



# HAPPY & SKINNY™

## PRODUCT OVERVIEW:

Happy & Skinny™ features a groundbreaking approach to enhanced wellness that harnesses the power of hydrolyzed collagen peptide protein and potent natural nootropics to create something that is truly unlike anything else available anywhere in the world. This advanced and comprehensive product provides you with an easy and accessible way to find your happy place and help you build a body where you love to live.\*

This 3-in-1 solution works to manage your munchies by providing an alternative to eating unhealthy foods, promotes healthy & youthful skin, and gives your energy levels & your mood a natural boost.\* Happy & Skinny™ was designed from the ground up to help you feel better in your own skin in a multitude of cutting-edge ways.

Happy & Skinny™ actively works to promote healthier and hydrated skin, stronger bones and joints, healthy muscle tone, and increased vitality throughout your entire body.\* We truly believe it's time you felt Happy & Skinny™ on the inside, outside, and everywhere in between. They say beauty is skin deep... so we think that's a good place to start.

## THE BENEFITS OF HAPPY & SKINNY™



**PROMOTES** HEALTHIER, HYDRATED & MORE RADIANT SKIN\*



**MUNCHIE CONTROL™** HELPS TAKE YOUR MIND OFF OF UNHEALTHY SNACKING\*



**SUPPORTS** INCREASED ENERGY, METABOLIC RATE, PHYSICAL ENDURANCE & A HAPPY IMMUNE SYSTEM\*



**ENCOURAGES** A POSITIVE MENTAL OUTLOOK & HEALTHY MOOD BALANCE\*



**PROVIDES** STRONGER & HEALTHIER HAIR, NAILS, ORGANS, MUSCLES, TEETH, BONES & JOINTS\*



**STRAWBERRY LEMONADE**



**ICED LATTE**



**PIÑA COLADA**

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## DELICIOUSLY DRINKABLE SKINCARE

Our dedicated and experienced research and development team, the same team that brought you a number of best-selling, clinically studied formulas, took the traditional idea of skincare and made it drinkable and bioavailable. Happy & Skinny™ approaches health and skincare with a focus on what happens on the inside, targeting what you can't see to make you healthier in ways that you can see.

Happy & Skinny™ features 9 grams of hydrolyzed collagen peptide protein in addition to potent ingredients such as hyaluronic acid, vitamin D3, biotin, healthy amino acids, plant-sourced silica, and a diverse assortment of essential vitamins, enzymes, and minerals. Happy & Skinny™ is one of Bodē Pro's most complex formulas and utilizes ultra-premium ingredients that have been shown to be effective at producing an array of positive benefits.\*

Happy & Skinny™ combines specific ingredients chosen for their known synergies all without fillers or additives. Every ingredient has a purpose and is sourced from the highest standards available.

## HAPPY & SKINNY™ PRODUCT FACTS:

Happy & Skinny™ is available in three distinct and delicious flavors. The **Strawberry Lemonade** is refreshing, hydrating, and always satisfying. The **Iced Latte** is like your daily coffee, but better. And last, but not least, the **Piña Colada**. If you like your supplements tropical & extra delicious, you're going to LOVE this. Healthy has never tasted so good.

### STRAWBERRY LEMONADE



#### Supplement Facts

Serving Size: 1 packet (15 g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	37	
Vitamin C (as ascorbic acid)	125 mg	140%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as D-alpha-tocopherol succinate)	18 mg	120%
Vitamin A (as Beta Carotene)	113 mcg RAE	13%
Biotin	630 mcg	2100%
Vitamin B1 (as thiamine HCl)	2 mg	167%
<b>Munchie Control™ Blend</b>	5.5 g	†
Hydrolyzed Bovine Collagen (Type II & III), Hoodia Gordonii (stem), L-alanine, Honey Powder, and Digestive Enzymes (Papain, Amylase, Protease, Lactase, and Lipase)		
<b>Proprietary Radiant Skin Blend</b>	5 g	†
Hydrolyzed Marine Collagen (Type I), Hyaluronic Acid, Silica (horsetail herb Equisetum arvense)(aerial), and Trace Mineral Complex		
<b>Proprietary Happy Nootropic Blend</b>	390 mg	†
Natural Caffeine, L-Theanine, and Saffron Extract		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
† Daily Value not established.

