

ACTIVATE



ALOE ACTIVATOR

.....

Turn on the lifting action from our age-defying, firming masque with this aloe based activator. Enriched with 18 amino acids to refresh, tone, and revitalize tired skin - encouraging a show stopping glow.

INGREDIENTS:

Aloe Barbadensis Leaf Juice, Sodium Benzoate, Citric Acid, Potassium Sorbate, Methyl Paraben.

ACTIVATE BENEFITS:

- **Restore health to the skin**
- **Remove impurities from the skin**
- **Tone and hydrates skin**

SUGGESTED USE:

Mix 3/4 teaspoon of M'lis ACTIVATE with one teaspoon of M'lis LIFT and stir until smooth. Apply a light film over entire face and neck, using upward brush strokes. Allow to dry and tighten for 60 minutes then remove by flooding with water.

WARNINGS:

Keep out of eyes.

5 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

APPLE STEM CELL



MOISTURIZER

.....

Indulge just a little (or a lot) with this dreamy creamy moisturizer. Pear, apple, and warm vanilla will envelop your senses in a youthful embrace, while apple stem cells go to work to create the ultimate treat for aging skin.

ACTIVE INGREDIENTS:

Water (Aqua), C12-15 Alkyl Benzoate, Butyrospermum Parkii (Shea Butter), Glyceryl Stearate, Squalane, Cetearyl Alcohol, Glycerin, Cetearyl Glucoside, C13-14 Isoparaffin, Malus Domestica Fruit Cell Culture Extract, Polyacrylamide, Laureth-7, Tocopherol, Phenoxyethanol, Butylene Glycol, Lecithin, Carbomer, Polysorbate-20, Palmitoyl Tripeptide-1, Palmitoyl Tetrapeptide-7, Caprylic/Capric Triglyceride, Tribehenin, Xanthan Gum, Ceramide 2, PEG-10 Rapeseed Sterol, Ethylhexylglycerin, Palmitoyl Oligopeptide, Pyrus Malus (Apple) Fruit Extract, Jasminum Officinale (Jasmine) Flower/Leaf Extract, Dipteryx Odorata (Tonka) Seed Extract, Pyrus Communis (Pear) Fruit Extract, Ananas Sativus (Pineapple) Fruit Extract, Vanilla Planifolia (Vanilla Bean) Fruit Extract, Citric Acid.

APPLE STEM CELL BENEFITS:

- **Prevent aging skin**
- **Rejuvenate skin cell's DNA**
- **Replenish new collagen and elastin**
- **Decrease the appearance of wrinkles**

DIRECTIONS:

Gently massage a thin layer of moisturizer in an upward motion over face and décolleté after cleansing and exfoliating. Use both morning and night.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

APRICOT GRAPE SEED



EXFOLIATOR

.....

Bare it all beautifully without all the fluff. This 100% all-natural, anti-aging exfoliator is blended with ground grape seeds and calming apricot seed oil - rebuilding collagen for results that are as flawless as the formulation itself.

INGREDIENTS:

Water (Aqua), Caprylic/Capric Triglyceride, Glycerin, Prunus Armeniaca (Apricot) Seed Powder, Vitis Vinifera (Grape) Seed Oil, Butyrospermum Parkii (Shea) Butter, Stearic Acid, Stearyl Alcohol, Cetearyl Alcohol, Cetearyl Glucoside, Vitis Vinifera (Grape) Seed Powder, Carthamus Tinctorius (Safflower) Seed Oil, Aloe Barbadensis (Aloe Vera) Leaf Juice (Organic), Sorbitol, Citrus Paradisi (Pink Grapefruit) Peel Oil, Citrus Reticulata (Tangerine) Peel Oil, Citrus Aurantifolia (Lime) Oil, Zea Mays (Corn) Oil, Tocopheryl Acetate, Retinyl Palmitate, Cholecalciferol (Vitamin D3), Xanthan Gum, Pectin, Ascorbic Acid, Tocopherol, Gluconolactone, Sodium Benzoate.

APRICOT GRAPE SEED BENEFITS:

- **Lessen free radical damage**
- **Promote regeneration of skin cells**
- **Boost collagen and elastin**
- **Invigorate dull and lifeless skin**

DIRECTIONS:

After cleansing, lather a small amount in palms then massage gently onto wet face and neck. Rinse with warm water. Use 3-5 times per week after cleanser.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

BALANCE

NATURAL HORMONE THERAPY



.....

Hormonal harmony at your fingertips! Blessed thistle, dong quai root, and motherwort create a safe and natural alternative to synthetic hormones. So be different, be real, be balanced and be proactive in aligning your hormone needs.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 60

Amount per Serving	% Daily Value
Proprietary Blend	1410 mg
Blessed Thistle (Herb)	**
Damiana (Leaf)	**
Dong Quai (Root)	**
Serenoa Serrulata (Saw Palmetto)	**
Wild Yam (Root)	**
Motherwort (Herb)	**
Licorice (Root)	**
Black Cohosh (Root)	**
Raspberry (Leaf)	**
Passion (Flower)	**
Cramp (Bark)	**
Parsley (Leaf)	**

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

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule), Magnesium Stearate.

BALANCE BENEFITS:

- Regulate a healthy menstrual cycle
- Provide relief to symptoms of PMS, cramping, menopause and vaginal dryness
- Reduce androgenic acne
- Lessen the appearance of hormone induced pigmentation

SUGGESTED USE:

As a special dietary supplement, take three capsules. May take one or two times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

BUFF



BODY EXFOLIATOR

Get down to the nitty-gritty and bare it all beautifully with this gentle body exfoliator. Papaya and pineapple enzymes exfoliate and boost circulation to stimulate your skin's metabolism, even as light notes of sage and geranium soothe and tighten for a polished finish.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Sodium Laureth Sulfate, Helianthus Annuus (Sunflower) Seed Wax Beads, Carbomer, Methyl Gluceth, Carica Papaya (Papaya) Fruit Extract, Geranium Maculatum (Geranium) Extract, Camellia Sinensis (Green Tea) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Mentha Piperita (Peppermint) Oil, Vegetable Glycerin, Germall Plus.

BUFF BENEFITS:

- **Remove dead cells**
- **Dilate capillaries for better product absorption**
- **Stimulate the metabolism of the skin**

BENEFITS THESE SERVICES:

- Contour body wrap

SUGGESTED USE:

Gently apply exfoliator in circular motions over the body two to three times a week. For a more advanced treatment, apply to dry skin in circular motions, and then brush off beads once product has dried.

WARNINGS:

Do not use on face.

1 yr. shelf life

CALCIUM

LIQUID SOFTGELS

Benefits on tap! Every drop of this liquid gel cap is flowing with more calcium, and vitamin D3 than three cups of milk - giving you essential bone building nutrients faster than you can call for a second round.



SUPPLEMENT FACTS

Serving Size: 4 softgels

Servings per container: 25

Amount per Serving		% Daily Value*
Vitamin D3 (as Cholecalciferol)	2000 IU	500%
Calcium (as Calcium Carbonate)	2400 mg	240%

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

**Daily Value not established

CALCIUM BENEFITS:

- Increase bone strength
- Boost cardiovascular health
- Aid in weight management
- Ease restless leg syndrome

SUGGESTED USE:

As a dietary supplement, take two to four softgels daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

INACTIVE INGREDIENTS:

Soybean Oil, Gelatin, Vegetable Glycerine. Contains: Soy Lecithin. Contains <2% of: Corn Oil, Sorbitol, Beeswax.

SHELL INGREDIENTS:

Gelatin, Vegetable Glycerine, Purified Water. Guaranteed Pure: Contains no Sugar, Starch, Preservatives, Binders, Extenders, Chemical Additives, Colors or Flavors.

more info reference { learn more: mlis.com }

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NATURAL THERAPY

CELL-U-RID



TISSUE DETOXIFIER

.....

Ramp-up your contour game and take shape with this breakthrough internal blend for optimal cellulite-busting power. This herbal fusion contains heritage versions of juniper, corn silk, hydrangea, and kelp to cell-u-rid for good.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1,350 mg
Juniper (Berries)	**
Buchu (Leaves)	**
Corn Silk (Powder)	**
Hydrangea (Root)	**
Horsetail Herb (Shavegrass)	**
Uva Ursi (Fruit)	**
Kelp	**
Lecithin (Sunflower)	**
Apple Cider Vinegar	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

SUGGESTED USE:

As a special dietary supplement, take two to three capsules thirty minutes prior to each meal. May take three times daily with a large glass of water.

CELL-U-RID BENEFITS:

- Break down cellulite
- Stimulate and strengthen the waste-elimination system
- Reduce waste and water retention
- Increase Circulation

BENEFITS THESE SERVICES:

- Contour Body Wrap
- Diamond Polar Skin Tightening
- Lymphatic Massage
- Fat Cavitation
- Infared Sauna

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

1 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

CLAY

FACIAL MASQUE



.....

Give your skin a fresh breath of beauty! Velvety soft Montreuil Green Clay, debris-lifting bentonite, and soothing tissue respiratory factors evict impurities and rebalance your complexion. So take 30 and let this transformative masque detoxify your skin for truly clarified results.

INGREDIENTS:

Montmorillonite (French Green Clay), Aloe Barbadensis, Bentonite, Vegetable Glycerin, Carbopol-940, Ocimum Basilicum (Basil) Flower/Leaf Extract, Tissue Respiratory Factor (UV Stressed Yeast Lysate), Lecithin, Germall Plus, Triethanolamine, Hedychium Coronarium Root (Hawaiian White Ginger) Extract, Mucopolysaccharides, Papin.

CLAY BENEFITS:

- **Actively absorbs excess oils**
- **Purify and refine skin**
- **Reduce blemishes, acne and blackheads**
- **Remove imbedded impurities**

BENEFITS THESE SERVICES:

- Acne Facials

APPLICATION:

Prior to application, stir well. Apply to clean skin and allow to dry 30 minutes; rinse with warm water.

WARNINGS:

Keep out of eyes.
External use only.

5 yr. shelf life

CLEANSE

INTESTINAL CLEANSER



.....

Say see-ya-later to health and beauty bending toxins! This restorative formulation gently flushes away harmful toxins that build-up in your body and restores balance and peace to your complexion, digestion, and well-being.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1350 mg
Cascara Sagrada (Bark)	**
Cloves	**
Fennel (Seed)	**
Ginger (Root)	**
Oregon Grape (Root)	**
Yellow Dock (Root)	**
Marshmallow (Root)	**
Butternut (Bark)	**
Licorice (Root)	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule).

CLEANSE BENEFITS:

- Restore the peristaltic action of the colon
- Lower inflammation in the system
- Lubricate the intestinal tract
- Relieve gas and pains in the bowels

SUGGESTED USE:

As a special dietary supplement, take two to three capsules. May take twice daily with a large glass of water. If using as part of the M'lis Detoxification Program, consult the M'lis Detoxification Guide for instructions.

WARNINGS:

Do not use if on blood thinners, pregnant, or nursing. Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

CONTOUR CREAM SENSITIVE

BODY WRAP CREAM



.....

Serious results come from this lighter take on our regular contour cream. This cool blend utilizes peppermint oil to stimulate and soothe sensitive skin, without sacrificing the confidence boosting benefits one can expect from the tried-and-true original.

INGREDIENTS:

DI Water, Aloe Barbadensis Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Isopropyl Myristate, Glycine Soja (Soybean) Oil, Vegetable Glycerin, Hedera Helix (Ivy) Leaf Extract, Spiraea Ulmaria Flower Extract, Fucus Vesiculosus (Bladderwrack) Extract, Equisetum Arvense (Horsetail) Leaf Extract, Persea Gratissima (Avocado) Oil, Niacinamide, Mentha Piperita (Peppermint) Oil, Tocopheryl Acetate (Vitamin -E), Allantoin, Panthenol, Triethanolamine, Petrolatum, Tetrasodium EDTA, Germall Plus.

CONTOUR CREAM BENEFITS:

- **Remove cellulite**
- **Increase skin elasticity**
- **Tightens and tones**
- **Improve skin's firmness**

BENEFITS THESE SERVICES:

- Contour Bodywrap

WARNINGS:

For Professional Use Only.
Keep out of the reach of children.
For external use only.
Keep out of eyes.

1/2-1 yr. shelf life

CONTOUR CREAM

BODY WRAP CREAM



.....

Slim and trim 4-14 inches with this 60-minute, detoxifying treatment. Blended with cellulite-busting niacin, circulation-inducing cinnamon, and deeply-nourishing aloe, contour will give nothing but confidence-building results - no matter the angle.

INGREDIENTS:

Deionized Water, Aloe Barbadensis Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Isopropyl Myristate, Glycine Soja (Soybean) Oil, Vegetable Glycerin, Bladder Wrack (Seaweed) Extract, Hedera Helix (Ivy) Leaf Extract, Spiraea Ulmaria Flower Extract, Equisetum Arvense Leaf Extract, Clematis Vitalba Leaf Extract, Centella Asiatica Extract, Camellia Sinensis Leaf Extract, Horse Tail Extract, Persea Gratissima (Avocado) Oil, Niacinamide, Cinnamomum (Cinnamon) Cassia Oil, Tocopheryl Acetate (Vitamin-E), Allantoin, Panthenol, Retinyl Palmitate, Ergocalciferol, Triethanolamine, Germall Plus, Tetrasodium EDTA, Petrolatum, Food Grade Color.

CONTOUR CREAM BENEFITS:

- **Remove cellulite**
- **Increase skin elasticity**
- **Tightens and tones**
- **Improve skin's firmness**

BENEFITS THESE SERVICES:

- Contour Bodywrap

WARNINGS:

For Professional Use Only. Keep out of the reach of children. For external use only.
Keep out of eyes.

1/2-1 yr. shelf life

ANTIOXIDANT ESSENTIALS

SUPER BERRY & GREENS

.....

You know this pack is fresh because you picked it yourself! Nature has kissed every ingredient in this free radical fighting antioxidant-packed drink - delivering the vital nutrients you need to stay looking and feeling your berry best.

Supplement Facts

Serving Size: 1 Stick Pack (10 g) Servings per container: 14

Amount per Serving	% Daily Value*		
Calories 62		Sodium 2 mg	0%
Calories from Fat 18		Total Carbohydrate 10 g	3%
Total Fat 2 g	2%	Fiber 1 g	4%
Saturated Fat 0		Sugars 9 g	
Unsaturated Fat 0		Added Sugars 1.5 g	
Cholesterol 3mg	1%	Protein 1 g	0%
Pyridoxine HCL 2.0mg	100%	Iron 2mg	15%
Methylcobalamin 7mcg	116%	Potassium 15mg	0%
Calcium 100mg	10%		

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

**Daily Value not established

DAILY ANTIOXIDANT ESSENTIALS BENEFITS:

- **Increase energy**
- **Boost immune system**
- **Manage weight**
- **Improve skin health**

SUGGESTED USE:

Take one packet 1-2 times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of reach of children. If pregnant or nursing, consult a healthcare professional before use.

