

# *transform* System



A **REAL** healthy weight management program with **REAL** results



The Transform 90 System is not about endless fitness videos with old exercise routines. It is not about starvation diets with pointless dehydrating effects or a "Yo-Yo" diet with drastic weight loss and gain that may harm your health. It is also not a system that is too complicated or unrealistic to follow.

Ardyss Transform 90 System is about eating more than 5 times a day, in a healthy way!

- 1 Balanced Meal
- 2 Delicious Shakes
- 3 Nutritious Snacks

Because one thing is to lose weight and another thing is to reach a healthy weight and maintaining it.

# WHY DOES THE SYSTEM WORK?

**transform**<sup>90</sup>  
System

The human body is a "Magnificent Machine" and only you can take care of it, so meet the three key factors of the Ardyss Transform 90 System:



## Make over Effect

What we have done in Ardyss is something different than the typical weight loss program. Other programs take you months to see results and many people simply give up because of this.

What the "Makeover Effect" does is that it gives you instant results just in minutes!

By doing so, it brings instant gratification, improving your self-confidence and maximizing your health results!

At the end, you finish a REAL program with REAL results, reaching your ideal weight and figure.



## Lipotransportation

The Body Magic distributes or positions the fatty tissue we accumulate to other areas of the body; we call this lipotransportation. It is an instant outside-in effect that gives each person the appearance of a new and reshaped image. The garment provides abdominal pressure giving support to the body while reducing at least two sizes in less than 10 minutes for each person on average.

## Smart Nutrition

To maintain a healthy and nutritional balanced diet, we have designed for you a combination of products that form an integral part of this program. Our products are filled with a wide variety of ingredients that will revitalize you.



Keep your body healthy inside-out & fit outside-in.

Ardyss products are not intended to diagnose, treat, cure, or prevent any disease. For more information about nutritional supplements which can maximize your Transform Results, please call Ardyss International Customer Service.



# MEET THE PRODUCTS

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Maximize your nutrition with a perfect blend of essential ingredients.  
That's Smart Nutrition!

## NutriShake

NutriShake is a perfect performance shake for jump-starting your metabolism and as a meal replacement, it comes fortified with 26 broad spectrum antioxidants, 9 aminoacids, vitamins, and minerals that help to satisfy your hunger reducing the oxidative stress of fat burning.



If prepared with water, you will provide 130grs calories & proteins to your body.

The Meal Replacement

## Le'Vive Slim

Le'Vive Slim is a healthy option for those looking to stay "slim" but are always on the go! Just add the contents of each package to a bottle of water. Le'Vive Slim contains Garcinia Cambogia and Maca for weight control and added energy, along with the powerful blend of antioxidant juices found in Ardyss Le'Vive.\*



Contains Garcinia Cambogia, which increases energy and helps to remove fat.

The Fat Burner

## Ultra Cleanse

The properties of natural herbs, probiotics and enzymes supporting internal cleansing. Within 7 to 10 days you may experience relief resulting from the elimination of toxins from your system thanks to the effects of this formula on the digestive system throughout the body.



Contains a proprietary cleansing blend to help detox.

The Detoxifier

## Green 29

Green 29 is specially made of fruit, vegetables, grains and seed extracts.

This product contains various plant extracts such as Lecithin, phospholipids that are naturally found in animal and plant cell membranes. This ingredient helps to control the flow of nutrients into and out of the cell, working as a fat emulsifier and boosts the metabolism of fat, ideal for weight loss.



Contains Spirulina, which helps with detoxification, energy and weight control.

The Transporter

## Le'Vive Yellow

This great multivitamin drink helps your weight loss system by providing you with additional energy while you are making essential changes to your diet. This is because it was formulated to help your body absorb more nutrients, vitamins, and minerals in everything you eat through its "micellized action" while protecting you from toxins. The more nutrients your body receives, the more efficiently your cells can absorb nourishment – and the healthier you'll be.



Micellization allows vitamins such as A, D, E, and K, deemed lipid soluble proteins to be rapidly absorbed by the body.

The Energy  
Booster

## Body Magic

The Body Magic is an innovative creation that will sensationalize your body by giving you the appearance of a liposuction transformation without the surgery. Its innovative design lifts your bust and stomach as it flattens and controls your abdomen muscles. This body shaper lifts and reshapes the buttocks, providing the appearance of thin thighs and hips while pulling the shoulders back to support your posture.



The Reshaper  
for Women

## AbdoMen

This men's reshaper is designed to give you firm abdominal support and to reinforce the lower back. It provides support to the male torso. This reshaper for men can reduce the appearance of the waist up to 2 sizes and helps to give you a fitter look.



The Reshaper  
for Men

# WHAT DOES THE SYSTEM CONSIST OF?

## 1 Balanced Meal

Always have one well-balanced meal during your day. Remember that diets rich in nutrients and low in fat, along with plenty of rest and a positive attitude are also essential.

Of course, all things in moderation—including exercise.

## 2 Shakes

Two times a day prepare your NutriShake with water or non-fat/soy milk, you can mix the shake with other Ardyss products and any fresh fruit (up to 2) of your choice for better results.

This meal replacement is best taken as breakfast and lunch.

## 3 Snacks

Treat yourself three times a day right after breakfast, lunch, or dinner with low-fat healthy snacks that contribute toward better health.

A thermogen tea is the ideal snack to boost the metabolism by raising the body's temperature, allowing those fat cells to be utilized as energy.

Find a good selection of healthy foods and snacks in the "Nutritional Group Sheet" of your kit. You can also customize your own flavor and have fun!





All you have to do is eat.

1 Balanced Meal with 2 Shakes and 3 Snacks a day!

**transform**  
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1 Shake  
(Breakfast)



Mix 2 tablespoons of Nutrishake, 1 pack of Le 'Vive Slim and add your favorite fruit in 8oz of water/soy milk. Take 1 pill of Ultra Cleanse.



Take 2 capsules of Green 29.

1 Snack



Take some solid meal like a cereal bowl or fruit.

1 Shake  
(Lunch)



Mix 2 tbs. of Nutrishake in 8oz of water/soymilk

1 Snack



Have a solid meal like a salad



Drink 1 pack of Le'Vive Slim in 4oz of water.

1 Snack



Have a Snack like a healthy fiber bar under 130 Cal. or fruit.

1 Balanced Meal



Eat a complete balanced meal (vegetables & roast)

Mix 30 ml (2 Tablespoons) of Multiplus in 6-8oz fl of water or juice.



Drink one tea of Ultra Cleanse.

6-7 AM

9-10 AM

12 PM

2-3 PM

4-5 PM

6-8 PM

A wonderful way to start the day is with a glass of water as soon as you wake up! We also suggest not eating 1 to 2 hours before bedtime. The snacks and balanced meals shown on the pictures above are used as reference only.

# Reshape

Instant results with our medical grade reshaping garments.



# Revive

Nutrients to restore your health with our line of nutritional products



## A RENEWED YOU!!



**1 DAY**



**10 Minutes Later**



**Day 90**

