FAST TO FAITH

Fasting Accelerator

PROTOCOL · 4-PRODUCT FASTING SUPPORT

WHAT THIS PROTOCOL SUPPORTS

- ***Smoother transition into fat-burning mode†***
- ***Hydration and minerals during your fast†***
- ***Sleep, muscle relaxation and recovery†***
- ***A calm, healthy gut and support for weight loss resistance†***

The Fasting Accelerator Protocol helps your body adapt to fasting with less struggle. It combines four formulas that cover the main challenges women face when fasting: shifting into fat-burning, losing electrolytes and minerals, and keeping energy and gut health strong during your eating window, all without ingredients that break a fast.†

What's Inside

Metabo Lift

Stimulant-free metabolism support for fuel conversion, steady blood sugar and healthy weight management.†

How to take: 2 capsules daily, ideally morning or early afternoon.

Electrolyte Lift

Sugar-free strawberry electrolytes (sodium, potassium, magnesium and calcium) to support hydration, focus and fewer headaches or cramps while fasting.†

How to take: 1 scoop in 8–12 oz of water, as needed.

Mag Lift

Three absorbable forms of magnesium to support sleep, muscle relaxation and stress resilience.†

How to take: 2–4 capsules daily.

Gut Lift Protein

Gut-soothing protein shake with L-glutamine and glycine to support the gut lining and calm inflammation. Comes in Chocolate or Strawberry rice protein, or Vanilla Chai pea protein.†

How to take: 2 scoops in 8–10 oz of liquid, once daily, in your eating window.

Your Fasting Day

During your fast	Electrolyte Lift, sip as needed for hydration
Morning	Metabo Lift
Break your fast	Gut Lift Protein shake
Evening	Mag Lift

Capsules can be taken with water during a fast or with your first meal if your stomach prefers food.

Why They Work Together

Fasting flushes minerals. Electrolyte Lift and Mag Lift replace what you lose, so you feel steady instead of headachy or crampy.†

Your metabolism needs to switch fuels. Metabo Lift supports the shift into burning fat for energy.†

How you break your fast matters. Gut Lift Protein gives you protein that is gentle on the gut, plus nutrients that support the gut lining.†

Often Chosen By Women Dealing With

Fasting struggles · **Headaches while fasting** · **Weight loss resistance** · **Bloating** · **Poor sleep**

Each product's full one-page fact sheet, with complete ingredients and research, is on its product page at shop.fasttofaith.com. If you are pregnant, nursing, or taking medication, talk with your healthcare provider before starting.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.