AlkaFit™

ADVANCED FORMULA

A new chapter
for your body and metabolism

You deserve to feel good about your body. And that journey starts now.

YOUDIDN’TGETHERE BY CHANCE.

Choosing **AlkaFit** goes far beyond wanting to lose weight — it represents your commitment to a lighter life, filled with energy, health, and confi- dence. It’s about looking at yourself in the mirror with pride again, wearing your favorite clothes comfortably, and feeling more vibrant every day.

AlkaFit was made with you in mind — your story, your rhythm, and your goals. It’s not a generic product. It’s a personalized ally, designed to adapt to your body and support your natural metabolism safely and effectively. You’re not alone.

Every drop, every step of the way, we’ll be right beside you in this transfor- mation. And believe me: you already have everything you need to reach the results you’ve always wanted. Welcome to a new version of you.

Welcome to your new healthy weight loss journey!

Congratulations on choosing **AlkaFit !** This decision shows that you are ready to transform your relationship with your body, health, and self-esteem.

This guide was created especially to accompany you on this journey and help you make the most of all the benefits of this incredible product. **AlkaFit** was developed with your weight loss needs in mind.

With a natural and safe formula, it adapts to your profile — considering your height, weight, and fat loss goals — supporting your progress in a balanced and sustainable way. More than a supplement, **AlkaFit** is your partner in evolution.

How to Use AlkaFit Correctly

• **Daily Dosage:** Take 2 capsulesdaily with an 8 oz. glass of water. Refrigerate for optimal quality.

• **Ideal Time:** We suggest taking **AlkaFit** before your main meals (breakfast or lunch). This helps control appetite and support gut health throughout the day.

• **Consistency is Essential:** Take **AlkaFit** every day, without interruptions. Regular use is key to achieving visible and lasting results over the weeks.

Healthy Practices that Boost Results

Eat Well:

• Prioritize natural foods, rich in fiber, vitamins and antioxidants.

• Consume a variety of vegetables, fruits with a low glycemic index and lean proteins.

Hydrate and Rest:

• Drink at least 2 liters of water per day.

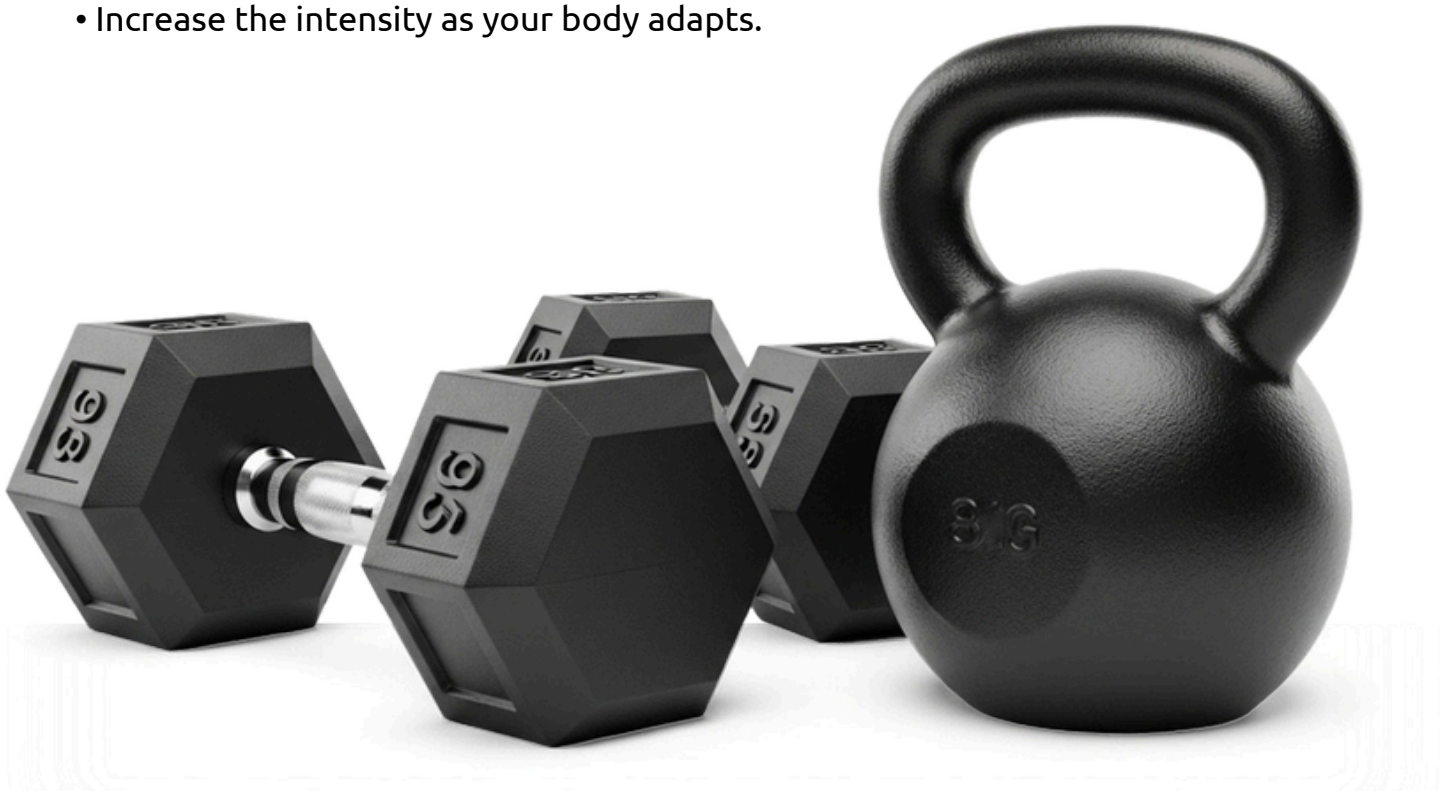
• Sleeping well helps with hormonal control and speeds up metabolism.

