

TRANONT

DAILY HEALTH

SYSTEM

SUPPORT GLP-1 NATURALLY

for better metabolic health

Improve your metabolic health, the rest will follow. The Tranont Daily Health System combines targeted supplements to support GLP-1 production and manage blood sugar with a simple daily schedule to help guide your journey, encourage better daily habits, and form lasting lifestyle changes.

5 KEY INDICATORS OF METABOLIC HEALTH



Blood Pressure



Cholesterol



Blood Sugar



Waist Circumference



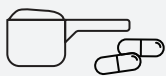
Triglycerides

Living your best life is a journey, not a destination

Change doesn't happen all at once. It's meticulously crafted through a series of well-considered decisions, implemented day by day. These choices, over time, become the foundation for a thriving and fulfilling life.

FOUR PILLARS OF SUCCESS

PRODUCTS WITH PURPOSE



Formulated with your metabolism in mind, DHS supports your body's ability to produce GLP-1, the hormone responsible for feeling full and slowing digestion, and turns excess sugar into fiber to help manage blood sugar levels.

EATING WITH INTENT



Eat well-rounded meals packed with lean protein, healthy fats, and complex carbs to nourish your body. Stay on top of hydration by drinking plenty of water throughout the day.

THE DAILY SCHEDULE



Your body thrives on routine and balance. Use the daily schedule to plan your day around healthy meals, restful sleep, and moderate exercise to give your body the rhythm it needs to thrive.

MIND OVER MATTER



Discover your "why," your core motivation for better health, surround yourself with supporters who cheer you on, and develop healthy coping mechanisms for clear decision-making.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCTS WITH PURPOSE

ACTIVATE

Embrace a healthier lifestyle with this cutting-edge metabolic formula that naturally supports GLP-1 production, helps ignite fat burning, controls cravings or overeating, and improves body composition

HOW TO USE

Mix one scoop with 16 oz of water. For optimal results, take first thing in the morning or before lunch.

TRANSFORM

This patent-pending enzyme blend helps your body handle food better, reduce sugar spikes, sustain energy, curb cravings, and promote healthy glucose levels.

HOW TO USE

Take one capsule twice daily, 30 minutes before a meal.



EATING WITH INTENT

Eat fresh, not processed

Fuel your body with nutrient-rich, whole foods to help your metabolism stay on track while seeing the results you want. The key is learning portion control and sticking to it!

MEAL-TIME MUSTS

- **Lean Protein** Meat, eggs, fish, legumes, and dairy.
- **Healthy Fats** Nuts, seeds, and oils (e.g., olive oil).
- **Complex Carbs** Vegetables, fruits, and whole grains.

FOODS TO AVOID

- **Refined Carbs** White flour, processed foods, fast food, desserts, sweets, and added sugar.

Hydrate for health

Most people don't drink enough water. Hydration is an important part of optimizing metabolism and boosting overall health. If you want to see results, get comfortable drinking plenty of water throughout the day.

HOW MUCH WATER SHOULD I DRINK?

Aim for half your body weight in ounces. Opt for water as much as possible, and avoid sugary drinks, sodas, and juice.



TIME-BASED EATING TIPS

Space out your meals

After completing a meal, wait at least 4 hours with no snacking before eating again. Richly nutritious foods will give you sustained energy and help you feel fuller between meals.

When the sun sets, the kitchen closes

Your body follows a certain internal schedule. Eating with the sun works with that schedule to improve metabolism, enhance sleep quality, and extend the time your body burns fat for energy instead of carbs.

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THE DAILY SCHEDULE

Consistency is key

This daily schedule is your roadmap for achieving sustainable health habits and meaningful, lasting results. Make it yours, then stick to it!



WAKE UP



Drink water to help recover from nightly dehydration.



BREAKFAST

with Activate



Eat lean protein, vegetables, fiber-rich carbohydrates, and healthy fats.



LUNCH

after Transform



Eat lean protein, vegetables, fiber-rich carbohydrates, and healthy fats.



DINNER

after Transform



Eat lean protein, vegetables, fiber-rich carbohydrates, and healthy fats.



REST



Avoid eating or snacking 3+ hours before bedtime.

AIM FOR 4 HOURS BETWEEN MEALS

MAKE THE MOST OF YOUR DAY

MOVE YOUR BODY Aim for daily exercise (30 min), even if it's just a brisk walk.

REST & RECHARGE Getting enough sleep (6-9 hours) is vital for healthy metabolic function.

MINDFUL MEDITATION Start your day with reflection to encourage clarity, focus, & intention.

MIND OVER MATTER

Visualize your "why"

Take a moment to crystallize your vision of a healthier you.

This mental image will serve as a powerful internal motivator, propelling you forward throughout your wellness journey.

MY "WHY" _____

Establish a plan & set specific goals

Identify what you need to accomplish to achieve your "why". Then set specific, measurable, time-bound goals that will help you not only navigate, but thrive over the next 30 days and beyond.

GOAL 1 _____

GOAL 2 _____

GOAL 3 _____

Review & track progress

Keep your goals top of mind by displaying them prominently on your mirror, phone, or fridge. Measure your visible successes with weekly photos and body measurements.

Find an accountability partner

Surround yourself with individuals who champion your goals, provide encouragement, and celebrate your wins.

Make a plan for pitfalls

Special occasions, vacation, or an unexpected treat—there are endless distractions out there. Decide now what you will do to overcome them before they arrive!

Manage stress

Techniques like mindfulness meditation, deep breathing exercises, or regular physical activity can help manage stress levels. Find what works for you and make it part of your daily routine.



Remember this is your journey and you are the hero of your own story. Celebrate small victories and embrace setbacks as stepping stones to optimal metabolic health.