



**You've got questions? We've got answers.
If you have any other questions, simply
book a call with our Program Specialists.**

Here are some frequently asked questions (FAQs) about the APEX31 Day Program:

1. What is the APEX31 Day Program?

The APEX31 Day Program is a wellness plan that promotes fat loss, longevity, and overall wellness. It includes dietary guidelines, fasting protocols, and supplements to support digestion, liver function, and nutrient intake. It is easy to follow and very well supported by our staff.

2. What are the formulas and supplements about?

Homeopathic Formulas

Formula 1:

In the release phase, this formula helps kickstart the fat-loss process by addressing inflammation and detoxifying the body. It also facilitates the absorption of nutrients and calms the nervous system. As a whole, the hormonal signalling is balanced, and systems are realigned naturally. Our formulas and supplements are both Health Canada and FDA-approved.

Formula 2:

Employed in the sustain phase, this formula supports maintaining the fat loss created in the Release phase and helps maintain the body's new balance. It also helps oxygenate the cells and engage your fountain of youth through your natural production of Human Growth Hormone (HGH). This is when negative resistance training is encouraged.

Supplements

MEGA:

A high-quality supplement providing essential vitamins, minerals, and phytonutrients. Filling the gaps no longer found in our soils and foods.

DGEST:

A digestive aid and liver support supplement, enhancing nutrient absorption and supporting detoxification. It is made from quality herbs and essential supportive products.

3. What foods are excluded from the program?

The program excludes inflammatory processed foods, whole grains, dairy products, and fatty fish. Once you've purchased the program, the step-by-step guide will help you better understand it, but you can also book a call to learn more now.

4. What exercise is recommended during the program?

For the first 31 days, physical exercise is limited to walking, light yoga, and stretching. On day 32, weightlifting is introduced to enhance strength, fat-burning, and overall mood.

5. Can I snack during the program?

No, the program does not permit snacking and promotes only two meals a day, typically lunch and dinner, with a 16-hour fasting window. No need to fuel after sleeping. It's the perfect time to REST, REPAIR and REJUVENATE the digestive system.

6. What supplements are included in the APEX31 Day Program?

The program includes homeopathic formulas (Formula 1 for the Release Phase and Formula 2 for the Sustain Phase), a mega vitamin/mineral supplement (MEGA Vit/Min), and a digestive aid and liver support supplement (DGEST).

7. Is fasting mandatory in the program?

Yes, intermittent fasting is a key component, with a 16-hour fast between dinner and the next meal.

8. When is weightlifting introduced?

Weightlifting is introduced on day 32 to support strength, fat burning, and overall health.

9. Are there any side effects from the program?

Some participants may experience mild detox symptoms, such as headaches or fatigue for a day or two, only in the initial phase as the body adjusts to dietary changes and fasting.

10. Can I follow this program if I have dietary restrictions?

Yes, it's adaptable to any dietary need. Still, it's best to consult with your healthcare professional before starting the program.

11. What results can I expect after completing the APEX31 Day Program?

Results vary, but many participants report fat loss, increased energy, better digestion, diminished aches and pains, as well as improved mood and sleep by the end of the program.

12. Is this a starvation diet?

No, the APEX31 Day Program is not a starvation diet. Although it promotes intermittent fasting and reduced meal frequency, the focus is on nutrient-dense meals that provide the body with essential vitamins, minerals, and phytonutrients. The included MEGA Vit/Min supplement ensures you get proper nutrition even with fewer meals.

13. Is this program like Ozempic?

The APEX31 Day Program is not similar to Ozempic.

Ozempic is a prescription medication used to manage blood sugar. It's been recently promoted to support weight loss by regulating appetite. It's a lifelong regime and costly. The APEX31 Day Program focuses on natural dietary changes, fasting, exercise, and supplementation to promote fat loss and wellness. It does not involve medications or appetite suppressants like Ozempic. APEX31 also does not come with monthly recurring costs or fees and is a fraction of the price of the OZEMPIC medication.

14. How can I find out more about the APEX31 Day Program?

To learn more, you can simply book a call for a date and time that works for you right here with this link.