

VSHRED

SUPPLEMENT GUIDE **FOR WOMEN**





HEY V SHREDDERS, IT'S VINCE SANT!

I'm excited to introduce our
V Shred Supplement Guide
for Women.

If you're aiming for next-level results and a sculpted physique, you need top-notch supplements tailored to your goals. Supplements can supercharge your diet and exercise results, but quality matters. Many options out there are junk.

That's why we created this guide! It breaks down Sculpt Nation's top-notch formulas, sorted by goal to help you get results faster.

Plus, all our supplements come with a 100% lifetime money-back guarantee.



YOU DO NOT NEED SUPPLEMENTS TO SEE RESULTS WITH OUR PROGRAMS. OUR FITNESS PLANS ARE DESIGNED TO BE EFFECTIVE ON THEIR OWN. SUPPLEMENTS ARE AVAILABLE FOR THOSE WHO WANT AN EXTRA BOOST, BUT THEY ARE ENTIRELY OPTIONAL.



WOMEN'S SUPPLEMENT GUIDE

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* Vegetarian Capsules ** Gluten Free

**SAVE 25% OFF
ALL SUPPLEMENTS**

**USE CODE:
VSMEMBER25**



VSHRED

WEIGHT LOSS

BURN EVOLVED 2.0

Burn Evolved 2.0 is designed to help speed up even the most stubborn metabolism. It's a blend of patented ingredients, including plant-based herbs, nutrients, and superfoods, all shown to elevate your Metabolic Burn Rate.

KEY INGREDIENTS

Capsimax®:

Supports fullness, converts stubborn fat, and increases your Metabolic Burn Rate.

CaloriBurn GP®:

Increases natural fat-burning tissue.

Chromax®:

Decreases cravings for carbs and fats, reduces body fat, and increases lean muscle.

GS4 Plus®:

Reduces carb absorption.

Caffeine (CaffXtend® and InnovaGreen™):

Provides a clean energy boost without crashes.

Mood Enhancers (Evothin™ and enXtra®):

Support an increased metabolism and mental alertness.



DOSAGE

2 capsules per day. When you first start to take Burn Evolved 2.0, start with 1 capsule in the morning to assess your tolerance. After about a week or two when your body has adjusted to it and you like how you feel, you can increase the dose to the recommended 2 capsules.

WEIGHT LOSS

BURN PM

Burn PM is designed to support restorative sleep and fat-burning while you sleep. Poor sleep can disrupt your fat-burning hormones and increase fat-storing hormones like Ghrelin and Cortisol. Burn PM helps you fall asleep faster, stay asleep longer, and supports your body's fat-burning processes overnight.

KEY INGREDIENTS

Raspberry Ketones

White Kidney Bean Extract

Saffron Flower

Green Coffee Bean Extract:

Support fat burning while you sleep.

L-Tryptophan

Melatonin

Dandelion Root

Lemon Balm Leaf

Promote deep, restful sleep.

Wake up feeling refreshed and ready to take on the day with Burn PM!



DOSAGE

Take 2 capsules 15-20 minutes before bed.

WEIGHT LOSS

TURMERIC BLACK

SculptNation's Turmeric Black is a versatile nutritional supplement designed for those aiming to improve their fitness and overall well-being. It's formulated to support various crucial aspects of health.

KEY BENEFITS

Reduces inflammation for faster recovery, enhances energy levels and metabolism, and keeps joints healthy for better performance. It also converts stubborn fat into burnable fuel and improves nutrient absorption for optimal health.



DOSAGE

Take 2 capsules per day with your first meal of the day.

WEIGHT LOSS

GREENS

SculptNation's Greens is a nutritional powerhouse with 26 superfoods to support collagen production, digestion, skin, hair, nails, and metabolism. It helps rewind the clock on aging by providing essential nutrients even the healthiest diets may lack.

KEY INGREDIENTS

Collagen and Green Balance Blend:

Support healthy skin, hair, and nails.

Betta Berries & Adaptogenic Blend:

Boost energy, mood, and focus.

Probiotic Blend:

Enhance digestive health.

Enjoy Greens in a smoothie or just with water for a nutritious snack that helps you look and feel younger!



DOSAGE

Take 1 scoop per day at anytime of the day.

DIGESTIVE HEALTH

PROBIOTICS

Our Probiotics blend supports healthy gut bacteria, improves digestion, boosts energy, and aids in weight loss. It contains 7 powerful bacteria strains and a prebiotic (Inulin) to ensure your body utilizes the probiotics effectively.

KEY BENEFITS

The key benefits include supporting healthy digestion and reducing discomfort, boosting metabolism and energy, and decreasing cravings for junk food.