**Other ingredients:** Citric Acid, Natural Flavors, Stevia, Beet Root (for color), Coconut Milk Powder, Dicalcium Phosphate, Monk Fruit, Silicon Dioxide, Sodium Chloride, and Maltodextrin.

### ICED LATTE



#### Supplement Facts

Serving Size: 1 packet (13 g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	37	
Vitamin C (as ascorbic acid)	125 mg	140%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as D-alpha-tocopherol succinate)	18 mg	120%
Vitamin A (as Beta Carotene)	113 mcg RAE	13%
Biotin	630 mcg	2100%
Vitamin B1 (as thiamine HCl)	2 mg	167%
<b>Munchie Control™ Blend</b>	5.5 g	†
Hydrolyzed Bovine Collagen (Type II & III), Hoodia Gordonii (stem), L-alanine, Honey Powder, and Digestive Enzymes (Papain, Amylase, Protease, Lactase, and Lipase)		
<b>Proprietary Radiant Skin Blend</b>	5 g	†
Hydrolyzed Marine Collagen (Type I), Hyaluronic Acid, Silica (horsetail herb Equisetum arvense)(aerial), and Trace Mineral Complex		
<b>Proprietary Happy Nootropic Blend</b>	390 mg	†
Natural Caffeine, L-Theanine, and Saffron Extract		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
† Daily Value not established.

**Other ingredients:** GMO Free Premium Coffee Bean, Coconut Milk Powder, Cocoa Powder, Natural Flavor, Stevia Leaf, Dicalcium Phosphate, Natural Colors, Silicon Dioxide, Sodium Chloride, and Maltodextrin.

### PIÑA COLADA



#### Supplement Facts

Serving Size: 1 packet (15 g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	37	
Vitamin C (as ascorbic acid)	125 mg	140%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as D-alpha-tocopherol succinate)	18 mg	120%
Vitamin A (as beta carotene)	113 mcg RAE	13%
Biotin	630 mcg	2100%
Vitamin B1 (as thiamine HCL)	2 mg	167%
<b>Munchie Control™ Blend</b>	5.5 g	†
Hydrolyzed Bovine Collagen (Type II & III), Hoodia Gordonii (stem), L-alanine, Honey Powder, and Digestive Enzymes (Papain, Amylase, Protease, Lactase, and Lipase)		
<b>Proprietary Radiant Skin Blend</b>	5 g	†
Hydrolyzed Marine Collagen (Type I), Hyaluronic Acid, Silica (horsetail herb Equisetum arvense)(aerial), and Trace Mineral Complex		
<b>Proprietary Happy Nootropic Blend</b>	390 mg	†
Natural Caffeine, L-Theanine, and Saffron Extract		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
† Daily Value not established.

**Other ingredients:** Citric Acid, Natural Flavors, Malic Acid, Stevia, Coconut Milk Powder, Dicalcium Phosphate, Turmeric (for color), Silicon Dioxide, Sodium Chloride, and Maltodextrin.

Happy & Skinny™ isn't just a delicious drink... it's a way to unlock the healthiest version of yourself.

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## PRODUCT USAGE:

### STRAWBERRY LEMONADE & PIÑA COLADA

As a dietary supplement, mix one packet of Happy & Skinny™ **Strawberry Lemonade** or the **Piña Colada** with 15 fl oz (or more if desired) of cold, purified water. Enjoy 15-30 minutes before eating. Shake well and often to ensure maximum enjoyment.

