

YGY Activate™ GLP-1 Boost

#USYG70001

Did you know that increasing your GLP-1 – a hormone that naturally suppresses appetite and regulates blood sugar – can help you better manage cravings and boost your energy? Activate and maintain your body's natural production of GLP-1 with YGY Activate™! This patented formula delivers three key nutrients (L-arginine, resveratrol, and tart cherry) that have been clinically researched to enhance GLP-1 production and support a healthy metabolism.* Support your weight management goals with this convenient, on-the-go supplement!

For best results, we recommend using the YGY GLP 30 Day System, which includes YGY Activate™ and two other amazing nutritional support blends.

WHO IT'S FOR:

Anyone seeking a clinically researched weight management support solution.

WHAT IT DOES:

Delivers GLP-1 boosting nutrition, plus additional supporting nutrients.

WHAT SETS THIS PRODUCT APART?

- Provides clinically researched doses of L-arginine, resveratrol, and tart cherry
- Ingredients also provide antioxidant effects*
- Nutrients synergize to increase GLP-1 activity and duration*
- Delicious, natural tropical flavor
- Convenient packets for nutrition on the go!
- No artificial ingredients, colors, or flavors – we only give you what you need



Sources*

- 1 L-Arginine Increases Postprandial Circulating GLP-1 and PYY Levels in Humans, 2018
- 2 Therapeutic Benefits of L-Arginine: An Umbrella Review of Meta-analyses, 2016
- 3 Wheat Biscuits Enriched with Plant-Based Protein Contribute to Weight Loss and Beneficial Metabolic Effects in Subjects with Overweight/Obesity, 2022
- 4 Beneficial effects of a long-term oral L-arginine treatment added to a hypocaloric diet and exercise training program in obese, insulin-resistant type 2 diabetic patients, 2006
- 5 Properties of Resveratrol: In Vitro and In Vivo Studies about Metabolism, Bioavailability, and Biological Effects in Animal Models and Humans, 2015
- 6 Influence of Resveratrol on the Immune Response, 2019
- 7 Investigation of Mammal Arginase Inhibitory Properties of Natural Ubiquitous Polyphenols by Using an Optimized Colorimetric Microplate Assay, 2017
- 8 Natural phenolic compounds potentiate hypoglycemia via inhibition of Dipeptidyl peptidase IV, 2019
- 9 Tart Cherry Extract Containing Chlorogenic Acid, Quercetin, and Kaempferol Inhibits the Mitochondrial Apoptotic Cell Death Elicited by Airborne PM10 in Human Epidermal Keratinocytes, 2021
- 10 Oxidative species increase arginase activity in endothelial cells through the RhoA/Rho kinase pathway, 2012
- 11 Cysteine-iron promotes arginase activity by driving the Fenton reaction, 2008
- 12 Regular tart cherry intake alters abdominal adiposity, adipose gene transcription, and inflammation in obesity-prone rats fed a high fat diet, 2009
- 13 Tart Cherries and health: Current knowledge and need for a better understanding of the fate of phytochemicals in the human gastrointestinal tract, 2017
- 14 Effects of Tart Cherry Juice on Biomarkers of Inflammation and Oxidative Stress in Older Adults, 2019
- 15 GLP-1 Agonists, Cleveland Clinic

Supplement Facts

Serving Size: 1 Packet (8.4 g)
Servings Per Container: 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin C (as ascorbic acid)	50 mg	56%
L-Arginine Base	4500 mg	**
Tart Cherry Powder (<i>Prunus cerasus</i>)	250 mg	**
Resveratrol (<i>Polygonum cuspidatum</i>) Extract	100 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily value not established.

Other Ingredients: Citric acid, Malic acid, Natural flavors, Stevia leaf extract, Guar gum, Silica, Natural colors (Beta carotene, Beet root).

YGY Regulate™ Daily Fiber

#USYG70003

An easy way to jump-start your weight loss journey and keep cravings at bay is to up your fiber intake. Not only does fiber help you feel fuller on fewer calories, curbing your appetite and preventing overeating – it's also incredibly beneficial for your metabolic and gut health.¹ Formulated with diverse prebiotic fibers, digestive enzymes, and a unique blend of botanicals, YGY Regulate™ is designed to support your gut microbiome, balance your blood sugar, and promote healthy digestion. Each on-the-go serving is packed with nutrition that fuels your beneficial gut bacteria and promotes smooth, efficient digestion.

For best results, we recommend using the YGY GLP 30 Day System, which includes YGY Regulate™ and two other amazing nutritional support blends.

WHO IT'S FOR:

Anyone seeking a convenient weight management support solution.

WHAT IT DOES:

Delivers GLP-1 boosting nutrition, plus additional supporting nutrients.

WHAT SETS THIS PRODUCT APART?