2 yr. shelf life

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Vegetable Glycerin, Gelatin Capsule, Lecithin (Sunflower), Grape Seed Extract 95%, PABA, Inositol, Hesperdin Bioflavonoids, Citrus Bioflavonoids, Kelp, Rosemary, Alfalfa (Leaf), Ginkgo Biloba (Leaf), Korean Ginseng (Root), Rose Hips (Fruit), Rutin, Dandelion (Root), Ginger (Leaf), Fennel (Seed), Peppermint (Leaf), Garlic, Billberry, Purified Water, Magnesium Stearate, Rice Flour, Food Glaze.

more info reference { learn more: mlis.com }

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NATURAL THERAPY

DAILY ESSENTIALS

ON THE GO ESSENTIAL NUTRITION PACKS

Cover all your health and beauty basics and beyond with these perfectly proportioned daily on-the-go packets. Each of these six essential supplements deliver a range of body-lovin' nutrients right where you need them – for benefits that extend from the hair on your head, down to your last pinkie toe.

Supplement Facts

Serving Size: 1 Packet

Servings per container: 28

				Amount per Serving		% Daily Value*	
Calories 30				Total Fat 2.5 g		3%	
Calories from Fat 25				Polyunsaturated Fat 1.5 g		**	
Vitamin A (Beta-Carotene 10%) 5,000 IU				100%	Vitamin B-12 (Cyanocobalamin 1%) 10 mcg		166.5%
Vitamin C (Calcium Ascorbate) 350 mg				583%	Biotin 1% 30 mcg		10%
Calcium (as Calcium Citrate 30%) 1,262 mg				126%	Phosphorus (Calcium 20%) 10 mg		1%
Iron (Chelate 20%) 7.5 mg				41.5%	Iodine (as Potassium Iodide) 25 mcg		16.5%
Vitamin D3 (as Cholecalciferol) 2,200 IU				550%	Magnesium (Chelate 20%) 20 mg		5%
Vitamin E (D-Alpha) 75 IU				250%	Zinc (Chelate 30%) 7.5 mg		50%
Vitamin B-1 (Thiamin [HCL]) 1 mg				66.5%	Selenium (Chelate 2%) 105 mcg		292%
Vitamin B-2 (Riboflavin) .9 mg				53%	Manganese (Chelate 10%) 1 mg		50%
Vitamin B-3 (Niacinamide) 12.5 mg				62.5%	Chromium (Chelate 10%) 45 mcg		37.5%
Vitamin B-6 (Pyridoxine [HCL]) 12.5 mg				62.5%	Molybdenum .1% 30 mcg		40%
Folic Acid 97% 150 mcg				37.5%			
Proprietary Blend 620 mg				**	Milk Thistle (Herb)		**
Astaxanthin Extract				**	Motherwort (Herb)		**
Angel Hair (Mozuku) Extract				**	Green Tea (Leaf)		**
Ginkgo Biloba (Leaf)				**	Red Raspberry (Leaf)		**
Bilberry (Fruit)				**			
Pancreatin 8x 50 mg				**	Amylase 10,000 SKB		
Enzyme Factors 200 mg				**	Lipase 20 FIP		
Protease 10,000 HUT				**	Cellulase 100 CU		
Fish Oil 1,400 mg				**			
EPA (Eicosapentaenoic Acid) 647 mg				**			
DHA (Docosahexaenoic Acid) 253 mg				**			

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

**Daily Value not established

DAILY ESSENTIALS BENEFITS:

- Balance nutrition
- Increase vitality and energy
- Maintain regulated metabolism

Benefits These Services:

- Facials (all)

SUGGESTED USE:

Take one packet 1-2 times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of reach of children.

2 yr. shelf life

INGREDIENTS:

Vegetable Cellulose (Capsule), Vegetable Glycerin, Gelatin Capsule, Lecithin (Sunflower), Grape Seed Extract 95%, PABA, Inositol, Hesperdin Bioflavonoids, Citrus Bioflavonoids, Kelp, Rosemary, Alfalfa (Leaf), Ginkgo Biloba (Leaf), Korean Ginseng (Root), Rose Hips (Fruit), Rutin, Dandelion (Root), Ginger (Leaf), Fennel (Seed), Peppermint (Leaf), Garlic, Billberry, Purified Water, Magnesium Stearate, Rice Flour, Food Glaze.

more info reference { learn more: mlis.com }

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NATURAL THERAPY

DAILY

MULTIVITAMIN/ MULTIMINERAL

When the fuel you ingest just isn't enough, Daily's got your back! This once a day blend is mixed with 30+ vitamins and nutrients for an essential health and beauty boosting cocktail that is sure to please.



SUPPLEMENT FACTS

Serving Size: vegetable based capsules Servings per container:

Amount per Serving		% Daily Value*
Vitamin A (Beta Carotene 10%)	5,000 IU	100%
Vitamin C (Calcium Ascorbate)	50 mg	83.5%
Calcium (Chelate 30%)	62 mg	62%
Iron (Chelate 20%)	7.5 mg	41.5%
Vitamin D (Cholecalciferol 100,000IU)	200 IU	50%
Vitamin E (D-Alpha 50%)	75 IU	250%
Vitamin B1 (Thiamin)	1 mg	66.5%
Vitamin B2 (Riboflavin)	.9 mg	53%
Vitamin B3 (Niacinamide)	12.5 mg	62.5%
Vitamin B6 (Pyridoxine)	12.5 mg	62.5%
Folic Acid 97%	150 mcg	37.5%
Vitamin B12 (Cyanocobalamin 1%)	10 mcg	166.5%
Biotin D 1%	30 mcg	10%
Phosphorus (Calcium 20%)	10 mg	1%
Iodine (Potassium Iodide)	25 mcg	16.5%
Magnesium (Chelate 20%)	20 mg	5%
Zinc (Chelate 30%)	7.5 mg	50%
Selenium (Chelate .2%)	5 mcg	7%
Manganese (Chelate 10%)	1 mg	50%
Chromium (Chelate 10%)	45 mcg	37.5%
Molybdenum .1%	30 mcg	40%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DAILY BENEFITS:

- Balance nutrition
- Increase vitality
- Boost energy

DIRECTIONS:

As a special dietary supplement, take one capsule twice daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

OTHER INGREDIENTS:

Lecithin (Sunflower), Grape Seed Extract 95%, PABA, Inositol, Hesperdin Bioflavonoids, Citrus Bioflavonoids, Kelp, Rosemary, Alfalfa (Leaf), Ginkgo Biloba (Leaf), Korean Ginseng (Root), Rose Hips (Fruit), Rutin, Magnesium Stearate, Silicon Dioxide, Vegetable Cellulose (Capsule).

more info reference { learn more: mlis.com }

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NATURAL THERAPY

DETOXIFICATION KIT

REJUVENATING BODY CLEANSE



Discover how amazing you can look and feel when your body is truly clean. The essential detoxifying herbs in this kit gently cleanse vital organs and the intestinal tract to breathe new life and energy into the entire body!

View nutrition information on each individual supplement.

CLEANSE:

This restorative formulation gently flushes away harmful toxins that build-up in your body and restores balance and peace to your complexion, digestion, and well-being.

FIBER:

Stimulate weight loss, increase longevity, and keep things movin' at a steady pace.

DETOX:

Engineered for body purifying power, freshly harvested herbs provide immune boosting support and beauty promoting power.

SUGGESTER USE:

Follow the enclosed booklet for detailed instructions.

DETOXIFICATION KIT BENEFITS:

- **Increase weight loss**
- **Clear skin**
- **Eliminate cellulite**
- **Boost immune system**
- **Restore energy levels**

BENEFITS THESE SERVICES:

- M'lis Contour Wraps
- Facials (acneic, aging, damaged skin)
- Body Contouring (all)
- Cryotherapy
- Laser Lipo
- Fat Cavitation

WARNING:

Do not use if on blood thinners, pregnant, or nursing.
Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.
Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

reference back for more info or~ { learn more: mlis.com }

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NATURAL THERAPY

DETOX

BODY PURIFIER



.....

Dump the junk and fill-up on system cleansing benefits. Engineered for body purifying power, freshly harvested herbs provide immune boosting support and beauty promoting power – for results you simply cannot get enough of.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1350 mg
Red Clover Blossom	**
Burdock (Root)	**
Dandelion (Root)	**
Echinacea Purpurea (Root)	**
Ginger (Root)	**
Sarsaparilla (Root)	**
Oregon Grape (Root)	**
Burdock (Seed)	**
Golden Seal (Root)	**
Yellow Dock (Root)	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule).

SUGGESTED USE:

As a special dietary supplement, take two to three capsules. May take twice daily with a large glass of water. If using as part of the M'lis Detoxification Program, consult the M'lis Detoxification Guide for instructions.

DETOX BENEFITS:

- Lower inflammation in the system
- Lubricate the intestinal tract
- Relieve gas and pains in the bowels
- Boost Immune System

BENEFITS THESE SERVICES:

- M'lis Contour Wraps
- Facials (acneic, aging, damaged skin)
- Body Contouring (all)
- Cryotherapy
- Laser Lipo
- Fat Cavitation

WARNINGS:

Do not use if on blood thinners, pregnant, or nursing. Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

DHEA

ANTI-AGING

.....

Pump-up the jams on this body balancing tune. DHEA helps create harmony between hormones that mess with health, sex drive, and aging – to keep you looking and feeling young. All. Day. Long.



SUPPLEMENT FACTS

Serving Size: 1 vegetable based capsules
Servings per container: 90

Amount per Serving	% Daily Value
Proprietary Blend	27 mg
Dehydroepiandrosterone (DHEA)	**
Piper Nigrum Extract (Bioperine®)	**

**Daily Value not established

DHEA BENEFITS:

- Strengthen the immune system
- Maintain a lean body mass
- Provide more energy
- Increase mood and memory

BENEFITS THESE SERVICES:

- Aging skin facials

SUGGESTED USE:

As a special dietary supplement for adults. Men: One capsule. May take one to three times per day before meals. Women: One capsule. May take one or two times per day, or as directed by your health care practitioner.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour. Bioperine® is the only product sourced out of piperine to obtain a patented status for its ability to increase the bioavailability of nutritional compounds. Secondly, it is the only source from piperine to have undergone clinical studies in the U.S. to substantiate its safety and efficacy for nutritional use.

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

ENZYME

DIGESTIVE ENZYME BLEND

.....

We're going to break things down with this one. Literally. Naturally blended to bust-up uncomfortable gas, belly bloating, and ease digestion to keep your skin glowing, your hair thick and shiny, and your cells energized.



SUPPLEMENT FACTS

Serving Size: 2 vegetable based capsules
Servings per container: 45

Amount per Serving	% Daily Value	
Omega 3 Fatty Acids	200 mg	**
Pancreatin 8x	50mg	**
Enzyme Factors	200 mg	**
Protease	10,000 HUT	
Amylase	10,000 SKB	
Lipase	20 FIP	
Cellulase	100 CU	

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

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Dandelion (Root), Ginger (Leaf), Fennel (Seed), Peppermint (Leaf), Garlic, Billberry, Magnesium Stearate, Rice flour.

SUGGESTED USE:

As a dietary food supplement, take one to two capsules before each meal with a large glass of water.

ENZYME BENEFITS:

- Improve absorption of nutrients
- Prevent gas and/or bloating after eating
- Promote weight control
- Alleviate liver acne

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments
- Damaged Skin Treatments

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

EPO

EVENING PRIMROSE OIL

Enjoy a basket full of beautiful benefits. Freshly plucked, this delicate pink flower supplies a healthy bloom of gamma linolenic, and omega acids to assist skin, and heart health – because no other benefits would be as sweet.



SUPPLEMENT FACTS

Serving Size: 1 softgel

Servings per container: 150

Amount per Serving		% Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Evening Primrose Oil	500 mg	**
Cis-Linoleic Acid (LA)	365 mg	**
Gamma-Linolenic Acid (GLA)	45 mg	**

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

INGREDIENTS:

Oil of Evening Primrose.

INACTIVE INGREDIENTS:

Gelatin, Glycerin, Purified Water.

EPO BENEFITS:

- Alleviate skin issues
- Lowers blood cholesterol/blood pressure
- Decrease inflammation
- Balance hormones

BENEFITS THESE SERVICES:

Facials (acneic)

Lymphatic Drainage Massage

SUGGESTED USE:

As a dietary food supplement, take up to three softgels two times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

ESSENTIAL GREENS

SUN-SOAKED PHYTONUTRIENTS

These leafy lovelies spend days on end soaking up good vibes from the sun and sipping on pH-balancing nutrients. Sourced responsibly from sunny organic fields, this splash of greens gathers up health and beauty-loving benefits that will last you a lifetime.

Supplement Facts

Serving Size: 1 Packet (9 g)

Servings per container: 14

Amount per Serving % Daily Value*

Calories 24	Sodium 80 mg	1%
Calories from Fat 0	Total Carbohydrate 3 g	1%
Total Fat 0 g	Fiber 2 g	8%
Saturated Fat 0	Sugars 0 g	
Unsaturated Fat 0	Added Sugars 0 g	
Cholesterol 0mg	Protein 3 g	6%

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

**Daily Value not established

OTHER INGREDIENTS:

Organic Spirulina Algae, Kamut Grass, Organic Oat Grass, Organic Alfalfa Leaf, Organic Chlorella Algae, Organic Beet Root (color) Organic Stevia Leaf Powder, Kombu, Nori, Organic Lemon Grass, Millet Grass, Organic Whole Kale, Organic Amaranth Grass, Organic Whole Flax Seed, Organic Siberian Ginseng Root, Organic Echinacea Purpurea Root, Organic Ginger Root, Organic Olive Leaf, Organic Green Tea Leaf, Organic Turmeric Root, Apple Pectin, Stevia 95%, Natural Berry Flavor, Ascorbic Acid (Flavor) Malic Acid (Flavor).

ESSENTIAL GREENS BENEFITS:

- **Reduce inflammation**
- **Build up the immune system**
- **Manages weight**
- **Regulate the pH of the body**

DIRECTIONS:

Mix with 6-8 oz of cold water and shake vigorously. Use up to 3 times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of reach of children.

2 yr. shelf life

more info reference { learn more: mlis.com }

mlis.

NATURAL THERAPY

EYE SERUM



DARK CIRCLE AND PUFFY EYE RELIEF

.....

Check those bags at the gate! Power packed with shiitake mushroom, cucumber, peptides, and green tea extract to pep-up collagen and wake-up puffy peepers - giving your eyes the boost they need to reclaim a refreshed, youthful result.

INGREDIENTS:

Water (Agua), Hydrolyzed Rice Bran Protein, Oxido Reductases, Glycine Soja (Soybean) Protein, Lysolecithin, Sclerotium Gum, Xanthan Gum, Phenoxyethanol, Pullulan, Glycerin, Lenntinus Edodes (Shiitake) Extract, Cucumis Sativus (Cucumber) Fruit Extract, Ethylhexylglycerin, Malus Domestica Fruit Cell Culture Extract, Hesperidin Methyl Chalcone, Steareth-20, Dipptide-2, Palmitoyl Tetrapeptide-3, Butylene Glycol, Carbomer, Polysorbate-20, Palmitoyl Tripeptide-1, Palmitoyl Tetrapeptide-7, Lecithin, Camellia Sinensis (Green Tea) Leaf Extract.