Get Moving:

• Practice physical activities regularly.

• Start with walks, stretching or light workouts.

• Increase the intensity as your body adapts.



Extra Tips to Accelerate Your Progress

Track Your Results:

- Take measurements and record your weight every 7 to 15 days.
- Also observe changes in energy, disposition and mood.

Reduce Stress:

- Try meditation, deep breathing or leisure time.
- Stress can negatively influence the weight loss process.

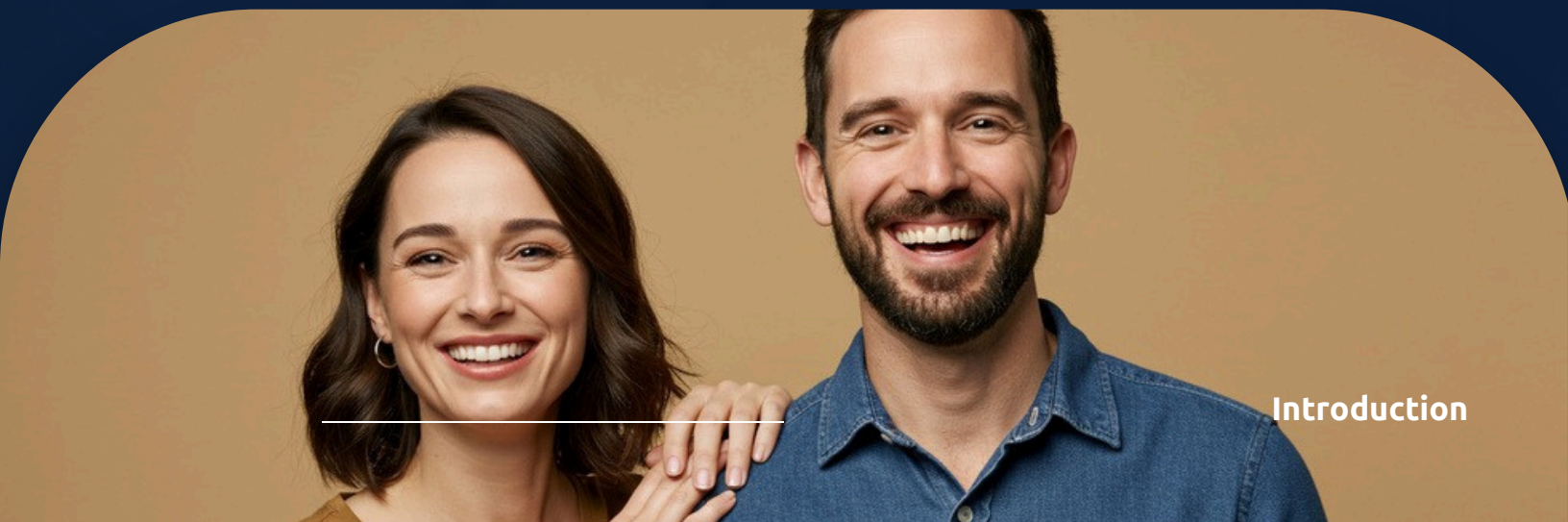
Challenge

10 days forhealthy weight loss and metabolism control

| Introduction

Congratulations on taking the first step towards your best version! By choosing **AlkaFit** , you have done more than just purchasing a supplement - you have made a commitment to take care of your body, your health and self -esteem. We know that losing weight is not just an aesthetic issue - it is about having more energy for everyday life, feeling good when looking in the mirror, wearing your favorite clothes with confidence and, above all, living with more disposition and lightness.