Optimize your digestive health and overall well-being with our Probiotics blend!



DOSAGE

Take 1 capsule per day 30 minutes before your meal.

DIGESTIVE HEALTH

ENZYMES

Our Enzyme blend helps your body break down and absorb nutrients from food, enhancing your diet's effectiveness. It includes enzymes like Lactase, Lipase, Protease, Cellulase, and Alpha-Amylase, along with Ginger Root and Peppermint Extracts for added digestive support.

KEY BENEFITS

Enhancing nutrient absorption, reducing digestive discomfort and bloating, and supporting a smoother digestive process.

Improve your digestion and get the most out of your diet with our Enzyme blend!



DOSAGE

Take 2 capsules per day ten minutes before your meal.

WORKOUT BOOSTERS

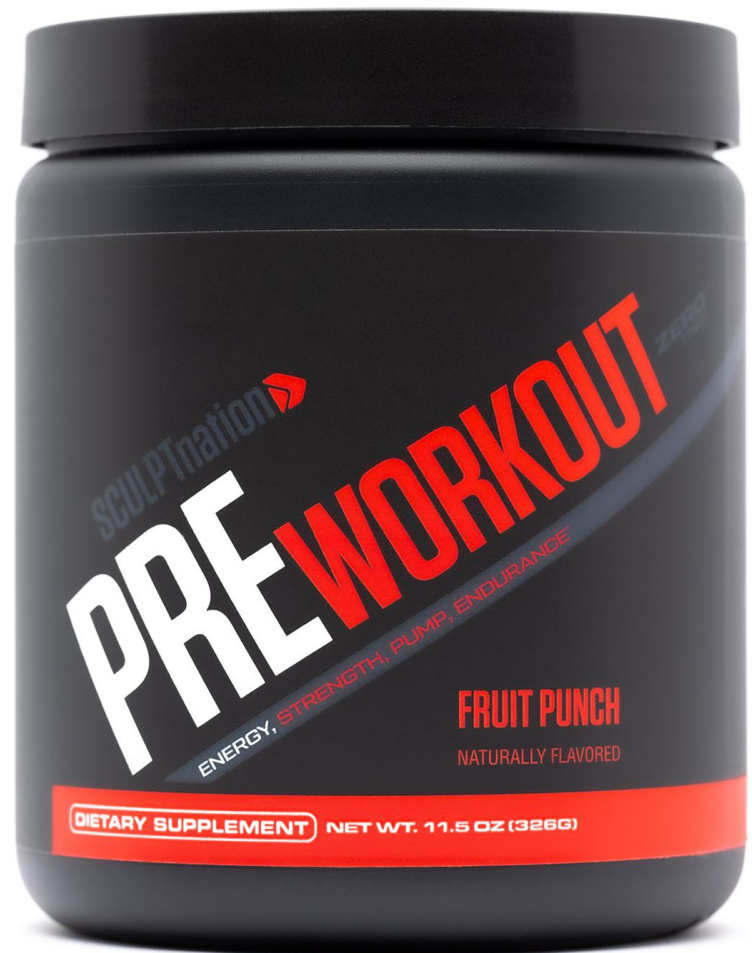
PRE-WORKOUT

SculptNation Pre-Workout is designed to boost your energy, focus, and motivation for optimal workout performance. It contains a blend of amino acids, L-Citrulline, Beta-Alanine, L-Tyrosine, Betaine, L-Theanine, and Caffeine.

KEY BENEFITS

Increased energy and stamina, support for lean muscle growth and fat burning, and enhanced mood and focus.

Get the most out of every workout with our Pre-Workout formula!



DOSAGE

Take 1 scoop 15-20 minutes before your workout.

WORKOUT BOOSTERS

BCAAS

Sculpt Nation's BCAAs are essential for men aiming to build muscle or burn fat. As the building blocks of muscle tissue, BCAAs support muscle repair, reduce post-workout soreness, and elevate your fat-burning metabolism.

KEY BENEFITS

Sculpt Nation BCAAs provide the three key amino acids—Leucine, Isoleucine, and Valine—in the perfect ratio, ensuring optimal results. Unlike other BCAA powders that have a harsh, sour taste, Sculpt Nation BCAAs taste like candy and come in a variety of flavors. This makes getting the BCAAs you need convenient, efficient, and delicious.



DOSAGE

1 scoop per day before or after working out.

WEIGHT LOSS

NEUROCTANE

Sculpt Nation's NeurOctane is a research-backed cognitive enhancer designed to help men stay focused and achieve their fitness, business, and relationship goals. In today's distraction-filled world, maintaining concentration is increasingly challenging. NeurOctane addresses this by supporting laser-like focus, virtually endless productivity, enhanced memory, clear thinking, and boundless mental and physical energy.