EYE SERUM BENEFITS:

- **Reduce dark circles and puffiness**
- **Decrease bluish discoloration**
- **Keep skin looking replenished and youthful**
- **Prevents age spots and melanin formulation**

DIRECTIONS:

Gently apply a small drop of EYE SERUM to the upper eyelid and below the eye, beginning from the inner corner of the eye and extending to the outer corner. Apply both morning and night. Intended for use under or over makeup.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

FIBER

WHEAT BRAN AND PSYLLUM

.....

Easy does it! Psyllium seed husk and wheat bran stimulate weight loss, increase longevity, and keep things movin' at a steady pace - for a lifetime of benefits that you can enjoy sitting down, standing up, and enthusiastically riding into the sunset.



SUPPLEMENT FACTS

Serving Size: 8 vegetable based capsules

Servings per container: 25

Amount per Serving	% Daily Value
Proprietary Blend 3600 mg	
Wheat Bran Powder	**
Psyllium Husk Powder	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

PAIRS WELL WITH:

- Detox
- Intestinal Cleanser

FIBER BENEFITS:

- **Maximize efficiency without calories**
- **Lower high LDL**
- **Cleanse bowels and intestines**
- **Regulate hormones**

SUGGESTED USE:

As a special dietary supplement, take six to eight capsules. May take two or three times daily with a large glass of water. Adjust as needed to provide bulk to the diet. If using as part of the M'lis Detoxification Program, consult the M'lis Detoxification Guide for instructions.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

FIRM



FACIAL GEL

.....

Say goodbye to the dull days of aging skin. Brighten and tighten things up with this skin-smoothing facial gel! Enriched with toning, hydrating, and anti-wrinkle properties that infuse collagen into tired cells to help you stick it to Father Time.

INGREDIENTS:

Purified Water, Aloe Vera Gel, Hydrolyzed Collagen, Carbomer, Propylene Glycol, Benzyl Alcohol & Caprylhydroxamic Acid, Glycerin, Triethanolamine.

FIRM BENEFITS:

- **Reduce the appearance of wrinkles**
- **Tone and tighten the skin**
- **Prevent premature aging**

DIRECTIONS:

After cleansing, apply lightly over face and décolleté morning and night before moisturizing. Can be applied under moisturizer.

WARNINGS:

Keep out of eyes.

5 yr. shelf life

GLYCOLIC ACID



FACIAL PEEL

.....

Gently lift away old, exhausted cells with this lunch-time pick-me-up! This 10 minute peel will leave you seeing lasting vibrant, softer and healthier looking (and feeling) skin - that you won't be able to help but eat up!

INGREDIENTS:

20% Glycolic in an Aloe Vera base, with a pH of 2.5.
DI Water, Aloe Barbadensis Leaf Juice, Glycolic Acid,
Glycerin, Germall Plus, Seamollient.

GLYCOLIC ACID BENEFITS:

- **Lessen the appearance of fine lines**
- **Clear acne and pigmentation**
- **Decrease the effects of oily skin**

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments

SUGGESTED USE:

For optimal results perform in a series of 3-6 treatments.

WARNING:

For professional use only.
Keep out of eyes.

2 yr. shelf life

GREEN TEA



HERBAL CLEANSER

Cleanse, soothe, moisturize, and repeat. This cleanser gets busy with all the gentle emollients, vitamins, and hydrating properties that green tea has to offer - achieving results that you can't help but keep coming back for day after day.

INGREDIENTS:

Aqua (Water), Disodium Cocoamphodiacetate, Cocamidopropyl Hydroxysultaine, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Sodium Chloride, Polysorbate 20, Citric Acid, Glycerin, Lavandula Angustifolia (Lavender) Oil, Potassium Sorbate, Sodium Benzoate, Pelargonium Graveolens (Geranium) Flower Oil, Caprylic/Capric Triglyceride, Polyquanternium-10, Bisabolol, Allantoin, Camellia Sinensis Leaf Extract, Chamomilla Recutita (Matricaria) Flower Extract, Aloe Barbadensis (Aloe Vera) Leaf Juice, Porphyra Umbilicalis Extract, Ubiquinone, Ascorbic Acid.

GREEN TEA CLEANSER BENEFITS:

- Prevent and reduce abnormal skin conditions
- Stimulate skin cell growth and renewal
- Lessen the appearance of fine lines

DIRECTIONS:

Apply a light film over the face and décolleté. Using the fingertips gently work into pores. Rinse with warm water.

WARNINGS:

Keep out of eyes.

2 yr. shelf life

HEAT



EXERCISE GEL

.....

Turn the heat up on your workout results! This circulation-inducing exercise gel boasts warming niacin and anti-inflammatory vitamins, to avoid sprains and strains and bring body-lovin' improvements to even the most problematic areas.

INGREDIENTS:

DI Water, Aloe Barbadensis Juice, Hedera Helix (Ivy) Leaf Extract, Spiraea Ulmaria Flower Extract, Fucus Vesiculosus (Bladderwrack) Extract, Equisetum Arvense (Horsetail) Leaf Extract, Clematis Vitalba Leaf Extract, Carboner, Niacinamide, Allantoin, Retinyl Palmitate (Vitamin A), Tocopheryl Acetate (Vitamin E), Vegetable Glycerin, Triethanolamine, Menthyl Nicotinate.

HEAT BENEFITS:

- **Keep muscles warm and moveable**
- **Increase circulation**
- **Reduce stiffness/aches after workout**
- **Lessen muscle warm-up time**

SUGGESTED USE:

Before exercising, apply HEAT to cellulite prone areas. Massage lightly into skin until invisible. HEAT may be used prior to all types of exercise, including meditation and yoga.

WARNINGS:

Keep out of the reach of children.
Do not use on face.

1 yr. shelf life

HYDRATE



SKIN HYDRATING DROPS

.....

Is your complexion looking parched? Don't fret! Used under your favorite moisturizer, this barely there hyaluronic acid serum drenches your skin in a wave of hydrating benefits - for fine lines and wrinkles that just wash away.

INGREDIENTS:

DI Water, Aloe Barbadensis, Hyaluronic Acid, Chamomilla Recutita (Matricaria) Flower Extract, Vegetable Glycerin, Germall Plus, Sodium PCA, Polyquarternium-10.

HYDRATE BENEFITS:

- **Improve penetration of skin care products**
- **Reduce the appearance of fine lines and wrinkles**
- **Alleviate abnormal skin conditions**

DIRECTIONS:

After cleansing and while the skin is still moist, gently spread a dime-sized amount of HYDRATE over the skin of the face and décolleté. For use before moisturizer.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

LIFT

FACIAL MASQUE



.....

Brush on the benefits of the fountain of youth! This skin-tightening masque lifts, tones, and refines the skin with its 188 trace minerals, vital proteins, antioxidants, and RNA factors to give your face and décolleté the gift of truly age-defying skin.

INGREDIENTS:

Hydrolyzed Egg Protein (Albumen), Glycine Soja (Soybean) Protein, Bee Pollen Extract, Milk Powder Protein, Hydrolyzed Oat Flour, Wheat Germ, Ascorbic Acid, Lanalbine, Enzymes, RNA Factor , Aloe Powder, Lysine, Hazelnut Powder, 180 Mineral Complex.

LIFT BENEFITS:

- **Reduce the appearance of fine lines and wrinkles**
- **Shrink enlarged pores**
- **Eliminate acne, blemishes and blackheads**
- **Tighten drooping and sagging skin**

APPLICATION:

Mix one teaspoon of M'lis LIFT with 3/4 teaspoon of M'lis ACTIVATE and stir until smooth. Apply a light film over entire face and décolleté, using upward brush strokes. Allow to dry and tighten for 60 minutes then remove by flooding with water.

WARNINGS:

Keep out of eyes.
Patch test.

5 yr. shelf life

more info reference { learn more: mlis.com }

m'lis.
NATURAL THERAPY

MAINTAIN



ANTI-CELLULITE LOTION

.....

Put some ump' in your bump and speed up Contour's slimming performance with this body-firming lotion. Saturated with circulation inducing niacin to penetrate cellulite-prone areas for optimal detoxifying power - giving you nothing but the best long-term results.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Glycine Soja (Soybean) Oil, Hedera Helix (Ivy) Leaf/Stem Extract, Persea Gratissima (Avocado) Pulp, Cucumis Sativus (Cucumber) Fruit Extract, Camellia Sinensis (Green Tea) Leaf Extract, Vegetable Glycerin, Allantoin, Panthenol, Isopropyl Myristate, Retinyl Palmitate (Vitamin A), Niacinamide, Germall Plus, Triethanolamine, Tetrasodium EDTA, Cinnamomum (Cinnamon) Cassia Oil.

MAINTAIN BENEFITS:

- **Increase circulation**
- **Soften and condition the skin**
- **Tighten and tone**
- **Aid in the removal of cellulite**

BENEFITS THESE SERVICES:

- Contour Body Wraps

SUGGESTED USE:

Apply liberally on the body after bathing, massaging lotion into cellulite-prone areas.

WARNINGS:

Keep out of eyes.
Do not use on face.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

MRP



INSTANT MEAL SHAKE

Convenience and ease is suspended in 100% nutrition - scoopable energy that will follow you wherever the busy road of life may take you.

Supplement Facts

Serving Size: 43 grams (2 scoops)

Servings per container: 15

Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Calories 171		Sodium 60 mg	3%
Calories from Fat 27		Total Carbohydrates 16g	5%
Total Fat 3g	4%	Dietary Fiber 5g	18%
Saturated Fat 1.5g	8%	Soluble Fiber 5g	**
Mono-Unsaturated Fat 0g	0%	Sugar 6g	**
Trans Fat 0g	0%	Added Sugar 0g	**
Cholesterol 25 mg	8%	Protein 20g	40%
Vitamin A (Acetate) 5,000 IU	100%	Magnesium (Citrate) 125 mg	31.5%
Vitamin C (Ascorbic Acid) 300 mg	500%	Chromium (Chelate) 40 mcg	33%
Calcium (TriCalcium) 300 mg	30%	Potassium (Chelate) 250 mg	7%
Iron (Chelate) 1 mg	5.0%	L-Acidophilus Blend 100 mg	**
Vitamin D (Cholecalciferol) 150 IU	38%	Active Enzyme Blend 100 mg	**
Vitamin E (Acetate) 35 IU	117%	Fungal Lipase 5 FIP	
Thiamin HCL 1.8 mg	120%	Cellulase 25 CU	
Riboflavin 2 mg	118%	Protease 2,500 HUT	
Niacin (Niacinamide) 20 mg	100%	Amylase 2,500 SKB	
Pyridoxine HCL 2 mg	100%	Omega Fatty Acid Blend (Plant Source) 30 mg	**
Folic Acid 300 mcg	75%	CLA (Conjugated Linoleic Acid) 10 mg**	
Methyl Cobalamin 7 mcg	117%	Mineral Blend (Trace 72) 5 mg	**
Biotin 60 mcg	20%	Citrus Bioflavonoids 10 mg	**
Calcium Pantothenate 10 mg	100%		

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

MRP BENEFITS:

- Enhance mood
- Improve Skin
- Boost the immune system
- Balance a healthy weight

INGREDIENTS:

Whey Protein Concentrate, Non Fat Dry Milk, HOSO High Oleic Sunflower Oil Powder 50%, Pre-Biotic Vitafiber® (IMO) Coconut (MCT) Oil Powder 50%, Whey Protein Isolate, Orange Fruit Powder, Fibersol 2, Xylitol, Nat. Vanilla Flavor, Xanthin Gum, Stevia 95%, Nat. Orange Flavor, Citric Acid, Lo Han, Sea Salt, L-Acidophilus, Vitamins & Minerals.

AVAILABLE FLAVORS:

Chocolate, Vanilla, Orange, Mocha and Strawberry. Also available in convenient on-the-go packets.

6 yr. shelf life

Strawberry MRP

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

NOURISH



NUTRIENT OIL

Wave away the age of the day, and dip into this dewy delight. Every drop of this youth-regenerating blend is packed full of beautifully balanced oils to instantly infuse your skin with an abundance of essential vitamins, minerals, enzymes, proteins, and amino acids - giving you skin that is always good to glow!

INGREDIENTS:

Sesamum Indicum (Sesame) Seed Oil, Isopropyl Myristate, Persea Gratissima (Avocado) Oil, Wheat Germ Glycerides, Prunus Armeniaca (Apricot) Kernel Oil, Triticum Vulgare (Wheat) Germ Oil, Bee Pollen Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Squalane, Tocopheryl Acetate (Vitamin E), BHT.

NOURISH BENEFITS:

- **Smooth wrinkles**
- **Hydrate ultra-dry skin**
- **Improve texture and tone of skin**

SUGGESTED USE:

After cleansing, apply two-three drops each night to skin around eyes, face, décolleté, and cuticles. For ultra-dry skin such as elbows, knees and heels, apply two-three times daily.

WARNINGS:

Keep out of eyes.

TIPS

Use in place of cuticle oil.

1 yr. shelf life

PROBIOTIC

SYNERGIZED ACIDOPHILUS

.....

Balance and bloom gut flora. Formulated with goldenseal root, garlic, and 10 billion live organisms to discourage inflammation, and encourage radiantly clear skin.



SUPPLEMENT FACTS

Serving Size: 2 vegetable based capsules
Servings per container: 45

Amount per Serving	% Daily Value	
Vitamin A (Beta-Carotene)	10,000 IU	200%
Vitamin C (Ascorbic Acid)	30mg	50%
Biotin D	100 mcg	34%
Zinc Citrate	52 mg	346%
Proprietary Blend	870 mg	
Lactobacillus Acidophilus 4 billion		**
Bifidobacterium Bifidus 3 billion		**
Bifidobacterium Longum 3 billion		**
Barberry Root (Bark)		**
Licorice (Root)		**
Pau d' Arco (Bark)		**
Garlic (Clove)		**
Golden Seal (Root)		**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

PROBIOTIC BENEFITS:

- Prevent bad breath, gas, and bloating
- Improve the overall health of the skin
- Balance estrogen levels

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments
- Damaged Skin Treatments

SUGGESTED USE:

As a special dietary supplement, take one or two capsules four times daily as needed with food.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

4 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

PROSTATE

NATURAL HORMONE SUPPORT

When size does matter – we've got just the thing. Living large (down under) contributes to frequency, urgency, and the inability to urinate. Take control and break through confining walls with this prostate support formula.



SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 60

Amount per Serving		% Daily Value
Iodine (as Potassium Iodide)	0.09 mg	60%
Zinc (Citrate 30%)	9.9 mg	66%
Manganese (Chelate 10%)	0.12 mg	6%
Molybdenum (Chelate 1%)	0.105 mg	141%
Queen of the Meadow	60 mg	**
Juniper (Berry)	159.9 mg	**
Corn Silk	39.9 mg	**
Parsley (Leaf)	60 mg	**
Saw Palmetto Extract 4:1	180 mg	**
Buchu (Leaf)	120 mg	**
Echinacea (Root)	90 mg	**
Marshmallow (Root)	90 mg	**
Dandelion (Root)	120 mg	**
Pumpkin (Seed)	140.1 mg	**
Uva Ursi Extract 4:1	189.9 mg	**
Golden Seal (Root)	90 mg	**
Mucuna Pruriens	99.9 mg	**
Vanadium	0.9 mg	**
Beta-Sisterol	80.1 mg	**

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

**Daily Value not established

PROSTATE BENEFITS:

- Support prostate health
- Reduce frequent urination
- Promotes healthy circulation

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule).