The **AlkaFit** challenge was created just for this: guide you by a simple, practical and effective 10 -day plan, combining the power of the supplement with small daily actions that make a big difference. Let’s show you how to align smart diet, body movement and healthy habits that together accelerate metabolism and drive fat burning - naturally, safely and motivatingly. This guide is your partner on this journey. With it, you will have clear guidelines, valuable tips and constant incentives to follow firm, day after day



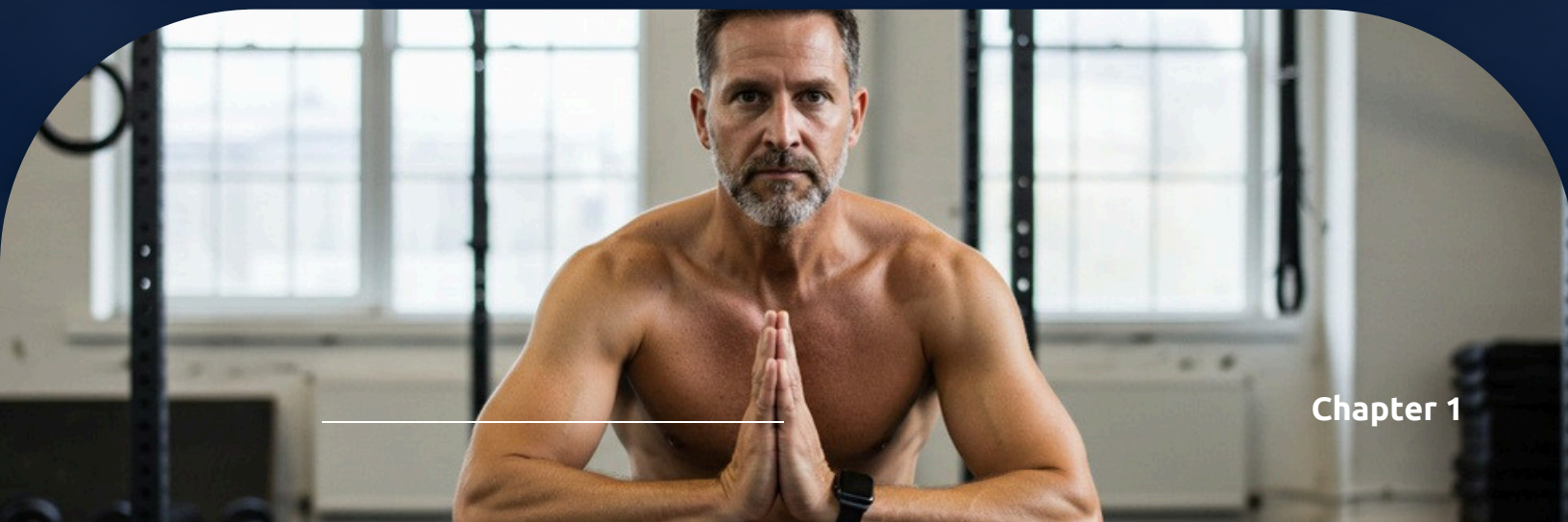
Chapter 1: Preparing for the 10-day challenge

Before diving into the **AlkaFit** challenge, it is essential to prepare body and mind to ensure that you make the most of each step. Real changes begin with clarity, focus and organization. This first step is the basis for the results you want.

