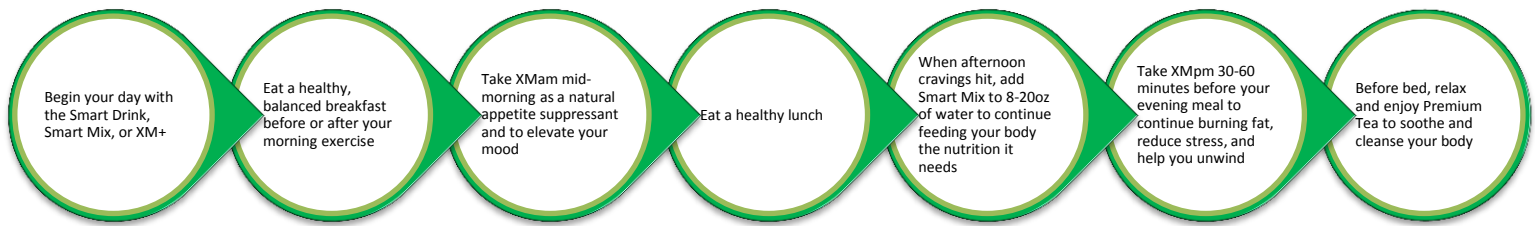


ZIJA PRODUCT INSTRUCTIONS



Smart Drink: Zija's original liquid nutritional in a 5.5oz can. It can be stored in the refrigerator, or somewhere that is cool and away from sunlight. It is to be consumed either in the morning, preferably on an empty stomach, or sipped throughout the day to minimize the effects of detoxification.

Smart Mix: Mix in 16 - 20 oz. of water and store in the refrigerator overnight for increased efficaciousness. Drink first half in the morning, preferably on an empty stomach, refrigerate, and finish in afternoon. Those with health issues may prefer to sip 2-3 ounces at a time though out the day to slow down the detoxification process. You may add a 2nd mix daily if desired. Please do not heat, leave in the sun, in a hot car, etc

XM+: This product can be used in place of the Smart Mix or the Smart Drink to supply your daily nutrition and provide added energy and appetite control. It is best consumed 8-10 hrs before desired bedtime.

XM3 Sports Energy Drink: : If you are caffeine sensitive yet want to enjoy the appetite control benefits, you may wish to try the Xm3 as it has about half the caffeine of the XmAm and can easily be portion controlled. Best consumed 8-10 hours before desired bedtime.

XMam: You MUST be consuming the Smart Mix daily to be on the Caps so the body receives all the nutrition needed for optimum health. This system is only effective if followed consistently and as directed. Begin by taking one cap a day between meals, either mid-morning or early afternoon. Consume with 8 oz of water.

XMpm: This capsule is caffeine free and can be consumed before or after dinner to assist with weight control.

Premium Tea: The Miracle Tea is an excellent detoxifier: Add boiling water & steep tea 5-10 minutes. Enjoy before bedtime. If you have health issues start slowly: steep in 2-3 cups of water for no more than **5 minutes**. Drink 1 cup and refrigerate remainder in airtight container. Increase steep time as desired. If your goal is to lose over 25 pounds: work up to drinking nightly for 7 days and skip a day. If goal under 25 pounds; drink every other night. Once you reach your desired weight, once or twice a week is all that's needed to keep healthy and fit. Enjoy!

PLEASE NOTE -- XmAm, Xm3 and Xm+ contain naturally occurring caffeine and are NOT for everyone!