SUGGESTED USE:

As a special dietary supplement, take three capsules per day.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

RADIANCE

COLLAGEN BEAUTY DRINK



Radiance develops beautiful skin by boosting collagen levels and providing antioxidants that firm your skin, diminish wrinkles, and give you a radiant glow.

NUTRITION FACTS

15 servings per container **Serving Size: 1 scoop (12g)**

Amount per Serving		Amount per Serving	% Daily Value*
Calories	48		
	% Daily Value*		
Total Fat 0g	0%	Sodium 5 mg	0%
Saturated Fat 0g	0%	Total Carbohydrates 7g	3%
Trans Fat 0g	0%	Dietary Fiber 0g	0%
Cholesterol 0mg	0%	Total Sugars 0g	0%
		Added Sugars 0g	0%
		Protein 5g	10%
Beta Carotene	16.6%		
Vitamin C (Ascorbic Acid)	500%	Vitamin E (DL-Alpha Tocopherol Acetate)	66%
Calcium	0%	Biotin D 1%	33%
Vitamin D3	300%	Zinc (Citrate)	66%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Individual values may be higher or lower.

INGREDIENTS:

Collagen (Hydrolyzed) Xylitol, Citric Acid, Peach Mango Flavor Natural, MSM, Malic Acid, Stevia Leaf Extract 90%, Mango Flavor Natural, Sea Salt, Hyaluronic Acid, Lycopene, CoQ10. Beta Carotene as color.

RADIANCE BENEFITS:

- Keep skin plump & fresh
- Support collagen formation
- Boost antioxidants in the skin
- Decrease wrinkle depth and volume

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments
- Damaged Skin Treatments

SUGGESTED USE:

For adults, mix one scoop with 4 ounces of water and shake vigorously. One to two times daily.

WARNINGS:

Keep in a cool, dry place.
Keep out of the reach of children.

2 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

RELIEF



MUSCLE AND JOINT AID

Ooh awe and oogle over this joint soothing formulation. Grade A body boosting herbs keep your joints moving and grooving without any aches and pains – by strengthening and lubricating all your gears for the always-changing road ahead.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 66

Amount per Serving	% Daily Value	
Vitamin C (as calcium ascorbate)	60 mg	99%
Proprietary Blend	1347 mg	
Alfalfa (Leaf)		**
Yucca (Root)		**
Devils Claw (Herb)		**
Burdock (Root)		**
Prickly Ash (Bark)		**
Licorice (Root)		**
Trace Mineral Blend		**
Sarsaparilla (Root)		**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

RELIEF BENEFITS:

- Strengthen all vital organs
- Increase joint lubrication
- Reduce inflammation

SUGGESTED USE:

As a special dietary supplement, take three capsules. May take one or two times daily with meals.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

2 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

RENEW



ESTER-C HYDRATING SERUM

.....

Invigorate your skin with an experience in every pump! Delicate tones of freshly-picked oranges will drift you towards thoughts of sunshine and summer days, while vitamin C, hyaluronic acid, jojoba, and grape seed oil drench your skin in a wave of hydration.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Carbomer Solution, Glycerin, Ethylhexyl Palmitate, Simmondsia Chinensis (Jojoba) Seed Oil, Vitis Vinifera (Grape) Seed Oil, Ascorbic Acid, Squalane, Cetyl Alcohol, Dimethicone, Hyaluronic Acid, Germall Plus, Orange Fragrance, Food Grade Color.

RENEW BENEFITS:

- **Promote cell renewal and growth**
- **Reduce the appearance of fine lines and wrinkles**
- **Protect skin against UV and environmental damage**
- **Prevent and reverse the effects of aging**

DIRECTIONS:

Use serum morning and night on cleansed skin and apply in upward strokes to cover both the face and décolleté. For deeper hydration, apply a moisturizer following application.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

REPAIR



TISSUE REPAIR CREAM

.....

Dry and damaged skin rejoice! This super rich moisturizing salve is formulated with eucalyptus, aloe, and advanced botanicals to support less than perfect skin conditions - even the most stubborn ones.

ACTIVE INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Isopropyl Myristate, Persea Gratissima (Avacado) Oil, Retinyl Palmitate (Vitamin A), Ribonucleic Acid, Allantoin, Tocopheryl Acetate (Vitamin E), Panthenol, Petrolatum, Vegetable Glycerin, Cetyl Alcohol, Eucalyptus Globulus Leaf Oil, Methyl Salicylate, Beta-Carotene, Germall Plus, Triethanolamine, Food Grade Color.

REPAIR BENEFITS:

- **Protect and soothe damaged skin**
- **Minimize and reverse the scarring process**
- **Rebuild tissue naturally**
- **Nourish and conditions skin**

DIRECTIONS:

Apply a thin layer of cream into cleansed skin in small circular motions. Use as needed on dry and damaged skin areas and massage gently until invisible. For deeper penetration, apply a thicker layer of this soothing salve.

WARNINGS:

Keep out of eyes.

6 mo. shelf life

SALMON OIL



OMEGA 3

Reel in the benefits of the purest omega-3s in all the seven seas! Our salmon is caught fresh off the cold and pristine shorelines of Alaska, for the highest purity oil swimming around in the market today – for benefits that are nothing but fresh off the hook.

SUPPLEMENT FACTS

Serving Size: 2 softgels Servings per container: 50

	Amount per Serving	% DV
Calories	22	
Calories from Fat	20	
Total Fat	2.2g	3%
Protein	4mg	1%

Salmon Oil		
Eicosapentaenoic Acid (EPA)	170mg	**
Docosahexaenoic Acid (DHA)	150mg	**
Other Fatty Acids	400mg	**

**Daily Value not established

OTHER INGREDIENTS (CAPSULE):

Gelatin, Vegetable Glycerin.

SALMON OIL BENEFITS:

- Balance cholesterol levels
- Improve cognitive function
- Promote healthy aging
- Increase health of the eyes, nails and skin

SUGGESTED USE:

Take two softgels. May take two times daily following a meal.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

SCRUB



FACIAL EXFOLIATOR

.....

Enliven skin and awaken the senses with this ahhh-mazingly energizing menthol facial scrub. Rounded granules are suspended in a rich, creamy lotion of chamomile and ginseng, to gently buff away any roughness in your way.

INGREDIENTS:

D.I. Water, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Vegetable Glycerin, Chamomilla Recutita (Chamomile) Flower Extract, Helianthus Annuus (Sunflower) Seed Wax Beads, Cetyl Alcohol, Lanolin Alcohol, Panax (Ginseng Root) Extract, Germall Plus,

SCRUB BENEFITS:

- **Removing dead surface cells**
- **Reduce fine lines, uneven texture, and irregular pigmentation**
- **Transform dull, lifeless skin**

DIRECTIONS:

After cleansing, lather in palms before applying to wet face and neck. Massage gently, concentrating on nose, forehead and any problem area. (Avoid eye area.) Rinse with warm water. Use 2-3 times a week.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

SLEEP



NATURAL SLEEP AID

.....

No more counting sheep! With melatonin, 5-HTP and gamma-amino butyric acid, this all-natural herbal tonic is the eazzzzy way to reach a deep, restorative sleep - giving you the energy you need to take on the day!

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Silicon Dioxide,
May Contain Organic Rice Flour.

SLEEP BENEFITS:

- **Increase REM sleep**
- **Give a sense of calm**
- **Reduce sleep disturbances throughout the night**
- **Awake feeling more rested**

SUGGESTED USE:

As a special dietary supplement take one capsule before bedtime.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

SLENDER AID



APPETITE APPEASER

.....

Willpower in a bottle! This hunger-bustin' blend naturally helps to quiet a growling stomach, break down fat, and balance blood sugar levels - giving you an extra push towards long-lasting weight-loss results.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1350 mg
Burdock (Root)	**
Chickweed (Herb)	**
Fennel (Seed)	**
Hawthorn (Berry)	**
Licorice (Root)	**
Dandelion (Root)	**
Parsley (Leaf)	**
Bladderwrack	**
Gotu Kola (Herb)	**
Kelp	**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

SLENDER AID BENEFITS:

- Reduce hunger pangs and nervous tension
- Appease the appetite naturally
- Regulate blood sugar level
- Break down and oxidize fat

SUGGESTED USE:

As a special dietary supplement, take two to three capsules one half hour before each meal with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

SOOTHE



ANTI-INFLAMMATORY GEL

.....

Immediately soothe sore muscles and joints! Menthol, camphor, and capsaicin will pep up your senses and invigorate your aching body with fast acting, long lasting pain relief benefits in every pump.

INGREDIENTS:

Aloe Barbadensis Leaf Juice, Camellia Sinensis (Green Tea) Leaf Extract, Caprylyl Glycol, Capsicum Annuum Fruit Extract, Carbomer, Citrus Aurantium Dulcis (Orange) Peel Oil, Citrus Grandis (Grapefruit) Seed Extract, Decyl Glucoside, Glycerin, Hamamelis Virginiana (Witch Hazel) Leaf Extract, Phenoxyethanol, Rosa Damascena Flower Water, Sodium Carbonate, Spiraea Ulmaria Flower (Queen of the Prairie) Extract, Water, Yucca Schidigera Root Extract.

SOOTHE BENEFITS:

- Soothe muscles, joint and nerve pain
- Increase circulation
- Lessen inflammatory response of tissues

DIRECTIONS:

Apply to sore muscles and joints no more than three to four times daily. Rub in thoroughly until gel is absorbed.

WARNINGS:

Keep away from eyes and genitals.

1 yr. shelf life

SWEET

FIBER SWEETENER

SWEET™ is a sugar free, low calorie soluble fiber supplement that tastes as sweet as it sounds, to provide healthy benefits to the body.



Nutrition Facts

80 servings per container

Serving size 1 teaspoon (3g)

Amount per serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1.5g 7%

Sugars 0g

Impact (Net) Carbs 0g

Protein 0g 0%

Vitamin A 0%

Vitamin C 0%

Iron 0%

Calcium 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SWEET BENEFITS:

- **Improve digestion**
- **Substitute sugar and harmful sweeteners**
- **Sweeten food naturally**
- **Increases Fiber Intake**

SUGGESTED USE:

Instead of sugar, use SWEET™ in your daily diet as a sweetener fortified with fiber. Substitute on a one-to-one ratio.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.

3 yr. shelf life

OTHER INGREDIENTS:

Fibersource Lg™ (Acacia Fiber, Chicory Root Fiber) Xylitol™, Lo-Han Extract, Citrus Bioflavonoids, Silica. Gradually increase fiber intake.

more info reference { learn more: mlis.com }

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NATURAL THERAPY

THYROID

ENDOCRINE SUPPORT

Like a multivitamin for your thyroid! Essential nutrients blended with a score of thyroid balancing herbs to get you out of the rough and back on the fairway - for driven success that is sliced straight up the green.

THYROID BENEFITS:

- Promote weight loss
- Boost energy
- Eliminate fatigue
- Increase mood

SUGGESTED USE:

As a special dietary supplement, take one capsule. May take one to three times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

SUPPLEMENT FACTS

Serving Size: 1 vegetable based capsules
Servings per container: 90

Amount per Serving	% Daily Value	
Coleus Forskohlii 20%	10mg	**
Bacopa	55mg	**
Proprietary Blend	445mg	
Kelp (Whole)		**
Hops (Flower)		**
Sage (Leaf)		**
Ashwagandha (Root)		**
Rosemary (Whole)		**
Bladderwrack (Whole)		**
Ginseng (Root)		**
Schisandra (Root)		**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

TONE



SKIN SPRAY

Instantly refresh with every spritz! Aloe, witch hazel, and comfrey root provide a naturally soothing, anti-inflammatory boost of nourishing hydration - helping you put your best face forward.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice (1.00%), Glycerin, Quercus Alba (White Oak) Bark Extract, Hamamelis Virginiana (Witch Hazel) Extract, Mentha Piperita (Peppermint) Leaf Extract, Symphytum Officinale (Comfrey)/ Root Extract, Chamomilla Recutita (Matricaria) Flower Extract, Sodium Hyaluronate, S D Alcohol - 40, Germall Plus.

TONE BENEFITS:

- **Invigorate the skin**
- **Soften the appearance of facial lines**
- **Sets mineral makeup**
- **Kill acne causing bacteria**

DIRECTIONS:

Use morning and evening after cleansing and throughout the day to refresh and revitalize.

WARNINGS:

Keep out of eyes.

TIPS

Use throughout the day and after traveling for an instant pick-me-up!

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

TOTAL BODY CLEANSE

7-DAY HEALTH AND BEAUTY REJUVENATION SYSTEM



.....

You are a pretty big deal, especially when your body is healthy and active. The toxins surrounding you every day don't care. They constantly attack your efforts to have beautiful skin, natural energy, a slimmer figure and -most importantly- confidence. Simply put, in just seven days M'lis' total Body Cleanse pushes these toxins out so you can continue being the big deal we know you are.

ESSENTIAL GREENS:

View Essentail Greens for nutrient info.

PURIFYING PACKETS:

Supplement Facts

Serving Size: 1 Packet	Servings per container: 14	
	Amount per Serving	% Daily Value*
Proprietary Blend	6,200 mg	**
Burdock (Root)		**
Burdock (Seed)		**
Butternut (Bark)		**
Cascara Sagrada (Bark)		**
Cloves (Seed)		**
Dandelion (Root)		**
Echinacea Purpurea (Root)		**
Fennel (Seed)		**
Ginger (Root)		**
Golden Seal (Root)		**
Licorice (Root)		**
Marshmallow (Root)		**
Oregon Grape (Root)		**
Psyllium Husk Powder		**
Red Clover (Blossom)		**
Sarsaparilla (Root)		**
Yellow Dock (Root)		**
Wheat Bran Powder		**

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

**Daily Value not established

TOTAL BODY CLEANSE BENEFITS:

- Increase weight loss
- Clear skin
- Eliminate cellulite
- Boost immune system
- Restore energy levels

BENEFITS THESE SERVICES:

- M'lis Contour Wraps
- Facials (acneic, aging, damaged skin)
- Body Contouring
- Cryotherapy
- Laser Lipo
- Fat Cavitation

2 yr. shelf life

reference back for more info or~ { learn more: mlis.com }

mlis.
NATURAL THERAPY

TRANQUILITY



HERBAL STRESS RELIEF

.....