Step 1: Establish your why

Every lasting transformation begins with a clear reason. Therefore, before any action, answer with sincerity:

- **Why do you want to lose weight?**
- **What would change in your life if you were more energy, lightness and disposition?**
- **What would it be like to look in the mirror and feel confident every day?**



Write your “why” on a paper or notebook and keep it visible. It will be the fuel on days when motivation is low.

Example: “I want to lose weight to have more energy and play with my children without getting tired.”

Step 2: Organize your routine

Having a structured routine is critical to creating consistency and discipline-two key ingredients for success in this challenge.

Set times for:

- **Its main meals (coffee, lunch, dinner and snacks).**
- **The practice of exercise (even if it is a light walk).**
- **We recommend taking 2 capsules30 minutes before breakfast or training.**

Tip: Put an alarm or reminder on your phone so as not to forget to take the supplement every day. Remember to refrigerate the bottle after opening.

Step 3: Prepare your pantry and refrigerator

Food will be your biggest ally during the challenge.
So it’s time to do a strategic cleaning in your kitchen.

Eliminate or reduce to maximum:

- **Ultra -processed foods (cookies, snacks, sausages).**
- **Refined sugar and excess sweets.**
- **Sugary drinks and sodas.**
- **White flour (conventional breads and pasta).**

Fuel with foods that nourish and accelerate metabolism:

- **Fruits (especially red fruits, pineapple, apple and banana).**
- **Varied vegetables (green leaves, carrots, zucchini, broccoli).**
- **Sources of lean protein (eggs, chicken breast, fish).**

- **Seeds and oilseeds (chia, flaxseed, Brazil nuts).**
- **Water, green tea and hibiscus tea.**

Extra Tip: Prepare lunchboxes or portions of healthy snacks to facilitate the next few days. The less decisions you have to make, the easier it will be to follow the plan.

Chapter 1 Summary

- **Set your "why" clearly and keep it visible.**
- **Structure your daily routine with set times for meals, exercises and the use of AlkaFit .**
- **Do food cleaning and replenish your kitchen with healthy and practical options.**

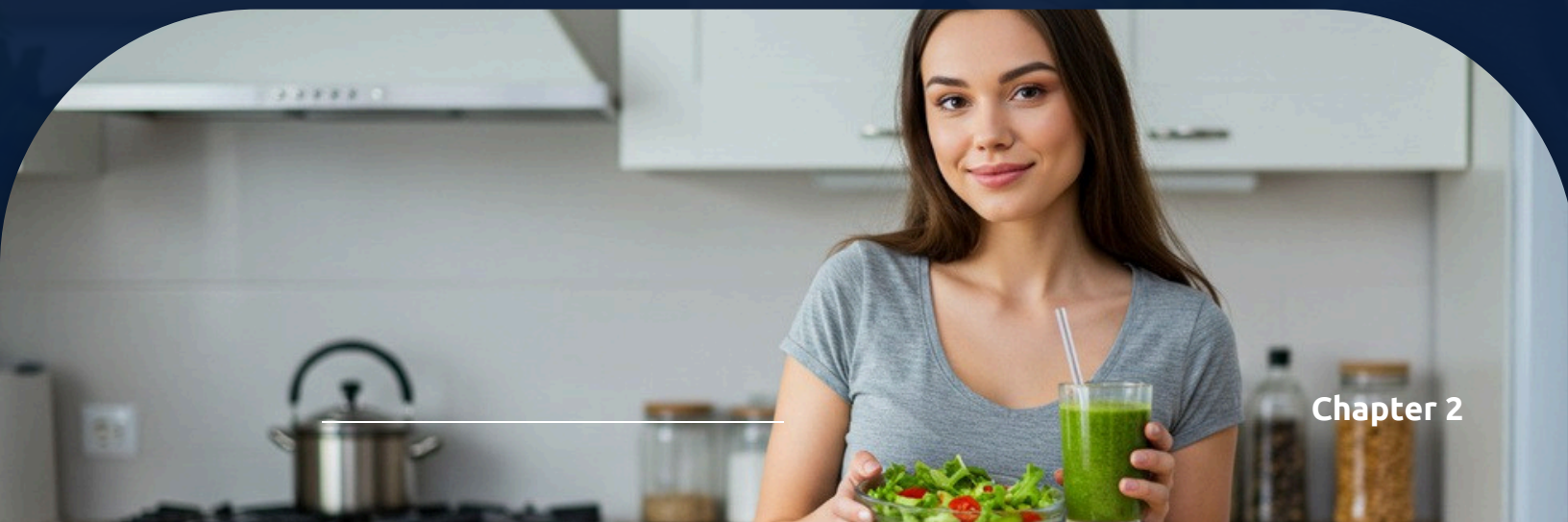
Ready for the next step? In chapter 2, you will find out what to do at each stage of the challenge to burn fat, gain disposition and start seeing results in the early days.

