

NUSTART NS10 Program Weightloss Kit



NUSTART NS10 Program Weightloss Kit User Guide

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NUSTART NS10 Program Weightloss Kit



Product Information

Specifications:

Products Included: 1 NuProtein, 1 NuCleanse, 1 NuBurn, 1 NuGut, 1 NuThyro, 1 Shaker

Product Usage Instructions

Weight & Measurements:

Weigh and measure yourself before and after the program. Use the same scale and measuring tape for both the before and after weights.

- Weight
- Waist
- Hips
- Left Upper Arm
- Right Upper Arm
- Left Thigh
- Right Thigh
- Neck
- Other

Nustart NS10 Program – Days 1, 3, 5, 6, 8 & 9:

Morning (upon awakening):

1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
2. One scoop of NUCLEANSE in 8-12oz water or juice.

3. Two NUBURN capsules.
4. Eight drops of NUTHYRO in any of the above liquids.

Mid-Morning:

1. Vegetable snacks like celery, cucumber, zucchini, or raw almonds.
2. Drink at least 6oz of H2O.

Lunch:

1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
2. One scoop of NUCLEANSE in 8-12oz water or juice.
3. Two NUBURN capsules.

Mid-Afternoon:

1. Vegetable snacks like celery, cucumber, zucchini, or raw almonds.
2. Drink at least 6oz of H2O.

Dinner:

1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
2. One scoop of NUCLEANSE in 8-12oz water or juice.
3. Two NUBURN capsules.
4. Eight drops of NUTHYRO in any of the above liquids.

Bedtime:

1. One NUGUT capsule.

Nustart NS10 Program – Days 2, 4, 7, & 10:

Morning (upon awakening):

1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
2. One scoop of NUCLEANSE in 8-12oz water or juice.
3. Two NUBURN capsules.
4. Eight drops of NUTHYRO in any of the above liquids.

Mid-Morning:

1. Vegetable snacks like celery, cucumber, zucchini, or raw almonds.
2. Drink at least 6oz of H2O.

Lunch:

1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
2. Two NUBURN capsules.

Mid-Afternoon:

1. Vegetable snacks like celery, cucumber, zucchini, or raw almonds.
2. Drink at least 6oz of H2O.

Dinner:

1. Eat a 400 – 600 calorie meal.*
2. Two NUBURN capsules.

Bedtime:

1. One NUGUT capsule.

*The NuStart website has recipes within these calorie ranges.

Nustart NS10 Program Additional – Days 1-10:

Exercise: Walk a minimum of 20 minutes each day. You can also do whatever other type of exercise you like to do, just make sure it is for at least 20 minutes a day. The important thing is to get your circulation going which helps boost your metabolism.

NOTE: You have two options for doing this NS10 Program.

Option 1: Follow this protocol as is. This will result in weight and inches loss plus cleansing. To maximize cleansing, it is suggested to do 2 NS10 programs, back-to-back.

Option 2: Follow day 1 protocol for the entirety of the 10 days. This will result in maximum weight, inch, and gut cleansing. It's a bit harder to do as you are not having a regular meal for 10 days but worth it to try.

FAQs**Can I use a different liquid for mixing NUPROTEIN and NUCLEANSE?**

Yes, you can use water or juice based on your preference.

Can I substitute the recommended snacks with other vegetables?

Yes, you can choose from celery, cucumber, zucchini, or raw almonds. These are just suggestions, and you can substitute them with other vegetables of your choice.

Can I follow Option 1 for the NS10 program and then switch to Option 2?

Yes, you can switch between options if desired. However, it is recommended to consult with a healthcare professional before making any changes to the program.

Great job for starting!

Products Included

- 1 NuProtein
- 1 NuCleanse
- 1 NuBurn
- 1 NuGut
- 1 NuThyro
- 1 Shaker

FAQ's



Recipes



WEIGHT & MEASUREMENTS

WEIGH AND MEASURE YOURSELF BEFORE AND AFTER THE PROGRAM*

	Day 1	Day 10
Weight	<input type="text"/>	<input type="text"/>
Waist	<input type="text"/>	<input type="text"/>
Hips	<input type="text"/>	<input type="text"/>
Left Upper Arm	<input type="text"/>	<input type="text"/>
Right Upper Arm	<input type="text"/>	<input type="text"/>
Left Thigh	<input type="text"/>	<input type="text"/>
Right Thigh	<input type="text"/>	<input type="text"/>
Neck	<input type="text"/>	<input type="text"/>
Other	<input type="text"/>	<input type="text"/>

*Make sure you use the same scale and measuring tape for both the before and after weights

NUSTART NS10 PROGRAM

DAYS 1, 3, 5, 6, 8 & 9

- **MORNING (upon awakening)**

- 1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
- 2. One scoop of NUCLEANSE in 8-12oz water or juice.
- 3. Two NUBURN capsules.
- 4. Eight drops of NUTHYRO in any of the above liquids.

- **MID-MORNING**

- 1. Vegetable snacks like celery, cucumber, zucchini, or raw almonds.
- 2. Drink at least 6oz of H2O.

- **LUNCH**

- 1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
- 2. One scoop of NUCLEANSE in 8-12oz water or juice.
- 3. Two NUBURN capsules.

- **MID-AFTERNOON**

- 1. Vegetable snacks like celery, cucumber, zucchini, or raw almonds.
- 2. Drink at least 6oz of H2O

- **DINNER**

- 1. One scoop of NUPROTEIN in 8-12oz of water or milk preference.
- 2. One scoop of NUCLEANSE in 8-12oz water or juice.
- 3. Two NUBURN capsules.
- 4. Eight drops of NUTHYRO in any of the above liquids.

- **BEDTIME**

- 1. One NUGUT capsule.

*The NuStart website has recipes within these calorie ranges

NUSTART NS10 PROGRAM ADDITIONAL

Days 1-10


EXERCISE

Walk a minimum of 20 minutes each day. You can also do whatever other type of exercise you like to do, just make sure it is for at least 20 minutes a day. The important thing is to get your circulation going which helps boost your metabolism.

NOTE: You have two options for doing this NS10 Program.

- **Option 1:** Follow this protocol as is. This will result in weight and inches loss plus cleansing. To maximize cleansing, it is suggested to do 2 NS10 programs, back-to-back.
- **Option 2:** Follow day 1 protocol for the entirety of the 10 days. This will result in maximum weight, inch, and gut cleansing. It's a bit harder to do as you are not having a regular meal for 10 days but worth it to try.

Documents / Resources

 NUSTART <small>MORE THAN WEIGHTLOSS</small> NS10 Program Guide	NUSTART NS10 Program Weightloss Kit [pdf] User Guide NS10 Guide White, NS10 Program Weightloss Kit, NS10, Program Weightloss Kit, Weightloss Kit, Kit
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References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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