

# B60 Challenge

*Transform Your Life!*

60-DAY HEALTHY LIFESTYLE PROGRAM



Are you ready to transform your life? Do you want to get in shape and feel great? Then take the B60 Challenge! In just two short months, people – just like you – are creating lasting healthy habits and getting a kickstart on a healthier, happier lifestyle. You can too!

When you join the B60 Challenge, you also get to be part of our worldwide B60 community and participate in exciting company-wide activities. Together, we'll help you reach your goals, provide lots of inspiration and guidance, and celebrate your successes all along the way.

Stop waiting. Start living! You might not be able to add more years to your life, but what if you could add MORE LIFE to your years? People all around the world have experienced a renewal of health and vitality thanks to B-Epic's research-based products and programs. It is our commitment that you quickly experience the life-changing benefits for yourself.

So, what are you waiting for? You'll get fit and have fun! Start your B-Epic 60-day healthy lifestyle challenge today!

## Create a Healthier Lifestyle in 60 Days!

### B60 PACK DETAILS:

- The perfect pack if you're looking to make a real healthy lifestyle change.
- Includes a 60-day supply of B-Epic health supplements: ELEV8, ACCELER8 (Restore and Sleep combo), and HYDR8 alkalizing water enhancer.
- PLUS, the complete B60 Challenge 60-day program, including daily workout videos, guide, and community.

**For more information, contact a B-Epic Independent Brand Partner.**

# Daily Steps

## B60 Challenge Daily Steps



For the B60 Challenge, participants complete the following steps every day during the 60-day program.



### Take B-Epic Supplements

Take B-Epic health supplements: ELEV8 + ACCELER8 + HYDR8.



### Complete B60 Workout

Complete the B60 daily workout (10-15 minute video).



### Eat a Healthy Diet

Eat a healthy diet according to your goals.



### Drink 1/2 Gallon of Water

Drink 1/2 gallon of water throughout the day.



### Do Personal Development

Spend 10 minutes on personal development.



### Track Your Progress

Check off your daily progress on the B60 Challenge tracker.



### Share Your Success

Post your results on our Instagram page or tag us on Facebook.

# Supplements

## B60 Pack Health Supplements



B-Epic's line of high-performance lifestyle products was created to naturally enhance health and wellness...as well as add more EPIC-ness to everyday life. The health supplements included in the B60 Pack are designed to help you feel your best! Have more energy, lose weight easier, improve focus and mood, perform and feel your best, and sleep better than ever.



### Naturally Boost Your Energy, Mood, and Focus!

ELEV8 is scientifically designed to help you perform mentally and physically at a high level without brain fog, moodiness, or other negative side effects from sugary, over-caffeinated energy drinks. Each capsule is packed with potent, pure herbal, mushroom, and whole food extracts rich in bioavailable essential nutrients as well as powerful nootropic and adaptogenic properties to help boost energy, stamina, mental clarity, and mood.

### Hydrate Your Body for Optimal Performance!

HYDR8 contains a unique mineral complex that instantly and permanently raises the pH of water by approximately 2 full points to make it more alkaline. Plus, it gives drinking water a pleasing natural taste. The easy-to-use liquid pH water enhancer restructures plain drinking water resulting in a more hydrating water, which the body can more readily use. This increase in hydration also helps the cells function optimally.



### Accelerate Your Weight Loss Plus Sleep Great!

ACCELER8 is a unique combo of two supplements (Restore and Sleep) that work synergistically to help the body renew and maintain a holistic healthy state, which in turn can assist in healthy weight management. ACCELER8 RESTORE has a gentle detoxing effect that naturally cleanses the body. Plus, it contains beneficial bacteria to help replenish the microbiome. ACCELER8 SLEEP has a natural soothing effect that promotes physical and mental relaxation and restful sleep without grogginess.



For complete product details – including ingredients and supplement facts – refer to [www.bepic.com](http://www.bepic.com).

*Statements have not been evaluated by the U.S. Food & Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease. Results may vary.*