Let's go together!

Chapter 2: The 10 - day AlkaFit Challenge

The **AlkaFit challenge** was created to generate real results in a short time - and this is only possible with a practical, objective and efficient plan. The combination of supplement with healthy habits is the key to accelerating metabolism, stimulating fat burning and turning its disposition over 10 days.

Let’s divide your journey into three simple and progressive phases:



Days 1 to 3 - Accelerate metabolism with smart food

In this first step, the focus is to prepare the body, clean the body, activate metabolism and start controlling hunger naturally. All this through strategic eating choices.

Include in your meals:

Ginger, green tea and cinnamon: Accelerate metabolism and help in caloric burning.

Eggs, grilled chicken and lean fish (such as tilapia and salmon): They are sources of protein that promote satiety and prevent insulin peaks.

Vegetables of dark green leaves (spinach, kale), broccoli and avocado: Rich in fiber and antioxidants, help in digestion and hormonal balance.

Water with lemon (fasting):

Stimulates the liver, combats fluid retention and favors digestion early in the morning.

Avoid the maximum:

Soft drinks, artificial juices and alcoholic beverages: In addition to caloric, they impair the detoxification of the body.

Refined sugars: They generate glucose peaks and increase fat storage.

White flour and processed foods: are inflammatory and decrease metabolic efficiency.

Quick Tip: Moisturize! Drink at least 2 liters of water throughout the day. A hydrated body burns fat more efficiently.

Days 4 to 6-Stir and enhance fat burning

Now that your metabolism is activated, it's time to put your body moving to maximize fat burning. Exercise, even simple, can significantly accelerate results.

Physical Activities Recommendations:

Quick walk or light running: 30 minutes a day help activate basal metabolism and improve conditioning.

Hiit (High Intensity Interval Training): 15 minutes with short cycles of intense effort and rest. One of the most effective methods for burning fat even after exercise.

Strength exercises (with body weight): squats, flexions, abdominal. They are simple, effective and can be done at home.

Flash Tip: Stretch before and after training. This reduces the risk of injuries, improves mobility and accelerates muscle recovery.

Days 7 to 10 - Recover, breathe and maintain motivation

In the last days of the challenge, it is time to take care of emotional health and sleep quality, fundamental elements for lasting weight loss. Stress and tiredness are silent enemies that make progress difficult.

Recommended practices:

Deep breath: Practice when you wake up and before bed. Inhale through the nose counting up to 4, hold for 4 seconds, expire through the mouth for another 4. Repeat for 5 minutes.

Guided meditation, mindfulness or listening to relaxing music: reduce cortisol levels (stress hormone) and favor concentration and well-being.

Night disconnection: Avoid screens and blue light 1 hour before bed. Read a light book, take a warm bath or make a relaxing ritual.

Remember: poor sleep nights directly affect your metabolism and increase the will by sweets and carbohydrates the next day. Golden tip: celebrate your victories - but without food as a reward! Instead, allow yourself to be pleasurable, such as an outdoor ride, a massage or try that outfit that has served again.

This positively reinforces your new habits.

Chapter 3: How to keep the results

Completing the **AlkaFit** challenge is a great achievement - but more important than reaching the end of the 10 days is to transform what you have learned into a new lifestyle. This is the turning point. From now on, what was once a conscious effort can become a natural and pleasant habit. With small daily attitudes, you can maintain - and even intensify - the results achieved.