- Each shot provides diverse prebiotic fibers, digestive enzymes, and a unique blend of botanicals
- Probiotic included for microbiome support
- Nutrients synergize to support a healthy metabolism and digestive system*
- Convenient packets for nutrition on the go!
- Delicious, natural orange flavor
- No artificial ingredients, colors, or flavors – we only give you what you need



Sources*

- 1 Dietary fiber: Essential for a healthy diet, Mayo Clinic
- 2 Health Effects and Sources of Prebiotic Dietary Fiber, 2018
- 3 10 Evidence-Based Health Benefits of Cinnamon, Healthline
- 4 The Health Benefits of Bitter Melon, Cleveland Clinic
- 5 6 Impressive Health Benefits of Gymnema Sylvestre, Healthline
- 6 Digestive Enzymes and Digestive Enzyme Supplements, Johns Hopkins Medicine
- 7 Bacillus coagulans and its applications in medicine, 2019
- 8 Probiotics Fact Sheet, National Institutes of Health, Office of Dietary Supplements

Supplement Facts

Serving Size: 1 Packet (10.3 g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	35	
Total Carbohydrate	9 g	3%
Dietary Fiber	8 g	29%
Sodium	20 mg	1%
Prebiotic Fiber Blend	8.5 g	**
Inulin, Acacia Fiber, Beet Fiber, Flaxseed, Chia Seed		
Blood Sugar Support Blend	100 mg	**
Cinnamon Bark Extract, Bitter Melon Fruit Extract, Gymnema Sylvestre (leaf) Extract (std. to 25% Gymnemic Acid)		
Enzyme Blend	100 mg	**
Bromelain, Papain, Protease, Amylase, Cellulase, Lactase, Lipase		
Bacillus coagulans	5 billion CFU	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily value not established.

Other Ingredients: Citric acid, Natural flavors, Silica, Stevia leaf extract (RebaudiosideA), Natural color (Beta-carotene), Stevia leaf extract (RebM).

YGY Elevate™ GLP-1 Support Shot

#USYG70002

Portion control is key to maintaining a healthy weight, but it can be challenging to keep up – which is why we created this amazing daily supplement! YGY Elevate™ is designed to help you feel fuller faster and curb your appetite, promoting better weight management. This proprietary formula synergizes a clinically researched blend of postbiotics, probiotics, amino acids, and key plant extracts to help you leverage the power of GLP-1 – your body's natural blood sugar, appetite, and digestion regulator.¹² Each convenient shot can elevate your body's ability to feel satisfied and energized by boosting satiety, reducing cravings/appetite, managing blood sugar levels, and supporting a healthy metabolism.*

For best results, we recommend using the YGY GLP 30 Day System, which includes YGY Elevate™ and two other amazing nutritional support blends.

WHO IT'S FOR:

Anyone seeking a clinically researched weight management support solution.

WHAT IT DOES:

Delivers GLP-1 boosting nutrition, plus additional supporting nutrients.

WHAT SETS THIS PRODUCT APART?

- Each serving contains key postbiotics, probiotics, amino acids, and plant extracts
- Nutrients synergize to support better appetite suppression¹
- Amino acids promote better satiety and muscle preservation during weight loss.²
- Liquid formulation designed to maximize nutrient absorption and GLP-1 release²
- Convenient liquid shots for daily use and life on the go
- Delicious, natural apple flavor!
- No artificial ingredients, colors, or flavors – we only give you what you need



Sources*

1 Chi-Fu Chiang., et al. "Efficacy of GLP-1 Formula on Body Weight in Overweight and Obese Adults". Acta Scientific Medical Sciences 8.10 (2024): 62-67.

2 Protein- and Calcium-Mediated GLP-1 Secretion: A Narrative Review, 2021

3 Effects of Bifidobacterium breve B-3 on body fat reductions in pre-obese adults: a randomized, double-blind, placebo-controlled trial, 2018

4 Is an apple a day really good for your health?, BBC

5 Is Kombucha Good for You?, Cleveland Clinic

6 Frederico Augusto Ribeiro de Barros, Regular Consumption of Black Tea Kombucha Modulates the Gut Microbiota in Individuals with and without Obesity, The Journal of

Nutrition, Volume 155, Issue 5, 2025, Pages 1331-1349, ISSN 0022-3166.

7 Are pomegranates good for diabetes?, Diabetes Care Community

8 Purslane Weed (Portulaca oleracea): A Prospective Plant Source of Nutrition, Omega-3 Fatty Acid, and Antioxidant Attributes, 2014

9 Does White Mulberry Have Health Benefits?, Healthline

10 The Health Benefits of Bitter Melon, Cleveland Clinic

11 Is fennel good for you? Health benefits, nutrition, and more, Medical News Today

12 GLP-1 Agonists, Cleveland Clinic

Supplement Facts

Serving Size: 1 Shot (50 ml)

Servings Per Container: 10

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	3 g	1%*
Protein	1 g	
Sodium	30 mg	1%
GLP-1 Support Formula	1800 mg	**
Bifidobacterium Breve Postbiotic, Rocket Apple Extract, Probiotic Kombucha Tea		
Lepteam Ferment Powder	330 mg	**
Isomaltoligosaccharide, Pomegranate (Punica granatum) Fruit Juice, Purslane (Portulaca oleracea) Leaf Powder, White Mulberry (Morus alba) Fruit Juice, Fennel (Foeniculum vulgare) Fruit Powder, Bitter Melon (Momordica charantia) Fruit Powder	692 mg	**
EAA proprietary Blend	3 mg	**
L-Phenylalanine, L-Leucine, L-Lysine HCL, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Methionine, L-Histidine, L-Tryptophan	3 mg	**
Mandarin Orange (Citrus reticulata blanco) Unripe Fruit Extract	5 mg	**
Moringa (Moringa oleifera) Leaf Extract	5 mg	**
Lemon Balm (Melissa officinalis L.) Stem & Leaf Extract	1 mg	**
Grape (Vitis vinifera L.) Skin Extract		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: Water, Natural Flavors, Erythritol, Phosphoric Acid, Steviol Glycosides, Gum Acacia, Sunflower Lecithin, Xanthan Gum.

Contains: Milk