful for today.

Week 2 Totals

How many steps did you take?

How many days did you do cardio?

How do you feel?

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PGX Program Week 3+

By now you should be in the routine. Take between 2½-5 g of PGX® with every meal, try to take 10,000 steps per day on a pedometer and do around 15 minutes of cardio exercise per day. Make sure to not over-reward yourself after an exercise session. Every 6 weeks, take another photograph of yourself to show progress.

Mondays

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: Here's your friendly reminder to meal plan and take a look at your workout schedule for the week. Planning leads to success.

Tuesdays

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: Don't forget to give yourself a pat on the back for what you achieved this week. It's important to recognize and celebrate progress!

Wednesdays

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: Mindful practices such as yoga and meditation decrease stress, which improves both our mental and physical well being.

Thursdays

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: Skipping meals does not lead to weight loss, only a slower metabolism and poor eating decisions later in the day.

Fridays

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: PGX doesn't dissolve in water – it absorbs water, which is one of its key benefits.

Saturdays

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: Eating protein throughout the day helps preserve your muscle while you are losing weight.

Sundays

- 2½-5 g of PGX and an extra glass of water with breakfast
- 2½-5 g of PGX and an extra glass of water with lunch
- 2½-5 g of PGX and an extra glass of water with dinner
- Take 10,000 Steps
- At least 15 minutes of cardio exercise

TIP: Meal planning takes practice! Study your weekly menu of what you plan to eat and then shop. Review what went well, what didn't, and why.

Weekly Totals

How many steps did you take?

How many days did you do cardio?

How do you feel?

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Measuring PGX®

The Start Chart tells you how much PGX® to take on each day as you're getting started. Use this chart to see how much PGX® is in each type of PGX® product.

Granules

PGX® Granules come in tubs with a serving scoop, or in individual on-the-go stick packs.



- ½ scoop (1tsp) 2.5 g of PGX®
- 1 scoop (2tsp) 5 g of PGX®
- 1 stick pack 2.5 g of PGX®
- 2 stick packs 5 g of PGX®

Satisfast™ Shakes

PGX® Satisfast Shakes are designed as snacks to help curb in-between meal hunger. They are available in tubs or pouches.



- 1 scoop 2.5 g of PGX®
- 2 scoops 5 g of PGX®
- 1 pouch 2.5 g of PGX®
- 2 pouches 5 g of PGX®

Softgel Capsules

PGX® Softgel Capsules each contain 750 mg of PGX® and are available in bottles or in on-the-go packs of 3 capsules.



- 1 capsule 750 mg of PGX®
- 2 capsules 1.5 g of PGX®
- 3 capsules 2.25 g of PGX®
- 4 capsules 3 g of PGX®
- 5 capsules 3.75 g of PGX®
- 6 capsules 4.5 g of PGX®
- 7 capsules 5.25 g of PGX®

SlimStyles™ Meal Replacement Drink Mix

PGX® Meal Replacement Drink Mix (or shakes) are available in a variety of flavors and come in tubs with a measuring scoop.



- 1 scoop 2 g of PGX®
- 2 scoops 4 g of PGX®