Continue with the use of AlkaFit

AlkaFit was designed to be a continuous ally on your weight loss and gut health journey. It acts better with consistency and regularity. Keep taking as recommended, preferably in the morning or before physical activity. Keep refrigerated.

Remember: the supplement enhances what you are already doing-so the more you keep your new habits, the more results you will see over time.

Establish a functional (and flexible) routine

You don’t need a perfect life to maintain the results. But it needs a routine with structure and intention. The pillars you built during the challenge should continue:

Balanced meals: Keep focus on natural foods, protein sources, fiber and good fats. Avoid processed and refined sugars as much as possible.

Regular physical activity: 30 minutes a day already make the difference. Alternate between walks, short workouts, stretching or whatever makes sense to you.

Quality Sleep: Sleep is as important as training and food. Priorize 7 to 9 hours a night and create a night ritual that helps you relax.

Self -knowledge and motivation: Write down how you feel, celebrate small victories and return to your “why” whenever you beat discouragement.

Move physically and mentally

Have you noticed how action generates motivation? The more you move - whether with the body or mind - the clearer the way and the stronger becomes your discipline.

- **Create weekly goals (eg drinking more water, training 4x, sleeping better).**
- **Record your progress with photos, notes or applications.**
- **Surround yourself with positive inspirations: Follow profiles that motivate, read overcoming stories, listen to podcasts about health and well-being.**

Share your journey with the hashtag #ChallengeAlkaFit

You can inspire someone with your transformation. Post your progress, your meals, your workouts or your daily reflections using *#Challenge*AlkaFit . In addition to motivating other people, you reinforce your commitment to yourself and connect with a community that is looking for the same as you: more health, self -esteem and lightness.

Remember: the challenge doesn't end here-it just started.

Now that you know the way, have the right supplement and have tried the first results, you are better prepared than ever to maintain this lifestyle. **Your transformation is a process - and you are in control.**

Conclusion: The beginning of a new phase

Congratulations on completing the **AlkaFit challenge!**

Arriving here shows commitment, willpower and, above all, a true decision to change. During these 10 days, you have learned that healthy weight loss goes far beyond the balance: involves energy, disposition, well-being and self-esteem.

Small daily choices - how to get better, move and take care of your mind - generate major long -term transformations. AlkaFit was your ally in this process, and will remain a powerful tool to help you focus and accelerate your results.

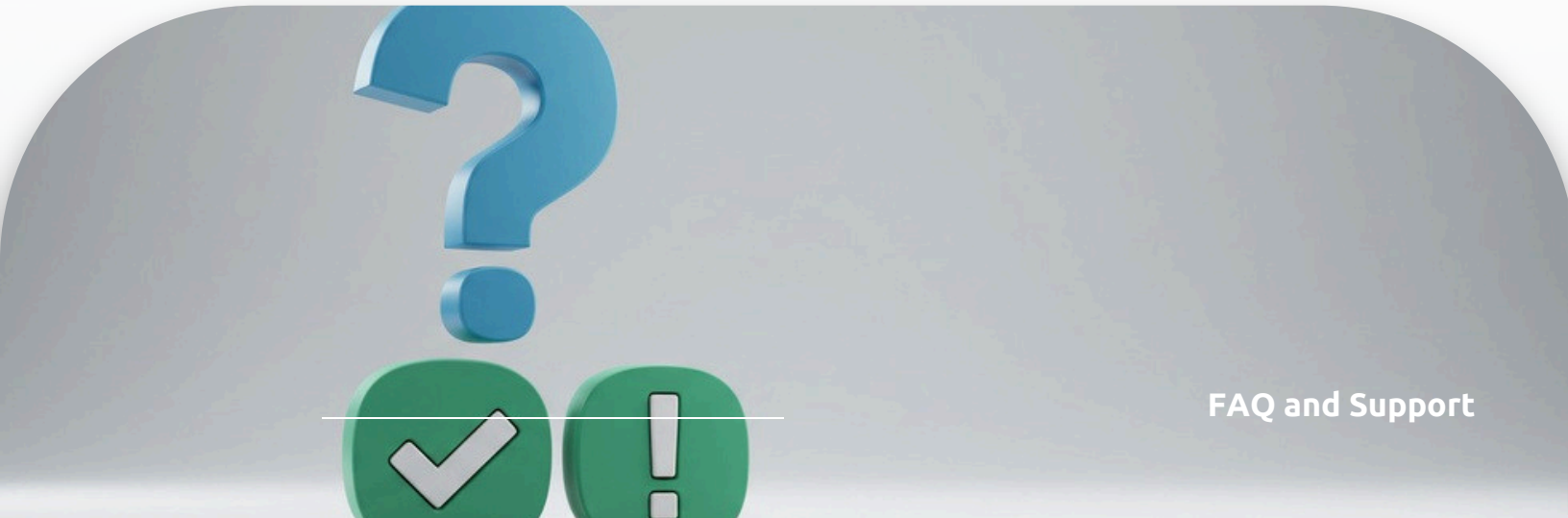
But remember: the true secret is in consistency. It is she who supports the results achieved and paves the way for even greater achievements.