### ICED LATTE

Mix one packet of Happy & Skinny™ **Iced Latte** with 15 fl oz (or more if desired) of cold, purified water. To enjoy hot, mix with cold water and heat in a microwave until you reach your optimal temperature. If desired, top with 1 oz of heavy cream. Enjoy 15-30 minutes before eating. Shake or stir well and often.

## FOR OPTIMAL RESULTS:

To achieve the optimal results set forth by this potent formula, we encourage you to follow a sensible exercise program that works for you and is approved by your personal healthcare professional. We suggest doing small things throughout the day to help elevate your heart rate and get your body moving.<sup>†</sup> Even if you can only do 5 minutes daily, start there and work your way up to 30 minutes of activity per day. Hitting 10,000 steps a day has the potential to burn up to 600 calories, which is a small and simple action that could make a huge impact on your health. Be sure to stay hydrated! Your body will thank you!<sup>†</sup>

We recommend complementing your Happy & Skinny™ supplement and exercise routine by also following a low carb, clean eating plan that best fits your individual diet and nutritional needs.<sup>†</sup> We recommend utilizing a digital diet tracker, such as Carb Manager® available for free in the App Store and Google Play. This app helps you track what you eat and makes it easier to eat healthier, thus increasing your chances for success. For additional diet and health tips, please visit [BodePro.blog](http://BodePro.blog).

## HAPPY & SKINNY™ TARGET MARKET:

Happy & Skinny™ is intended for those who are seeking a convenient and well-rounded skin and total body wellness supplement that is targeted at producing tangible results and is wholly backed by science.

This product is specifically designed for individuals who are looking for an all-in-one solution that will help take their health to the next level when it comes to how they look on the outside and feel on the inside. It is more than a skincare product, more than an energy drink, and more than a supplement, but rather a first-of-its-kind blend of all three. The skincare market is dominated by women, who make up over 77% of the demand for skin supplements. However, even though we believe this specific majority will be drawn towards a product like Happy & Skinny™, especially its unique Radiant Skin & Munchie Control™ blends, a major appeal of Happy & Skinny™ is that it was designed for everyone, especially those who are health conscious.

After all, who does not want to feel happy & skinny every day?

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# HAPPY & SKINNY™

## KEY INGREDIENTS:

**Hydrolyzed Type I Marine Collagen** – Promotes healthy & youthful skin at the cellular level.\* Also provides support for healthy hair, nails, bones, organs & joints.\*

**Hydrolyzed Type II & III Bovine Collagen** – A natural munchie suppressant that helps take your mind off of unhealthy snacking.\* Promotes stronger muscles, healthy connective tissues, joint function & may increase overall feeling of wellbeing.\*

**Hyaluronic Acid (HA)** – Helps keep your skin moisturized, increases elasticity, and encourages healthier soft tissues.\* Also works to increase the body's natural collagen production.\*

**Hoodia Gordonii** – A naturally occurring succulent that has been used for generations for its potential benefits.

**Essential Vitamin Blend** – Potent antioxidants and immune-boosting vitamins essential for achieving optimal levels of health, immune function, and wellbeing.\* Vitamins A & B work to amplify the benefits of collagen and hyaluronic acid.\*

**Digestive Enzymes** – A blend of naturally-occurring enzymes that aid in healthy digestion and increase the efficacy at which the body turns food into energy.

**Trace Mineral Blend** – Key components in regulating fundamental metabolic activities necessary for achieving optimal wellness.\*

**Amino Acids** – Shown to be effective at increasing your overall metabolic rate while working to promote a heightened collagen production.\*

**L-Theanine** – A natural amino acid derived from green tea that works to enhance mental alertness, focus, and promote reduced stress levels.\*

**L-Alanine** – A naturally occurring amino acid that supports physical endurance, healthier immune functions, and helps the body properly process sugar.\*

**126 mg of Natural Caffeine** – Ethically sourced from green coffee beans and works to enhance energy levels.\* Synergizes with L-Theanine to promote increased cognitive functions.\*