KEY INGREDIENTS

EnXtra (Alpinia Galanga Extract):

A stimulant-free "super ginger" that boosts mental acuity and alertness for up to 5 hours.

NooPept:

Supports memory and information recall, increases work capacity under stress, and raises protective hormone levels in the brain.

Bacopa Monnieri:

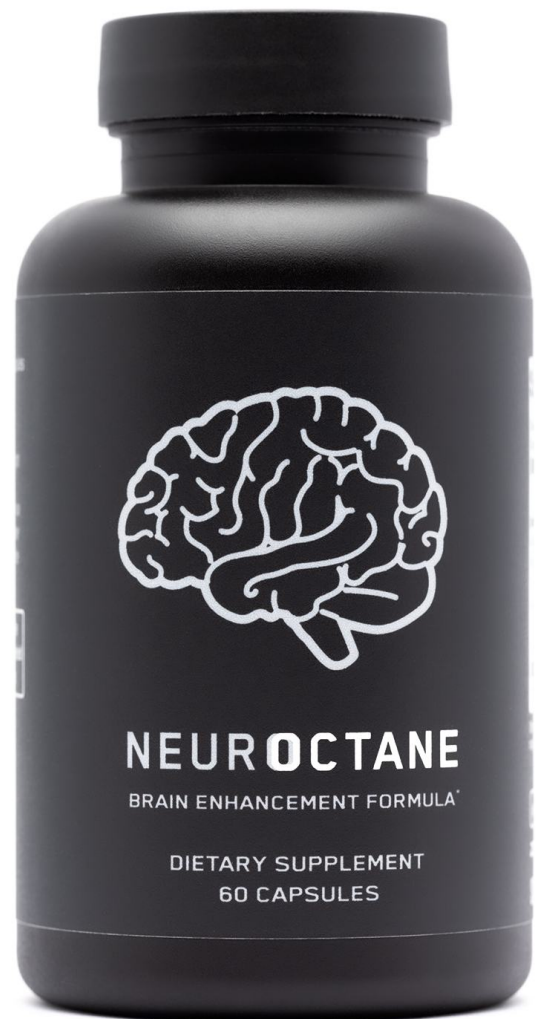
A "smartfood" that aids in information processing, multitasking, and problem-solving.

L-Theanine and Caffeine:

Combine to provide calm, focused, and alert energy.

BioPerine:

Enhances the absorption of these cognitive enhancers.



DOSAGE

Take two capsules with a meal per day.

METABOLISM

APPLE CIDER VINEGAR GUMMIES

Sculpt Nation's Apple Cider Vinegar (ACV) Gummies are the perfect "superfood snack" that satisfies your sweet tooth without sabotaging your diet. These delicious, fruity snacks taste like candy but contain only 20 calories each.

KEY BENEFITS

ACV Gummies help silence occasional cravings, support a healthy appetite, and provide a quick energy boost, making dieting more effortless. With the added benefits of being keto-friendly and vegan-friendly, they fit seamlessly into a healthy lifestyle.



DOSAGE

Take 2 gummies per day.

WELLNESS

MULTI-COLLAGEN

SculptNation Multi-Collagen supports a youthful appearance with Types I, II, and III collagen, horsetail fern, and bamboo extract. It enhances skin, hair, nails, metabolism, and joint comfort while being free from sugar, dairy, gluten, and carbs.

KEY BENEFITS

SculptNation Multi-Collagen boosts skin elasticity, reduces wrinkles, and supports healthy hair and nails. It also enhances metabolism, joint health, and bone density while improving brain function, mood, and digestion. See results in less than 30 seconds a day.



DOSAGE

Take 2 scoops per day on an empty stomach.

SUPPLEMENT GUIDE

WANT TO LEARN MORE?

Tap on the supplement to learn more information and how to purchase!

**APPLE CIDER VINEGAR
GUMMIES**

BCAAS

BURN EVOLVED 2.0

BURN PM

CREATINE

ENZYMES

GREENS

HGH BOOST

MULTI-COLLAGEN

NEUROCTANE

POST WORKOUT

PRE-WORKOUT

PROBIOTICS

PROTEIN

TURMERIC BLACK



SUPPLEMENT GUIDE

For more information on each supplement, click the links provided to learn more and make your purchase. Stay dedicated and keep pushing towards your fitness goals. You've got this!

For a full refund or any questions, please contact our customer service team at support@sculptnation.com.

All our premium supplements come with a 100% lifetime money-back guarantee. If you're not satisfied, we'll refund you—no questions asked. Visit the links on **page 14** or tap on the photo of each supplement to purchase or even learn more and start your transformation today!

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