This is just the beginning of a new phase - lighter, healthier and happier. Stay firmly, continue believing in your potential and celebrates each progress, however small. Each step counts. And most importantly, you are not alone. We are here to walk with you whenever you need it. Go straight on. The best version of yourself is just starting to appear. ***#Challenge*AlkaFit**

FAQ - Frequently asked questions

What if I can’t follow the plan every day?

All good! The journey to a healthy lifestyle is made of progress, not perfection. If at some point you get out of the pace or have a less productive day, do not blame yourself and, above all, do not give up. Returning to the plan the next day is what really makes the difference. The important thing is consistency over time, not rigidity. Small flaws do not nullify their advances - they are part of the process.



Can I repeat the challenge after 10 days?

Yes, and it’s even recommended! The AlkaFit Challenge.

is designed to be an initial boost, but it can be repeated whenever you want to resume focus, get out of the plateau or simply reinforce healthy habits. Some people choose to make monthly cycles with scheduled breaks, adapting the routine according to their goals. Listen to your body and follow your rhythm.

How can I speed up the results further?

You can optimize the effects of AlkaFit by combining the daily use of the supplement with complementary practices:

- **Smart Food:** Prioritize natural foods, rich in fiber, lean proteins, vegetables and good fats. Avoid sugars, ultra -processed and alcohol.
- **Consistent physical exercise:** The ideal is to combine aerobic activities (such as walking or running) with resistance training (such as bodybuilding or hiit).
- **Quality Sleep:** Sleeping between 7 and 9 hours a night regulates hormones responsible for metabolism and hunger control.

• **Hydration:** Drink at least 2 liters of water a day. Water assists in the transport of nutrients and eliminating toxins, favoring fat burning.

• **Stress Management:** Practices such as meditation, conscious breathing or even a relaxing hobby can prevent cortisol release (hormone that makes weight loss difficult).

Remember: supplements are a powerful ally, but the greatest results come from the sum of good daily choices.

Personalized Support and Support for You

During the **AlkaFit** Challenge, we know that questions may arise — whether it’s about how to use the supplement correctly, adjust your routine or even deal with difficulties along the way. And that’s why you’re not alone.

Our support team is ready to help you with any questions related to using **AlkaFit** , adapting the habits suggested in the challenge or your weight loss journey in general. We want you to feel supported, confident and motivated at every step!

How we can help you:

- Guidance on the correct use of the supplement
- Nutritional support and suggestions for your diet
- Tips for simple and effective physical activities
- Strategies to maintain motivation during the 10 days
- Clarification of doubts about the contents of the e-book
- Technical support on access to the guide and complementary materials

Ongoing Support — We're With You!

If you have any questions or need support:

contact@joinalkafit.com

Our team is ready to assist you with care and guidance whenever necessary. Don't hesitate to contact us!

Remember: You took the first step and that is reason enough to celebrate! The path may be challenging, but with persistence, support and focus, the results will come.

AlkaFit was made for you and your weight loss and metabolic health journey.. Stay strong, take care of yourself, and trust the process.

Your body deserves this care. We are rooting for you every step of the way! Let's go on this journey together! #ChallengeAlkaFit

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