**Saffron Extract** – Supports relaxation, mental positivity, and a healthy mood balance.\*

**Plant-sourced Silica** – Promotes healthier & strong hair, skin, and nails.\*

**50 mcg (2000 IU) of Vitamin D3** – Supports bone, teeth, muscle, and advanced immune support.\* Plays a vital role in skin protection and health.\*

**Biotin** – Supports your metabolism by helping the body convert food into energy. Works to encourage healthier hair, skin, and nails.\*

## ADDITIONAL HIGHLIGHTS:

- **KETO FRIENDLY**
- **ZERO SUGAR**
- **LOW CALORIE**
- **ZERO CARBS**
- **GMO FREE**
- **DAIRY FREE**

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## FREQUENTLY ASKED QUESTIONS:

### What is collagen?

Collagen is an abundant natural protein that makes up about 33% of all the protein in your body at a given time. It is an essential component for healthy skin, joints, bones, and so much more. Collagen is like the cement that holds everything—muscles, tendons, bones, organs, etc.—together. As we age, our natural collagen production decreases which can lead to thin, textured, wrinkly, and even loose skin. Collagen plays a huge role in muscle strength, joint function, and more. Collagen is produced by the deepest layers of the skin, so it is difficult to fully absorb collagen when introduced topically. It is much more efficient to replenish and support your collagen levels from within, especially when that collagen is hydrolyzed and bioavailable like with Happy & Skinny.™

### What are nootropics?

Sometimes called smart drugs, brain boosters, or memory-enhancing drugs, the term "nootropics" is roughly translated to mean "mind change." Nootropics are naturally occurring substances that aim to enhance your cognitive functions, specifically your focus, attention, clarity, and productivity.\*

### Can I take Happy & Skinny™ daily?

Of course! This product is designed to be consumed once or twice daily, as directed on the package instructions. We suggest enjoying Happy & Skinny™ 15-30 minutes before eating.

### How quickly could I see results?

When it comes to the Proprietary Happy Nootropic Blend and Munchie Control™ Blend, we believe people should see results within the first 15-30 minutes after consumption; however, since everyone is different physiologically, your personal results may vary. In terms of the Proprietary Radiant Skin Blend, we think it is so efficient that we ask you to share your before & after photos with us after taking the product daily for 30, 60, and 90 days. Be sure to tag us @therealbodepro on Instagram, Twitter & Facebook when

you share your experiences with this product; we think you're going to truly love your skin. Individual results may vary depending on a variety of unique factors.

### Can I take Happy & Skinny™ if I have a health condition or am taking medication?

As with any dietary supplement, we recommend checking with your healthcare professional before consuming Happy & Skinny™. If you are pregnant or nursing, or have a medical condition, please consult your healthcare professional before taking this product. Not recommended for children under 18 years old, or those who get an allergic reaction. Do not use if the safety seal is broken. Keep in a cool, dry place out of direct sunlight.

### Do I need to exercise?

We highly recommend exercising every day if your body allows it.† Physical activity is a key to living a healthy lifestyle and works to compliment the target benefits of Happy & Skinny™. One of the best aspects of this product is the natural energy lift provided by the Proprietary Happy Nootropic Blend. Use that energy to get up and get moving. Make it a priority to exercise daily and do something positive for your health.†

### Is the coffee ethically sourced?

Yes! Both the green coffee beans found in the Happy Nootropic blend and the GMO-Free Premium Coffee Bean used in the Happy & Skinny™ Iced Latte are both 100% ethically and sustainably sourced. When we say ultra-premium, that includes every aspect of the research, development, and manufacturing process including the selection and procurement of ingredients.

Happy & Skinny™ is manufactured in a premium facility that exceeds all FDA manufacturing standards and is GMP (Good Manufacturing Practices) Certified. This ensures that our product meets the highest quality standards possible.

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