Check-in with serenity and check-out with ahhh-mazing results. Chamomile, lavender, and hops flower work together to encourage feelings of complete relaxation - without becoming weak at the knees.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1149 mg
Passion (Flower)	**
Catnip (Herb)	**
Chamomile (Flower)	**
Hops (Flower)	**
Lavender (Flower)	**
Myrrh Gum	**
Spearmint (Leaf)	**
Valerian (Root)	**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

TRANQUILITY BENEFITS:

- Reduce stress and anxiety
- Alleviate insomnia
- Calm the mind and body

SUGGESTED USE:

As a special dietary supplement, take one to three capsules daily, or as recommended by your health care professional.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

T I P S

Try taking at night to promote relaxation.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY



ANTIOXIDANT WITH ASTAXANTHIN

Block out the ickies and bust up the yucks. Vitamin C, astaxanthin, ginkgo biloba and a handful of other synergizing herbs provide your skin and body with an outside defense from germs that may get you feeling (and looking) down.

SUPPLEMENT FACTS

Serving Size: 2 vegetable based capsules
Servings per container: 45

Amount per Serving	% Daily Value	
Vitamin C (Calcium Ascorbate)	300 mg	500%
Selenium (Chelate .2%)	100 mcg	285%
Proprietary Blend	620 mg	
Astaxanthin Extract		**
Angel Hair (Mozuku) Extract		**
Ginkgo Biloba (Leaf)		**
Bilberry (Fruit)		**
Milk Thistle (Herb)		**
Motherwort (Herb)		**
Green Tea (Leaf)		**
Red Raspberry (Leaf)		**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule).

VITAL BENEFITS:

- Boost immune system
- Eliminate free radicals
- Protect nerves and cells

SUGGESTED USE:

As a special dietary supplement, take two capsules daily with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

VITAMIN B12



NATURAL ENERGY

Put some pep in your step! These perfectly pink lozenges pack a powerful punch of natural instantaneous energy when you need it most – allowing you to push through whatever may get in your way.

OTHER INGREDIENTS:

Mannitol, Crospovidone, Vegetable Stearic Acid, Natural Flavor, Contains <2% of: Beet Juice Color, Vegetable Magnesium Stearate.

VITAMIN B12 BENEFITS:

- **Boost energy naturally**
- **Encourage healthy cell formation**
- **Prevent mood swings**
- **Renew hair, skin and nails**

SUGGESTED USE:

For adults, take one lozenge daily. Chew twice, then place under tongue for 30 seconds and dissolve before swallowing.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

2 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

VITAMIN D

SUNSHINE VITAMIN

Soak up those feelin' fine sunshiny vibes. Natures "sunshine vitamin" is packed with a ray of light in every mood-boosting, bone strengthening, immune system defending softgel – recharging your body with a burst of solar power.



SUPPLEMENT FACTS

Serving Size: 1 softgel

Servings per container: 100

Amount per Serving	% Daily Value	
Vitamin D (as D3 Cholecalciferol)	1000 IU	250%

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

OTHER INGREDIENTS:

Non-GMO Soybean Oil, Gelatin, Glycerin.

VITAMIN D BENEFITS:

- Strengthen bones
- Boost immune system
- Decrease cognitive decline
- Improve mood

BENEFITS THESE SERVICES:

Acneic skin treatments
Aging skin treatments
Damaged skin treatments

SUGGESTED USE:

As special dietary supplement, take one to two softgels daily with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.
Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

WASH



HERBAL CLEANSER

.....

A delightfully bright cleanser for truly enviable results. This pH balanced head-to-toe herbal wash, deeply penetrates pores without overdrying - guiding even the most sensitive skin towards nourishment and total hydration.

INGREDIENTS:

DI Water, Sodium Lauryl Ether Sulfate, Cocamidine DEA, Cocamidopropyl Betaine, Hydroxypropyl Methylcellulose, Quercus Alba Bark Extract, Sodium Chloride, Citric Acid, Germall Plus, Collagen, White Oak Bark Oil.

WASH BENEFITS:

- **Control acne conditions**
- **Relieve ingrown hairs**
- **Tighten skin and pores without drying**
- **Flush away impurities that rest on the skin**

DIRECTIONS:

Apply a light film over the skin area to be cleansed. Work lightly into pores with fingertips. Leave on 2-3 minutes. Rinse well with warm water.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

WEIGHT LOSS KIT

ADVANCED WEIGHT LOSS SYSTEM

.....

Completely natural and guaranteed pure, each packet has everything your body needs to safely drop unwanted pounds—faster. It promotes clean living, increases your energy and trims stubborn fat, providing you with visible, long-lasting results.

Supplement Facts

Serving Size: 1 Packet Servings per container: 28

	Amount per Serving	% Daily Value*
Calories	25	
Calories from Fat	25	
Total Fat	2.5 g	4%
Protein	<1 g	1%
Extra Strength Tonalin® CLA (from Safflower oil)	2,600 mg	**
Contains 78-84% Conjugated Linoleic Acid (CLA) 2,028 mg - 2,184 mg		
Green Coffee Bean Extract (Coffea Arabica)	400 mg	**
Standardized to contain 45% Chlorogenic Acids, 180 mg		
Green Tea 50% ECGC	150 mg	**
Gymnema Sylvestre	100 mg	**
Raspberry Ketones	100 mg	**
Hawthorn Berry	50 mg	**
Gotu Kola Herb	40 mg	**
7-Keto® - Dehydroepiandrosterone Acetate	25 mg	**
Bladderwrack	20 mg	**
Citrus Peel Extract 30%	10 mg	**
Proprietary Blend	480 mg	**
Burdock (root)	** Parsley (leaf)	**
Fennel (seed)	** Kelp	**
Chickweed (herb)	** Siberian Ginseng (root)	**
Dandelion (root)	** Guarana 22%	**
Licorice (root)	** Sweet Cinnamon (bark)	**

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

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose, Vegetable Glycerin, Gelatin Capsule, Purified Water, Natural Carmel Color, Soybean Oil, Dicalcium Phosphate, Soy Lecithin, Yellow Beeswax, Silica, Magnesium Stearate.

WEIGHT LOSS KIT BENEFITS:

- **Boost energy**
- **Eliminate toxins that prevent slimming down**
- **Appease the appetite naturally**
- **Break-up fat within cells**

BENEFITS THESE SERVICES:

- Cryotherapy/ Crypsculpting
- Laser Lipo
- Fat Cavitation

WARNINGS:

Keep in a cool, dry place.

Keep out of reach of children.

If pregnant or nursing, consult a health-care professional before use.

Not intended for use by persons under the age of 18.

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.

2 yr. shelf life

more info reference { learn more: mlis.com }

mlis.[®]

NATURAL THERAPY

WILD YAM



PROGESTERONE CREAM

.....

Add some balance to your life! This cream is richly infused with wild yam extract to help create harmony for those needing to fine-tune hormonal issues, and for all of those pushing their fabulous forties and beyond!

INGREDIENTS:

DI Water, Aloe Juice, Sesame Oil, Isopropyl Myristate, Glyceryl Stearate, Stearic Acid, Cetyl Alcohol, Jojoba Oil, Apricot Kernel Oil, Mineral Oil, Vegetable Glycerin, Wild Yam Extract (Progesterone), Tocopheryl Acetate (Vitamin E), Allantoin, Panthenol, Germall Plus, Triethanolamine, Fragrance - Citrus, Versene-100.

WILD YAM BENEFITS:

- **Relieve night sweats and hot-flashes**
- **Balance estrogen and testosterone**
- **Provide relief from hormonal imbalances**

DIRECTIONS:

Apply 1/4 teaspoon after bathing to soft tissue areas of the body, neck, throat, breast, stomach, inner arm, or inner thigh. Rotate application sites for best absorption. Best results are achieved when used in combination with M'lis BALANCE.

WARNINGS:

Keep out of eyes.
If pregnant or nursing, consult a healthcare professional before use.
Keep out of reach of children.

1 yr. shelf life

ACTIVATE



ALOE ACTIVATOR

.....

Turn on the lifting action from our age-defying, firming masque with this aloe based activator. Enriched with 18 amino acids to refresh, tone, and revitalize tired skin - encouraging a show stopping glow.

INGREDIENTS:

Aloe Barbadensis Leaf Juice, Sodium Benzoate, Citric Acid, Potassium Sorbate, Methyl Paraben.

ACTIVATE BENEFITS:

- **Restore health to the skin**
- **Remove impurities from the skin**
- **Tone and hydrates skin**

SUGGESTED USE:

Mix 3/4 teaspoon of M'lis ACTIVATE with one teaspoon of M'lis LIFT and stir until smooth. Apply a light film over entire face and neck, using upward brush strokes. Allow to dry and tighten for 60 minutes then remove by flooding with water.

WARNINGS:

Keep out of eyes.

5 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

APPLE STEM CELL



MOISTURIZER

.....

Indulge just a little (or a lot) with this dreamy creamy moisturizer. Pear, apple, and warm vanilla will envelop your senses in a youthful embrace, while apple stem cells go to work to create the ultimate treat for aging skin.

ACTIVE INGREDIENTS:

Water (Aqua), C12-15 Alkyl Benzoate, Butyrospermum Parkii (Shea Butter), Glyceryl Stearate, Squalane, Cetearyl Alcohol, Glycerin, Cetearyl Glucoside, C13-14 Isoparaffin, Malus Domestica Fruit Cell Culture Extract, Polyacrylamide, Laureth-7, Tocopherol, Phenoxyethanol, Butylene Glycol, Lecithin, Carbomer, Polysorbate-20, Palmitoyl Tripeptide-1, Palmitoyl Tetrapeptide-7, Caprylic/Capric Triglyceride, Tribehenin, Xanthan Gum, Ceramide 2, PEG-10 Rapeseed Sterol, Ethylhexylglycerin, Palmitoyl Oligopeptide, Pyrus Malus (Apple) Fruit Extract, Jasminum Officinale (Jasmine) Flower/Leaf Extract, Dipteryx Odorata (Tonka) Seed Extract, Pyrus Communis (Pear) Fruit Extract, Ananas Sativus (Pineapple) Fruit Extract, Vanilla Planifolia (Vanilla Bean) Fruit Extract, Citric Acid.

APPLE STEM CELL BENEFITS:

- **Prevent aging skin**
- **Rejuvenate skin cell's DNA**
- **Replenish new collagen and elastin**
- **Decrease the appearance of wrinkles**

DIRECTIONS:

Gently massage a thin layer of moisturizer in an upward motion over face and décolleté after cleansing and exfoliating. Use both morning and night.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

APRICOT GRAPE SEED



EXFOLIATOR

.....

Bare it all beautifully without all the fluff. This 100% all-natural, anti-aging exfoliator is blended with ground grape seeds and calming apricot seed oil - rebuilding collagen for results that are as flawless as the formulation itself.

INGREDIENTS:

Water (Aqua), Caprylic/Capric Triglyceride, Glycerin, Prunus Armeniaca (Apricot) Seed Powder, Vitis Vinifera (Grape) Seed Oil, Butyrospermum Parkii (Shea) Butter, Stearic Acid, Stearyl Alcohol, Cetearyl Alcohol, Cetearyl Glucoside, Vitis Vinifera (Grape) Seed Powder, Carthamus Tinctorius (Safflower) Seed Oil, Aloe Barbadensis (Aloe Vera) Leaf Juice (Organic), Sorbitol, Citrus Paradisi (Pink Grapefruit) Peel Oil, Citrus Reticulata (Tangerine) Peel Oil, Citrus Aurantifolia (Lime) Oil, Zea Mays (Corn) Oil, Tocopheryl Acetate, Retinyl Palmitate, Cholecalciferol (Vitamin D3), Xanthan Gum, Pectin, Ascorbic Acid, Tocopherol, Gluconolactone, Sodium Benzoate.

APRICOT GRAPE SEED BENEFITS:

- **Lessen free radical damage**
- **Promote regeneration of skin cells**
- **Boost collagen and elastin**
- **Invigorate dull and lifeless skin**

DIRECTIONS:

After cleansing, lather a small amount in palms then massage gently onto wet face and neck. Rinse with warm water. Use 3-5 times per week after cleanser.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

BALANCE

NATURAL HORMONE THERAPY



.....

Hormonal harmony at your fingertips! Blessed thistle, dong quai root, and motherwort create a safe and natural alternative to synthetic hormones. So be different, be real, be balanced and be proactive in aligning your hormone needs.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 60

Amount per Serving	% Daily Value
Proprietary Blend	1410 mg
Blessed Thistle (Herb)	**
Damiana (Leaf)	**
Dong Quai (Root)	**
Serenoa Serrulata (Saw Palmetto)	**
Wild Yam (Root)	**
Motherwort (Herb)	**
Licorice (Root)	**
Black Cohosh (Root)	**
Raspberry (Leaf)	**
Passion (Flower)	**
Cramp (Bark)	**
Parsley (Leaf)	**

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

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule), Magnesium Stearate.

BALANCE BENEFITS:

- Regulate a healthy menstrual cycle
- Provide relief to symptoms of PMS, cramping, menopause and vaginal dryness
- Reduce androgenic acne
- Lessen the appearance of hormone induced pigmentation

SUGGESTED USE:

As a special dietary supplement, take three capsules. May take one or two times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

BUFF



BODY EXFOLIATOR

.....

Get down to the nitty-gritty and bare it all beautifully with this gentle body exfoliator. Papaya and pineapple enzymes exfoliate and boost circulation to stimulate your skin's metabolism, even as light notes of sage and geranium soothe and tighten for a polished finish.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Sodium Laureth Sulfate, Helianthus Annuus (Sunflower) Seed Wax Beads, Carbomer, Methyl Gluceth, Carica Papaya (Papaya) Fruit Extract, Geranium Maculatum (Geranium) Extract, Camellia Sinensis (Green Tea) Leaf Extract, Salvia Officinalis (Sage) Leaf Extract, Mentha Piperita (Peppermint) Oil, Vegetable Glycerin, Germall Plus.

BUFF BENEFITS:

- **Remove dead cells**
- **Dilate capillaries for better product absorption**
- **Stimulate the metabolism of the skin**

BENEFITS THESE SERVICES:

- Contour body wrap

SUGGESTED USE:

Gently apply exfoliator in circular motions over the body two to three times a week. For a more advanced treatment, apply to dry skin in circular motions, and then brush off beads once product has dried.

WARNINGS:

Do not use on face.

1 yr. shelf life

CALCIUM

LIQUID SOFTGELS

Benefits on tap! Every drop of this liquid gel cap is flowing with more calcium, and vitamin D3 than three cups of milk - giving you essential bone building nutrients faster than you can call for a second round.



SUPPLEMENT FACTS

Serving Size: 4 softgels

Servings per container: 25

Amount per Serving		% Daily Value*
Vitamin D3 (as Cholecalciferol)	2000 IU	500%
Calcium (as Calcium Carbonate)	2400 mg	240%

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

**Daily Value not established

CALCIUM BENEFITS:

- Increase bone strength
- Boost cardiovascular health
- Aid in weight management
- Ease restless leg syndrome

SUGGESTED USE:

As a dietary supplement, take two to four softgels daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

INACTIVE INGREDIENTS:

Soybean Oil, Gelatin, Vegetable Glycerine. Contains: Soy Lecithin. Contains <2% of: Corn Oil, Sorbitol, Beeswax.

