



DR. JOSH AXE'S

BONE BROTH BODY CHALLENGE FOUR PLANS. CHOOSE YOURS.

Do you want to gently detox the body while supporting your gut health, lean muscle, metabolism, skin health, immune system support and even your joints? Choose the plan that best fits you. You'll be amazed how it will help transform not only your gut health, but your entire body.†

3-DAY BONE BROTH BURST

- Consume 4-6 servings of bone broth* exclusively for three days, either 20 ounces of homemade bone broth sipped slowly or one scoop of Bone Broth Protein™ (Pure and/or Turmeric variety) mixed in 12 ounces of water
- If you encounter additional thirst, drink only unsweetened herbal infusions, tea or water

3-DAY BONE BROTH CLEANSE

- Consume one serving of bone broth or Bone Broth Protein™ for breakfast
- Consume a bone broth smoothie for lunch and dinner
- When thirsty, consume only unsweetened herbal infusions, tea or water

7-DAY BONE BROTH CHALLENGE**

- Prepare and consume 3 recipes per day
- Choose from breakfast/smoothies, snacks or main dishes
- When thirsty, consume only unsweetened herbal infusions, tea or water

30-DAY BONE BROTH TRANSFORMATION**

- 8 a.m. breakfast: consume a Bone Broth Protein™ smoothie, one serving of bone broth or Bone Broth Protein™ mixed in water
- 12 p.m. lunch: bone broth main dish or bone broth snack bar
- 6 p.m. dinner: bone broth main dish
- Dessert: limit yourself to 2 bone broth desserts each week

Start your journey to better health with a copy of **Bone Broth Breakthrough** by Dr. Josh Axe for FREE when you purchase a canister of any Bone Broth Protein™ at your practitioners office.



Jordan Rubin
Co-Founder
Ancient Nutrition



* Remember, 2.5 cups of homemade bone broth is the nutritional equivalent of one scoop of Bone Broth Protein mixed in 12 ounces of water.

** If hungry, consume more bone broth or Bone Broth Protein servings throughout the day.



All readers, especially those taking prescription or over-the-counter medications should consult their physicians before beginning any nutrition or supplement program.

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