

*transform*⁹⁰ system



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



Transform90 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 Transform90 System is about eating more than 5 times a day, in a healthy way;

- 1 Balanced Meal,
- 2 Delicious Shakes and
- 3 Nutritious Snacks.

One thing is to lose weight and another thing is to reach a healthy weight and keep it.

WHY DOES THIS SYSTEM WORK?

The human body is a "Magnificent Machine" and only you can take care of it, so meet the three key factors of the Ardys Transform90 System:



Makeover Effect

What we have done in Ardys is something different than the typical weight loss program, other programs when you begin, 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 and reach 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 providing 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 from the **inside-out**.



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

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

Nutri Shake

The perfect shake that helps you improve your metabolism. And as a substitute for breakfast and / or dinner, now with its new presentation and improved formula provides us 19 g of protein, lower calorie, sodium and fat intake, with new ingredients Collagen, Maca and Papain.



If prepared with water, you will provide 105 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 support 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 and phospholipids. 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

MEET THE PRODUCTS

Multi Plus

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. And now enjoy our new practical presentation, with new ingredients.



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

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 and providing the appearance of thin thighs and hips while pulling the shoulders back to support your posture.



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 Energy Booster

The Reshaper for Women

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 Ardys products and any fresh fruit (up to 2) of your choice for better results. This meal replacement is best taken as breakfast and dinner.

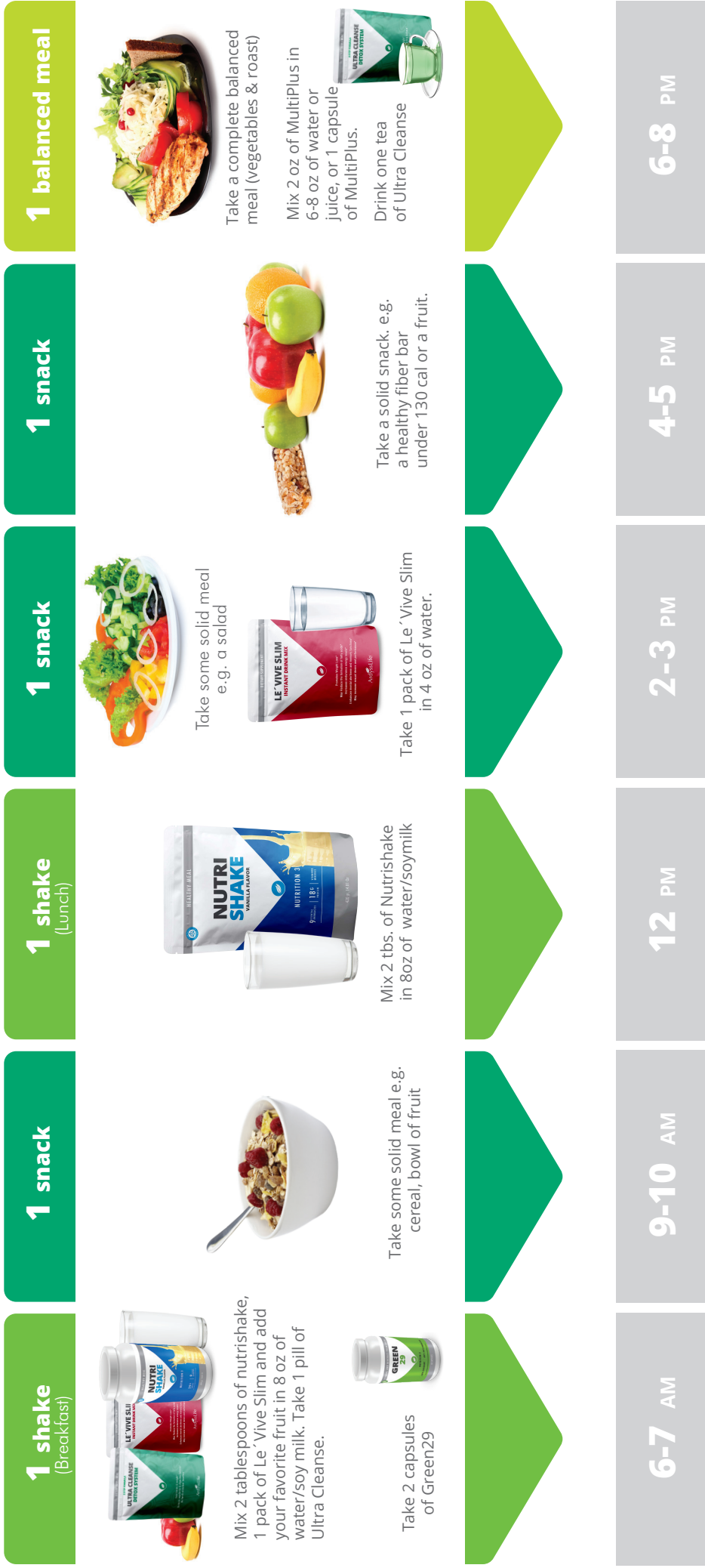
3 snacks

Treat yourself three times a day right after breakfast, lunch, or dinner with low-fat healthy snacks that contribute toward better health. Thermogen Tea is the ideal snack that boost the metabolism by raising the body temperature and allowing those fat cells to be utilized as energy.



All you have to do is eat 1 balanced meal with 2 shakes and 3 snacks a day!

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Start the day with a glass of water as soon as you wake up! That is a wonderful way to start the day. We also suggest not eating 1 to 2 hours before bedtime.

Note: The snacks and balanced meals shown on the pictures above are used for reference only, consult the "Ardyss Food Guide" list for more information on what type of food you can eat as a snack or balanced meal during the day.

reshape

Instant results with our medical grade reshaping garments.



revive

Nutrients to restore your health with our line of nutritional products



a renewed YOU!



Contact your distributor for more information
or sign up on our website:

welcome.ardysslife.com/

The logo for ArdyssLife, featuring a stylized green leaf above the brand name "ArdyssLife" in a teal, sans-serif font. A registered trademark symbol (®) is located to the upper right of the word "Life".