SHELL INGREDIENTS:

Gelatin, Vegetable Glycerine, Purified Water. Guaranteed Pure: Contains no Sugar, Starch, Preservatives, Binders, Extenders, Chemical Additives, Colors or Flavors.

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

CELL-U-RID



TISSUE DETOXIFIER

.....

Ramp-up your contour game and take shape with this breakthrough internal blend for optimal cellulite-busting power. This herbal fusion contains heritage versions of juniper, corn silk, hydrangea, and kelp to cell-u-rid for good.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1,350 mg
Juniper (Berries)	**
Buchu (Leaves)	**
Corn Silk (Powder)	**
Hydrangea (Root)	**
Horsetail Herb (Shavegrass)	**
Uva Ursi (Fruit)	**
Kelp	**
Lecithin (Sunflower)	**
Apple Cider Vinegar	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

SUGGESTED USE:

As a special dietary supplement, take two to three capsules thirty minutes prior to each meal. May take three times daily with a large glass of water.

CELL-U-RID BENEFITS:

- Break down cellulite
- Stimulate and strengthen the waste-elimination system
- Reduce waste and water retention
- Increase Circulation

BENEFITS THESE SERVICES:

- Contour Body Wrap
- Diamond Polar Skin Tightening
- Lymphatic Massage
- Fat Cavitation
- Infared Sauna

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

CLAY

FACIAL MASQUE



.....

Give your skin a fresh breath of beauty! Velvety soft Montreuil Green Clay, debris-lifting bentonite, and soothing tissue respiratory factors evict impurities and rebalance your complexion. So take 30 and let this transformative masque detoxify your skin for truly clarified results.

INGREDIENTS:

Montmorillonite (French Green Clay), Aloe Barbadensis, Bentonite, Vegetable Glycerin, Carbopol-940, Ocimum Basilicum (Basil) Flower/Leaf Extract, Tissue Respiratory Factor (UV Stressed Yeast Lysate), Lecithin, Germall Plus, Triethanolamine, Hedychium Coronarium Root (Hawaiian White Ginger) Extract, Mucopolysaccharides, Papin.

CLAY BENEFITS:

- **Actively absorbs excess oils**
- **Purify and refine skin**
- **Reduce blemishes, acne and blackheads**
- **Remove imbedded impurities**

BENEFITS THESE SERVICES:

- Acne Facials

APPLICATION:

Prior to application, stir well. Apply to clean skin and allow to dry 30 minutes; rinse with warm water.

WARNINGS:

Keep out of eyes.
External use only.

5 yr. shelf life

CLEANSE

INTESTINAL CLEANSER



.....

Say see-ya-later to health and beauty bending toxins! This restorative formulation gently flushes away harmful toxins that build-up in your body and restores balance and peace to your complexion, digestion, and well-being.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1350 mg
Cascara Sagrada (Bark)	**
Cloves	**
Fennel (Seed)	**
Ginger (Root)	**
Oregon Grape (Root)	**
Yellow Dock (Root)	**
Marshmallow (Root)	**
Butternut (Bark)	**
Licorice (Root)	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule).

CLEANSE BENEFITS:

- Restore the peristaltic action of the colon
- Lower inflammation in the system
- Lubricate the intestinal tract
- Relieve gas and pains in the bowels

SUGGESTED USE:

As a special dietary supplement, take two to three capsules. May take twice daily with a large glass of water. If using as part of the M'lis Detoxification Program, consult the M'lis Detoxification Guide for instructions.

WARNINGS:

Do not use if on blood thinners, pregnant, or nursing. Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

CONTOUR CREAM SENSITIVE

BODY WRAP CREAM



.....

Serious results come from this lighter take on our regular contour cream. This cool blend utilizes peppermint oil to stimulate and soothe sensitive skin, without sacrificing the confidence boosting benefits one can expect from the tried-and-true original.

INGREDIENTS:

DI Water, Aloe Barbadensis Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Isopropyl Myristate, Glycine Soja (Soybean) Oil, Vegetable Glycerin, Hedera Helix (Ivy) Leaf Extract, Spiraea Ulmaria Flower Extract, Fucus Vesiculosus (Bladderwrack) Extract, Equisetum Arvense (Horsetail) Leaf Extract, Persea Gratissima (Avocado) Oil, Niacinamide, Mentha Piperita (Peppermint) Oil, Tocopheryl Acetate (Vitamin -E), Allantoin, Panthenol, Triethanolamine, Petrolatum, Tetrasodium EDTA, Germall Plus.

CONTOUR CEAM BENEFITS:

- **Remove cellulite**
- **Increase skin elasticity**
- **Tightens and tones**
- **Improve skin's firmness**

BENEFITS THESE SERVICES:

- Contour Bodywrap

WARNINGS:

For Professional Use Only.
Keep out of the reach of children.
For external use only.
Keep out of eyes.

1/2-1 yr. shelf life

CONTOUR CREAM

BODY WRAP CREAM



.....

Slim and trim 4-14 inches with this 60-minute, detoxifying treatment. Blended with cellulite-busting niacin, circulation-inducing cinnamon, and deeply-nourishing aloe, contour will give nothing but confidence-building results - no matter the angle.

INGREDIENTS:

Deionized Water, Aloe Barbadensis Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Isopropyl Myristate, Glycine Soja (Soybean) Oil, Vegetable Glycerin, Bladder Wrack (Seaweed) Extract, Hedera Helix (Ivy) Leaf Extract, Spiraea Ulmaria Flower Extract, Equisetum Arvense Leaf Extract, Clematis Vitalba Leaf Extract, Centella Asiatica Extract, Camellia Sinensis Leaf Extract, Horse Tail Extract, Persea Gratissima (Avocado) Oil, Niacinamide, Cinnamomum (Cinnamon) Cassia Oil, Tocopheryl Acetate (Vitamin-E), Allantoin, Panthenol, Retinyl Palmitate, Ergocalciferol, Triethanolamine, Germall Plus, Tetrasodium EDTA, Petrolatum, Food Grade Color.

CONTOUR CREAM BENEFITS:

- **Remove cellulite**
- **Increase skin elasticity**
- **Tightens and tones**
- **Improve skin's firmness**

BENEFITS THESE SERVICES:

- Contour Bodywrap

WARNINGS:

For Professional Use Only. Keep out of the reach of children. For external use only.
Keep out of eyes.

1/2-1 yr. shelf life

ANTIOXIDANT ESSENTIALS

SUPER BERRY & GREENS



You know this pack is fresh because you picked it yourself! Nature has kissed every ingredient in this free radical fighting antioxidant-packed drink - delivering the vital nutrients you need to stay looking and feeling your berry best.

Supplement Facts

Serving Size: 1 Stick Pack (10 g) Servings per container: 14

Amount per Serving	% Daily Value*		
Calories 62		Sodium 2 mg	0%
Calories from Fat 18		Total Carbohydrate 10 g	3%
Total Fat 2 g	2%	Fiber 1 g	4%
Saturated Fat 0		Sugars 9 g	
Unsaturated Fat 0		Added Sugars 1.5 g	
Cholesterol 3mg	1%	Protein 1 g	0%
Pyridoxine HCL 2.0mg	100%	Iron 2mg	15%
Methylcobalamin 7mcg	116%	Potassium 15mg	0%
Calcium 100mg	10%		

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

**Daily Value not established

DAILY ANTIOXIDANT ESSENTIALS BENEFITS:

- Increase energy
- Boost immune system
- Manage weight
- Improve skin health

SUGGESTED USE:

Take one packet 1-2 times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of reach of children. If pregnant or nursing, consult a healthcare professional before use.

2 yr. shelf life

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Vegetable Glycerin, Gelatin Capsule, Lecithin (Sunflower), Grape Seed Extract 95%, PABA, Inositol, Hesperdin Bioflavonoids, Citrus Bioflavonoids, Kelp, Rosemary, Alfalfa (Leaf), Ginkgo Biloba (Leaf), Korean Ginseng (Root), Rose Hips (Fruit), Rutin, Dandelion (Root), Ginger (Leaf), Fennel (Seed), Peppermint (Leaf), Garlic, Billberry, Purified Water, Magnesium Stearate, Rice Flour, Food Glaze.

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

DAILY ESSENTIALS

ON THE GO ESSENTIAL NUTRITION PACKS

Cover all your health and beauty basics and beyond with these perfectly proportioned daily on-the-go packets. Each of these six essential supplements deliver a range of body-lovin' nutrients right where you need them – for benefits that extend from the hair on your head, down to your last pinkie toe.

Supplement Facts

Serving Size: 1 Packet

Servings per container: 28

				Amount per Serving		% Daily Value*	
Calories 30				Total Fat 2.5 g		3%	
Calories from Fat 25				Polyunsaturated Fat 1.5 g		**	
Vitamin A (Beta-Carotene 10%) 5,000 IU				100%	Vitamin B-12 (Cyanocobalamin 1%) 10 mcg		166.5%
Vitamin C (Calcium Ascorbate) 350 mg				583%	Biotin 1% 30 mcg		10%
Calcium (as Calcium Citrate 30%) 1,262 mg				126%	Phosphorus (Calcium 20%) 10 mg		1%
Iron (Chelate 20%) 7.5 mg				41.5%	Iodine (as Potassium Iodide) 25 mcg		16.5%
Vitamin D3 (as Cholecalciferol) 2,200 IU				550%	Magnesium (Chelate 20%) 20 mg		5%
Vitamin E (D-Alpha) 75 IU				250%	Zinc (Chelate 30%) 7.5 mg		50%
Vitamin B-1 (Thiamin [HCL]) 1 mg				66.5%	Selenium (Chelate 2%) 105 mcg		292%
Vitamin B-2 (Riboflavin) .9 mg				53%	Manganese (Chelate 10%) 1 mg		50%
Vitamin B-3 (Niacinamide) 12.5 mg				62.5%	Chromium (Chelate 10%) 45 mcg		37.5%
Vitamin B-6 (Pyridoxine [HCL]) 12.5 mg				62.5%	Molybdenum .1% 30 mcg		40%
Folic Acid 97% 150 mcg				37.5%			
Proprietary Blend 620 mg				**	Milk Thistle (Herb)		**
Astaxanthin Extract				**	Motherwort (Herb)		**
Angel Hair (Mozuku) Extract				**	Green Tea (Leaf)		**
Ginkgo Biloba (Leaf)				**	Red Raspberry (Leaf)		**
Bilberry (Fruit)				**			
Pancreatin 8x 50 mg				**	Amylase 10,000 SKB		
Enzyme Factors 200 mg				**	Lipase 20 FIP		
Protease 10,000 HUT				**	Cellulase 100 CU		
Fish Oil 1,400 mg				**			
EPA (Eicosapentaenoic Acid) 647 mg				**			
DHA (Docosahexaenoic Acid) 253 mg				**			

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

**Daily Value not established

DAILY ESSENTIALS BENEFITS:

- Balance nutrition
- Increase vitality and energy
- Maintain regulated metabolism

Benefits These Services:

- Facials (all)

SUGGESTED USE:

Take one packet 1-2 times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of reach of children.

2 yr. shelf life

INGREDIENTS:

Vegetable Cellulose (Capsule), Vegetable Glycerin, Gelatin Capsule, Lecithin (Sunflower), Grape Seed Extract 95%, PABA, Inositol, Hesperdin Bioflavonoids, Citrus Bioflavonoids, Kelp, Rosemary, Alfalfa (Leaf), Ginkgo Biloba (Leaf), Korean Ginseng (Root), Rose Hips (Fruit), Rutin, Dandelion (Root), Ginger (Leaf), Fennel (Seed), Peppermint (Leaf), Garlic, Billberry, Purified Water, Magnesium Stearate, Rice Flour, Food Glaze.

more info reference { learn more: mlis.com }

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NATURAL THERAPY

DAILY

MULTIVITAMIN/ MULTIMINERAL

When the fuel you ingest just isn't enough, Daily's got your back! This once a day blend is mixed with 30+ vitamins and nutrients for an essential health and beauty boosting cocktail that is sure to please.



SUPPLEMENT FACTS

Serving Size: vegetable based capsules Servings per container:

Amount per Serving		% Daily Value*
Vitamin A (Beta Carotene 10%)	5,000 IU	100%
Vitamin C (Calcium Ascorbate)	50 mg	83.5%
Calcium (Chelate 30%)	62 mg	62%
Iron (Chelate 20%)	7.5 mg	41.5%
Vitamin D (Cholecalciferol 100,000IU)	200 IU	50%
Vitamin E (D-Alpha 50%)	75 IU	250%
Vitamin B1 (Thiamin)	1 mg	66.5%
Vitamin B2 (Riboflavin)	.9 mg	53%
Vitamin B3 (Niacinamide)	12.5 mg	62.5%
Vitamin B6 (Pyridoxine)	12.5 mg	62.5%
Folic Acid 97%	150 mcg	37.5%
Vitamin B12 (Cyanocobalamin 1%)	10 mcg	166.5%
Biotin D 1%	30 mcg	10%
Phosphorus (Calcium 20%)	10 mg	1%
Iodine (Potassium Iodide)	25 mcg	16.5%
Magnesium (Chelate 20%)	20 mg	5%
Zinc (Chelate 30%)	7.5 mg	50%
Selenium (Chelate .2%)	5 mcg	7%
Manganese (Chelate 10%)	1 mg	50%
Chromium (Chelate 10%)	45 mcg	37.5%
Molybdenum .1%	30 mcg	40%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

DAILY BENEFITS:

- Balance nutrition
- Increase vitality
- Boost energy

DIRECTIONS:

As a special dietary supplement, take one capsule twice daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

OTHER INGREDIENTS:

Lecithin (Sunflower), Grape Seed Extract 95%, PABA, Inositol, Hesperdin Bioflavonoids, Citrus Bioflavonoids, Kelp, Rosemary, Alfalfa (Leaf), Ginkgo Biloba (Leaf), Korean Ginseng (Root), Rose Hips (Fruit), Rutin, Magnesium Stearate, Silicon Dioxide, Vegetable Cellulose (Capsule).

more info reference { learn more: mlis.com }

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NATURAL THERAPY

DETOXIFICATION KIT

REJUVENATING BODY CLEANSE



Discover how amazing you can look and feel when your body is truly clean. The essential detoxifying herbs in this kit gently cleanse vital organs and the intestinal tract to breathe new life and energy into the entire body!

View nutrition information on each individual supplement.

CLEANSE:

This restorative formulation gently flushes away harmful toxins that build-up in your body and restores balance and peace to your complexion, digestion, and well-being.

FIBER:

Stimulate weight loss, increase longevity, and keep things movin' at a steady pace.

DETOX:

Engineered for body purifying power, freshly harvested herbs provide immune boosting support and beauty promoting power.

SUGGESTER USE:

Follow the enclosed booklet for detailed instructions.

