



**Lyfta's™ effective blend invigorates your mind and metabolism to liberate you from bad eating habits, and keeps you focused on what's most important.**

Find satisfaction in this stress-reducing, mood-enhancing supplement. Lyfta improves your focus and your emotional well-being by raising your serotonin levels—giving you confidence and increasing your productivity so you can conquer your top priorities with ease.

Portion management is a key element in maintaining a healthy weight. Lyfta helps you ditch comfort foods while controlling your appetite so you can adjust to sensible portion sizes and make healthier eating choices.

**GARCINIA CAMBOGIA**

Increases the serotonin levels to elevate mood and suppress emotional eating.

**L-THEANINE**

Enhances relaxation while reducing the effects of anxiety.

**CORDYCEPS**

Overcomes fatigue by strengthening your lungs to give your body the oxygen it needs.

**GREEN COFFEE EXTRACT**

Controls appetite and cuts cravings to put you back in charge of your eating habits.

