



FASTWELL™

MASTER FASTER

Extended Day Fasting for 3-5 days per month, quarterly, or annually

Congratulations on achieving a new habit of fasting. Because you are considering becoming a Master FASTER, you would have developed confidence from past successes with intermittent and 24-36 hour fasting programs. You would also recognize improvements in health, energy, and possibly past metabolic diseases. Extended day fasting would be helpful for those with persisting health challenges such as chronic illness, weight gain, or simply for the challenge of it. Please work with a physician to be sure that your health is adequate to complete up to 5 days of fasting. Please consider that current medications and supplements may not absorb as well in the absence of food or may have stronger effects than intended. Please notify your physician and your plans to do an extended day fast. Another option to consider is to follow a restricted calorie fast by consuming 25% each day of your normal total calories.

Success Tip #1. Reduce cravings and improve energy by keeping hydrated with clean filtered water while sustaining with **Premium Electrolytes**.

Dose Instructions: Mix one scoop of the Sustain Premium Electrolytes in 8-10oz of water every 8 hours up to three times daily during a 24 hour fast.