DETOXIFICATION KIT BENEFITS:

- **Increase weight loss**
- **Clear skin**
- **Eliminate cellulite**
- **Boost immune system**
- **Restore energy levels**

BENEFITS THESE SERVICES:

- M'lis Contour Wraps
- Facials (acneic, aging, damaged skin)
- Body Contouring (all)
- Cryotherapy
- Laser Lipo
- Fat Cavitation

WARNING:

Do not use if on blood thinners, pregnant, or nursing.
Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.
Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

reference back for more info or~ { learn more: mlis.com }

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NATURAL THERAPY

DETOX

BODY PURIFIER



.....

Dump the junk and fill-up on system cleansing benefits. Engineered for body purifying power, freshly harvested herbs provide immune boosting support and beauty promoting power – for results you simply cannot get enough of.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1350 mg
Red Clover Blossom	**
Burdock (Root)	**
Dandelion (Root)	**
Echinacea Purpurea (Root)	**
Ginger (Root)	**
Sarsaparilla (Root)	**
Oregon Grape (Root)	**
Burdock (Seed)	**
Golden Seal (Root)	**
Yellow Dock (Root)	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule).

SUGGESTED USE:

As a special dietary supplement, take two to three capsules. May take twice daily with a large glass of water. If using as part of the M'lis Detoxification Program, consult the M'lis Detoxification Guide for instructions.

DETOX BENEFITS:

- Lower inflammation in the system
- Lubricate the intestinal tract
- Relieve gas and pains in the bowels
- Boost Immune System

BENEFITS THESE SERVICES:

- M'lis Contour Wraps
- Facials (acneic, aging, damaged skin)
- Body Contouring (all)
- Cryotherapy
- Laser Lipo
- Fat Cavitation

WARNINGS:

Do not use if on blood thinners, pregnant, or nursing. Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

DHEA

ANTI-AGING

.....

Pump-up the jams on this body balancing tune. DHEA helps create harmony between hormones that mess with health, sex drive, and aging – to keep you looking and feeling young. All. Day. Long.



SUPPLEMENT FACTS

Serving Size: 1 vegetable based capsules
Servings per container: 90

Amount per Serving	% Daily Value
Proprietary Blend	27 mg
Dehydroepiandrosterone (DHEA)	**
Piper Nigrum Extract (Bioperine®)	**

**Daily Value not established

DHEA BENEFITS:

- Strengthen the immune system
- Maintain a lean body mass
- Provide more energy
- Increase mood and memory

BENEFITS THESE SERVICES:

- Aging skin facials

SUGGESTED USE:

As a special dietary supplement for adults. Men: One capsule. May take one to three times per day before meals. Women: One capsule. May take one or two times per day, or as directed by your health care practitioner.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour. Bioperine® is the only product sourced out of piperine to obtain a patented status for its ability to increase the bioavailability of nutritional compounds. Secondly, it is the only source from piperine to have undergone clinical studies in the U.S. to substantiate its safety and efficacy for nutritional use.

more info reference { learn more: mlis.com }

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NATURAL THERAPY

ENZYME

DIGESTIVE ENZYME BLEND

.....

We're going to break things down with this one. Literally. Naturally blended to bust-up uncomfortable gas, belly bloating, and ease digestion to keep your skin glowing, your hair thick and shiny, and your cells energized.



SUPPLEMENT FACTS

Serving Size: 2 vegetable based capsules
Servings per container: 45

Amount per Serving	% Daily Value	
Omega 3 Fatty Acids	200 mg	**
Pancreatin 8x	50mg	**
Enzyme Factors	200 mg	**
Protease	10,000 HUT	
Amylase	10,000 SKB	
Lipase	20 FIP	
Cellulase	100 CU	

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

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Dandelion (Root), Ginger (Leaf), Fennel (Seed), Peppermint (Leaf), Garlic, Billberry, Magnesium Stearate, Rice flour.

SUGGESTED USE:

As a dietary food supplement, take one to two capsules before each meal with a large glass of water.

ENZYME BENEFITS:

- Improve absorption of nutrients
- Prevent gas and/or bloating after eating
- Promote weight control
- Alleviate liver acne

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments
- Damaged Skin Treatments

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

EPO

EVENING PRIMROSE OIL

Enjoy a basket full of beautiful benefits. Freshly plucked, this delicate pink flower supplies a healthy bloom of gamma linolenic, and omega acids to assist skin, and heart health – because no other benefits would be as sweet.



SUPPLEMENT FACTS

Serving Size: 1 softgel

Servings per container: 150

Amount per Serving		% Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Evening Primrose Oil	500 mg	**
Cis-Linoleic Acid (LA)	365 mg	**
Gamma-Linolenic Acid (GLA)	45 mg	**

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

INGREDIENTS:

Oil of Evening Primrose.

INACTIVE INGREDIENTS:

Gelatin, Glycerin, Purified Water.

EPO BENEFITS:

- Alleviate skin issues
- Lowers blood cholesterol/blood pressure
- Decrease inflammation
- Balance hormones

BENEFITS THESE SERVICES:

Facials (acneic)

Lymphatic Drainage Massage

SUGGESTED USE:

As a dietary food supplement, take up to three softgels two times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

ESSENTIAL GREENS

SUN-SOAKED PHYTONUTRIENTS

These leafy lovelies spend days on end soaking up good vibes from the sun and sipping on pH-balancing nutrients. Sourced responsibly from sunny organic fields, this splash of greens gathers up health and beauty-loving benefits that will last you a lifetime.

Supplement Facts

Serving Size: 1 Packet (9 g)

Servings per container: 14

Amount per Serving % Daily Value*

Calories 24	Sodium 80 mg	1%
Calories from Fat 0	Total Carbohydrate 3 g	1%
Total Fat 0 g	Fiber 2 g	8%
Saturated Fat 0	Sugars 0 g	
Unsaturated Fat 0	Added Sugars 0 g	
Cholesterol 0mg	Protein 3 g	6%

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

**Daily Value not established

OTHER INGREDIENTS:

Organic Spirulina Algae, Kamut Grass, Organic Oat Grass, Organic Alfalfa Leaf, Organic Chlorella Algae, Organic Beet Root (color) Organic Stevia Leaf Powder, Kombu, Nori, Organic Lemon Grass, Millet Grass, Organic Whole Kale, Organic Amaranth Grass, Organic Whole Flax Seed, Organic Siberian Ginseng Root, Organic Echinacea Purpurea Root, Organic Ginger Root, Organic Olive Leaf, Organic Green Tea Leaf, Organic Turmeric Root, Apple Pectin, Stevia 95%, Natural Berry Flavor, Ascorbic Acid (Flavor) Malic Acid (Flavor).

ESSENTIAL GREENS BENEFITS:

- **Reduce inflammation**
- **Build up the immune system**
- **Manages weight**
- **Regulate the pH of the body**

DIRECTIONS:

Mix with 6-8 oz of cold water and shake vigorously. Use up to 3 times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of reach of children.

2 yr. shelf life

more info reference { learn more: mlis.com }

mlis.

NATURAL THERAPY

EYE SERUM



DARK CIRCLE AND PUFFY EYE RELIEF

Check those bags at the gate! Power packed with shiitake mushroom, cucumber, peptides, and green tea extract to pep-up collagen and wake-up puffy peepers - giving your eyes the boost they need to reclaim a refreshed, youthful result.

INGREDIENTS:

Water (Agua), Hydrolyzed Rice Bran Protein, Oxido Reductases, Glycine Soja (Soybean) Protein, Lysolecithin, Sclerotium Gum, Xanthan Gum, Phenoxyethanol, Pullulan, Glycerin, Lenntinus Edodes (Shiitake) Extract, Cucumis Sativus (Cucumber) Fruit Extract, Ethylhexylglycerin, Malus Domestica Fruit Cell Culture Extract, Hesperidin Methyl Chalcone, Steareth-20, Dipptide-2, Palmitoyl Tetrapeptide-3, Butylene Glycol, Carbomer, Polysorbate-20, Palmitoyl Tripeptide-1, Palmitoyl Tetrapeptide-7, Lecithin, Camellia Sinensis (Green Tea) Leaf Extract.

EYE SERUM BENEFITS:

- **Reduce dark circles and puffiness**
- **Decrease bluish discoloration**
- **Keep skin looking replenished and youthful**
- **Prevents age spots and melanin formulation**

DIRECTIONS:

Gently apply a small drop of EYE SERUM to the upper eyelid and below the eye, beginning from the inner corner of the eye and extending to the outer corner. Apply both morning and night. Intended for use under or over makeup.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

FIBER

WHEAT BRAN AND PSYLLUM

.....

Easy does it! Psyllium seed husk and wheat bran stimulate weight loss, increase longevity, and keep things movin' at a steady pace - for a lifetime of benefits that you can enjoy sitting down, standing up, and enthusiastically riding into the sunset.

SUPPLEMENT FACTS

Serving Size: 8 vegetable based capsules

Servings per container: 25

Amount per Serving	% Daily Value
Proprietary Blend 3600 mg	
Wheat Bran Powder	**
Psyllium Husk Powder	**

**Daily Value not established

INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

PAIRS WELL WITH:

- Detox
- Intestinal Cleanser

FIBER BENEFITS:

- **Maximize efficiency without calories**
- **Lower high LDL**
- **Cleanse bowels and intestines**
- **Regulate hormones**

SUGGESTED USE:

As a special dietary supplement, take six to eight capsules. May take two or three times daily with a large glass of water. Adjust as needed to provide bulk to the diet. If using as part of the M'lis Detoxification Program, consult the M'lis Detoxification Guide for instructions.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

FIRM



FACIAL GEL

.....

Say goodbye to the dull days of aging skin. Brighten and tighten things up with this skin-smoothing facial gel! Enriched with toning, hydrating, and anti-wrinkle properties that infuse collagen into tired cells to help you stick it to Father Time.

INGREDIENTS:

Purified Water, Aloe Vera Gel, Hydrolyzed Collagen, Carbomer, Propylene Glycol, Benzyl Alcohol & Caprylhydroxamic Acid, Glycerin, Triethanolamine.

FIRM BENEFITS:

- **Reduce the appearance of wrinkles**
- **Tone and tighten the skin**
- **Prevent premature aging**

DIRECTIONS:

After cleansing, apply lightly over face and décolleté morning and night before moisturizing. Can be applied under moisturizer.

WARNINGS:

Keep out of eyes.

5 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

FLAX SEED

ORGANIC FLAX SEED OIL

.....

Reap what you sew! Planted, nurtured and prepared with body benefiting omega-3 fatty acids that help you harvest heart and health benefits – helping you to keep your body's well-being in your own hands.



SUPPLEMENT FACTS

Serving Size: 6 softgels

Servings per container: 20

Amount per Serving	% Daily Value*
Organic Flax Seed Oil	6000 mg (6 g) **
which typically contains:	
Alpha-Linolenic Acid (Omega-3)	2700 mg **
Linoleic Acid (Omega-6)	660 mg **
Oleic Acid (Omega-9)	660 mg **
Other Fatty Acids/Phytonutrients	300 mg **

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

**Daily Value not established

FLAX SEED BENEFITS:

- Balance cholesterol levels
- Increase metabolic rate
- Reduce inflammation

SUGGESTED USE:

As a dietary food supplement, take two to six softgels daily with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

3 yr. shelf life

INACTIVE (CAPSULE) INGREDIENTS:

Gelatin, Vegetable Glycerin, Caramel Color.

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

GLYCOLIC ACID



FACIAL PEEL

.....

Gently lift away old, exhausted cells with this lunch-time pick-me-up! This 10 minute peel will leave you seeing lasting vibrant, softer and healthier looking (and feeling) skin - that you won't be able to help but eat up!

INGREDIENTS:

20% Glycolic in an Aloe Vera base, with a pH of 2.5.
DI Water, Aloe Barbadensis Leaf Juice, Glycolic Acid,
Glycerin, Germall Plus, Seamollient.

GLYCOLIC ACID BENEFITS:

- **Lessen the appearance of fine lines**
- **Clear acne and pigmentation**
- **Decrease the effects of oily skin**

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments

SUGGESTED USE:

For optimal results perform in a series of 3-6 treatments.

WARNING:

For professional use only.
Keep out of eyes.

2 yr. shelf life

GREEN TEA



HERBAL CLEANSER

Cleanse, soothe, moisturize, and repeat. This cleanser gets busy with all the gentle emollients, vitamins, and hydrating properties that green tea has to offer - achieving results that you can't help but keep coming back for day after day.

INGREDIENTS:

Aqua (Water), Disodium Cocoamphodiacetate, Cocamidopropyl Hydroxysultaine, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Sodium Chloride, Polysorbate 20, Citric Acid, Glycerin, Lavandula Angustifolia (Lavender) Oil, Potassium Sorbate, Sodium Benzoate, Pelargonium Graveolens (Geranium) Flower Oil, Caprylic/Capric Triglyceride, Polyquanternium-10, Bisabolol, Allantoin, Camellia Sinensis Leaf Extract, Chamomilla Recutita (Matricaria) Flower Extract, Aloe Barbadensis (Aloe Vera) Leaf Juice, Porphyra Umbilicalis Extract, Ubiquinone, Ascorbic Acid.

GREEN TEA CLEANSER BENEFITS:

- Prevent and reduce abnormal skin conditions
- Stimulate skin cell growth and renewal
- Lessen the appearance of fine lines

DIRECTIONS:

Apply a light film over the face and décolleté. Using the fingertips gently work into pores. Rinse with warm water.

WARNINGS:

Keep out of eyes.

2 yr. shelf life

HEAT



EXERCISE GEL

.....

Turn the heat up on your workout results! This circulation-inducing exercise gel boasts warming niacin and anti-inflammatory vitamins, to avoid sprains and strains and bring body-lovin' improvements to even the most problematic areas.

INGREDIENTS:

DI Water, Aloe Barbadensis Juice, Hedera Helix (Ivy) Leaf Extract, Spiraea Ulmaria Flower Extract, Fucus Vesiculosus (Bladderwrack) Extract, Equisetum Arvense (Horsetail) Leaf Extract, Clematis Vitalba Leaf Extract, Carboner, Niacinamide, Allantoin, Retinyl Palmitate (Vitamin A), Tocopheryl Acetate (Vitamin E), Vegetable Glycerin, Triethanolamine, Menthyl Nicotinate.

HEAT BENEFITS:

- **Keep muscles warm and moveable**
- **Increase circulation**
- **Reduce stiffness/aches after workout**
- **Lessen muscle warm-up time**

SUGGESTED USE:

Before exercising, apply HEAT to cellulite prone areas. Massage lightly into skin until invisible. HEAT may be used prior to all types of exercise, including meditation and yoga.

WARNINGS:

Keep out of the reach of children.
Do not use on face.

1 yr. shelf life

HYDRATE



SKIN HYDRATING DROPS

.....

Is your complexion looking parched? Don't fret! Used under your favorite moisturizer, this barely there hyaluronic acid serum drenches your skin in a wave of hydrating benefits - for fine lines and wrinkles that just wash away.

INGREDIENTS:

DI Water, Aloe Barbadensis, Hyaluronic Acid, Chamomilla Recutita (Matricaria) Flower Extract, Vegetable Glycerin, Germall Plus, Sodium PCA, Polyquarternium-10.

HYDRATE BENEFITS:

- **Improve penetration of skin care products**
- **Reduce the appearance of fine lines and wrinkles**
- **Alleviate abnormal skin conditions**

DIRECTIONS:

After cleansing and while the skin is still moist, gently spread a dime-sized amount of HYDRATE over the skin of the face and décolleté. For use before moisturizer.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

LIFT

FACIAL MASQUE



.....

Brush on the benefits of the fountain of youth! This skin-tightening masque lifts, tones, and refines the skin with its 188 trace minerals, vital proteins, antioxidants, and RNA factors to give your face and décolleté the gift of truly age-defying skin.

INGREDIENTS:

Hydrolyzed Egg Protein (Albumen), Glycine Soja (Soybean) Protein, Bee Pollen Extract, Milk Powder Protein, Hydrolyzed Oat Flour, Wheat Germ, Ascorbic Acid, Lanalbine, Enzymes, RNA Factor , Aloe Powder, Lysine, Hazelnut Powder, 180 Mineral Complex.

LIFT BENEFITS:

- **Reduce the appearance of fine lines and wrinkles**
- **Shrink enlarged pores**
- **Eliminate acne, blemishes and blackheads**
- **Tighten drooping and sagging skin**

APPLICATION:

Mix one teaspoon of M'lis LIFT with 3/4 teaspoon of M'lis ACTIVATE and stir until smooth. Apply a light film over entire face and décolleté, using upward brush strokes. Allow to dry and tighten for 60 minutes then remove by flooding with water.

WARNINGS:

Keep out of eyes.
Patch test.

5 yr. shelf life

more info reference { learn more: mlis.com }

m'lis.
NATURAL THERAPY

MAINTAIN



ANTI-CELLULITE LOTION

.....

Put some ump' in your bump and speed up Contour's slimming performance with this body-firming lotion. Saturated with circulation inducing niacin to penetrate cellulite-prone areas for optimal detoxifying power - giving you nothing but the best long-term results.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Glycine Soja (Soybean) Oil, Hedera Helix (Ivy) Leaf/Stem Extract, Persea Gratissima (Avocado) Pulp, Cucumis Sativus (Cucumber) Fruit Extract, Camellia Sinensis (Green Tea) Leaf Extract, Vegetable Glycerin, Allantoin, Panthenol, Isopropyl Myristate, Retinyl Palmitate (Vitamin A), Niacinamide, Germall Plus, Triethanolamine, Tetrasodium EDTA, Cinnamomum (Cinnamon) Cassia Oil.

MAINTAIN BENEFITS:

- **Increase circulation**
- **Soften and condition the skin**
- **Tighten and tone**
- **Aid in the removal of cellulite**

BENEFITS THESE SERVICES:

- Contour Body Wraps

SUGGESTED USE:

Apply liberally on the body after bathing, massaging lotion into cellulite-prone areas.

WARNINGS:

Keep out of eyes.
Do not use on face.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

MRP



INSTANT MEAL SHAKE

Convenience and ease is suspended in 100% nutrition - scoopable energy that will follow you wherever the busy road of life may take you.

Supplement Facts

Serving Size: 43 grams (2 scoops)

Servings per container: 15

Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Calories 171		Sodium 60 mg	3%
Calories from Fat 27		Total Carbohydrates 16g	5%
Total Fat 3g	4%	Dietary Fiber 5g	18%
Saturated Fat 1.5g	8%	Soluble Fiber 5g	**
Mono-Unsaturated Fat 0g	0%	Sugar 6g	**
Trans Fat 0g	0%	Added Sugar 0g	**
Cholesterol 25 mg	8%	Protein 20g	40%
Vitamin A (Acetate) 5,000 IU	100%	Magnesium (Citrate) 125 mg	31.5%
Vitamin C (Ascorbic Acid) 300 mg	500%	Chromium (Chelate) 40 mcg	33%
Calcium (TriCalcium) 300 mg	30%	Potassium (Chelate) 250 mg	7%
Iron (Chelate) 1 mg	5.0%	L-Acidophilus Blend 100 mg	**
Vitamin D (Cholecalciferol) 150 IU	38%	Active Enzyme Blend 100 mg	**
Vitamin E (Acetate) 35 IU	117%	Fungal Lipase 5 FIP	
Thiamin HCL 1.8 mg	120%	Cellulase 25 CU	
Riboflavin 2 mg	118%	Protease 2,500 HUT	
Niacin (Niacinamide) 20 mg	100%	Amylase 2,500 SKB	
Pyridoxine HCL 2 mg	100%	Omega Fatty Acid Blend (Plant Source) 30 mg	**
Folic Acid 300 mcg	75%	CLA (Conjugated Linoleic Acid) 10 mg**	
Methyl Cobalamin 7 mcg	117%	Mineral Blend (Trace 72) 5 mg	**
Biotin 60 mcg	20%	Citrus Bioflavonoids 10 mg	**
Calcium Pantothenate 10 mg	100%		

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

MRP BENEFITS:

- Enhance mood
- Improve Skin
- Boost the immune system
- Balance a healthy weight

INGREDIENTS:

Whey Protein Concentrate, Non Fat Dry Milk, HOSO High Oleic Sunflower Oil Powder 50%, Pre-Biotic Vitafiber® (IMO) Coconut (MCT) Oil Powder 50%, Whey Protein Isolate, Orange Fruit Powder, Fibersol 2, Xylitol, Nat.Vanilla Flavor, Xanthin Gum, Stevia 95%, Nat. Orange Flavor, Citric Acid, Lo Han, Sea Salt, L-Acidophilus, Vitamins & Minerals.

AVAILABLE FLAVORS:

Chocolate, Vanilla, Orange, Mocha and Strawberry. Also available in convenient on-the-go packets.

6 yr. shelf life

Strawberry MRP

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

NOURISH



NUTRIENT OIL

.....

Wave away the age of the day, and dip into this dewy delight. Every drop of this youth-regenerating blend is packed full of beautifully balanced oils to instantly infuse your skin with an abundance of essential vitamins, minerals, enzymes, proteins, and amino acids - giving you skin that is always good to glow!

INGREDIENTS:

Sesamum Indicum (Sesame) Seed Oil, Isopropyl Myristate, Persea Gratissima (Avocado) Oil, Wheat Germ Glycerides, Prunus Armeniaca (Apricot) Kernel Oil, Triticum Vulgare (Wheat) Germ Oil, Bee Pollen Extract, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Squalane, Tocopheryl Acetate (Vitamin E), BHT.

NOURISH BENEFITS:

- **Smooth wrinkles**
- **Hydrate ultra-dry skin**
- **Improve texture and tone of skin**

SUGGESTED USE:

After cleansing, apply two-three drops each night to skin around eyes, face, décolleté, and cuticles. For ultra-dry skin such as elbows, knees and heels, apply two-three times daily.

WARNINGS:

Keep out of eyes.

TIPS

Use in place of cuticle oil.

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

PROBIOTIC

SYNERGIZED ACIDOPHILUS

.....

Balance and bloom gut flora. Formulated with goldenseal root, garlic, and 10 billion live organisms to discourage inflammation, and encourage radiantly clear skin.



SUPPLEMENT FACTS

Serving Size: 2 vegetable based capsules
Servings per container: 45

Amount per Serving	% Daily Value	
Vitamin A (Beta-Carotene)	10,000 IU	200%
Vitamin C (Ascorbic Acid)	30mg	50%
Biotin D	100 mcg	34%
Zinc Citrate	52 mg	346%
Proprietary Blend	870 mg	
Lactobacillus Acidophilus 4 billion		**
Bifidobacterium Bifidus 3 billion		**
Bifidobacterium Longum 3 billion		**
Barberry Root (Bark)		**
Licorice (Root)		**
Pau d' Arco (Bark)		**
Garlic (Clove)		**
Golden Seal (Root)		**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

PROBIOTIC BENEFITS:

- Prevent bad breath, gas, and bloating
- Improve the overall health of the skin
- Balance estrogen levels

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments
- Damaged Skin Treatments

SUGGESTED USE:

As a special dietary supplement, take one or two capsules four times daily as needed with food.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

4 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

PROSTATE

NATURAL HORMONE SUPPORT

When size does matter – we've got just the thing. Living large (down under) contributes to frequency, urgency, and the inability to urinate. Take control and break through confining walls with this prostate support formula.



SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 60

Amount per Serving		% Daily Value
Iodine (as Potassium Iodide)	0.09 mg	60%
Zinc (Citrate 30%)	9.9 mg	66%
Manganese (Chelate 10%)	0.12 mg	6%
Molybdenum (Chelate 1%)	0.105 mg	141%
Queen of the Meadow	60 mg	**
Juniper (Berry)	159.9 mg	**
Corn Silk	39.9 mg	**
Parsley (Leaf)	60 mg	**
Saw Palmetto Extract 4:1	180 mg	**
Buchu (Leaf)	120 mg	**
Echinacea (Root)	90 mg	**
Marshmallow (Root)	90 mg	**
Dandelion (Root)	120 mg	**
Pumpkin (Seed)	140.1 mg	**
Uva Ursi Extract 4:1	189.9 mg	**
Golden Seal (Root)	90 mg	**
Mucuna Pruriens	99.9 mg	**
Vanadium	0.9 mg	**
Beta-Sisterol	80.1 mg	**

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

**Daily Value not established

PROSTATE BENEFITS:

- Support prostate health
- Reduce frequent urination
- Promotes healthy circulation

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule).

SUGGESTED USE:

As a special dietary supplement, take three capsules per day.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

RADIANCE

COLLAGEN BEAUTY DRINK



Radiance develops beautiful skin by boosting collagen levels and providing antioxidants that firm your skin, diminish wrinkles, and give you a radiant glow.

NUTRITION FACTS

15 servings per container **Serving Size: 1 scoop (12g)**

Amount per Serving		Amount per Serving	% Daily Value*
Calories	48		
	% Daily Value*		
Total Fat 0g	0%	Sodium 5 mg	0%
Saturated Fat 0g	0%	Total Carbohydrates 7g	3%
Trans Fat 0g	0%	Dietary Fiber 0g	0%
Cholesterol 0mg	0%	Total Sugars 0g	0%
		Added Sugars 0g	0%
		Protein 5g	10%
Beta Carotene	16.6%		
Vitamin C (Ascorbic Acid)	500%	Vitamin E (DL-Alpha Tocopherol Acetate)	66%
Calcium	0%	Biotin D 1%	33%
Vitamin D3	300%	Zinc (Citrate)	66%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Individual values may be higher or lower.

INGREDIENTS:

Collagen (Hydrolyzed) Xylitol, Citric Acid, Peach Mango Flavor Natural, MSM, Malic Acid, Stevia Leaf Extract 90%, Mango Flavor Natural, Sea Salt, Hyaluronic Acid, Lycopene, CoQ10. Beta Carotene as color.

RADIANCE BENEFITS:

- Keep skin plump & fresh
- Support collagen formation
- Boost antioxidants in the skin
- Decrease wrinkle depth and volume

BENEFITS THESE SERVICES:

- Acneic Skin Treatments
- Aging Skin Treatments
- Damaged Skin Treatments

SUGGESTED USE:

For adults, mix one scoop with 4 ounces of water and shake vigorously. One to two times daily.

WARNINGS:

Keep in a cool, dry place.
Keep out of the reach of children.

2 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

RELIEF



MUSCLE AND JOINT AID

Ooh awe and oogle over this joint soothing formulation. Grade A body boosting herbs keep your joints moving and grooving without any aches and pains – by strengthening and lubricating all your gears for the always-changing road ahead.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 66

Amount per Serving	% Daily Value	
Vitamin C (as calcium ascorbate)	60 mg	99%
Proprietary Blend	1347 mg	
Alfalfa (Leaf)		**
Yucca (Root)		**
Devils Claw (Herb)		**
Burdock (Root)		**
Prickly Ash (Bark)		**
Licorice (Root)		**
Trace Mineral Blend		**
Sarsaparilla (Root)		**

**Daily Value not established

RELIEF BENEFITS:

- Strengthen all vital organs
- Increase joint lubrication
- Reduce inflammation

SUGGESTED USE:

As a special dietary supplement, take three capsules. May take one or two times daily with meals.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

2 yr. shelf life

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

RENEW



ESTER-C HYDRATING SERUM

.....

Invigorate your skin with an experience in every pump! Delicate tones of freshly-picked oranges will drift you towards thoughts of sunshine and summer days, while vitamin C, hyaluronic acid, jojoba, and grape seed oil drench your skin in a wave of hydration.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Carbomer Solution, Glycerin, Ethylhexyl Palmitate, Simmondsia Chinensis (Jojoba) Seed Oil, Vitis Vinifera (Grape) Seed Oil, Ascorbic Acid, Squalane, Cetyl Alcohol, Dimethicone, Hyaluronic Acid, Germall Plus, Orange Fragrance, Food Grade Color.

RENEW BENEFITS:

- **Promote cell renewal and growth**
- **Reduce the appearance of fine lines and wrinkles**
- **Protect skin against UV and environmental damage**
- **Prevent and reverse the effects of aging**

DIRECTIONS:

Use serum morning and night on cleansed skin and apply in upward strokes to cover both the face and décolleté. For deeper hydration, apply a moisturizer following application.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

REPAIR



TISSUE REPAIR CREAM

.....

Dry and damaged skin rejoice! This super rich moisturizing salve is formulated with eucalyptus, aloe, and advanced botanicals to support less than perfect skin conditions - even the most stubborn ones.

ACTIVE INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Isopropyl Myristate, Persea Gratissima (Avacado) Oil, Retinyl Palmitate (Vitamin A), Ribonucleic Acid, Allantoin, Tocopheryl Acetate (Vitamin E), Panthenol, Petrolatum, Vegetable Glycerin, Cetyl Alcohol, Eucalyptus Globulus Leaf Oil, Methyl Salicylate, Beta-Carotene, Germall Plus, Triethanolamine, Food Grade Color.

REPAIR BENEFITS:

- **Protect and soothe damaged skin**
- **Minimize and reverse the scarring process**
- **Rebuild tissue naturally**
- **Nourish and conditions skin**

DIRECTIONS:

Apply a thin layer of cream into cleansed skin in small circular motions. Use as needed on dry and damaged skin areas and massage gently until invisible. For deeper penetration, apply a thicker layer of this soothing salve.

WARNINGS:

Keep out of eyes.

6 mo. shelf life

SALMON OIL



OMEGA 3

Reel in the benefits of the purest omega-3s in all the seven seas! Our salmon is caught fresh off the cold and pristine shorelines of Alaska, for the highest purity oil swimming around in the market today – for benefits that are nothing but fresh off the hook.

SUPPLEMENT FACTS

Serving Size: 2 softgels Servings per container: 50

	Amount per Serving	% DV
Calories	22	
Calories from Fat	20	
Total Fat	2.2g	3%
Protein	4mg	1%

Salmon Oil		
Eicosapentaenoic Acid (EPA)	170mg	**
Docosahexaenoic Acid (DHA)	150mg	**
Other Fatty Acids	400mg	**

**Daily Value not established

OTHER INGREDIENTS (CAPSULE):

Gelatin, Vegetable Glycerin.

SALMON OIL BENEFITS:

- Balance cholesterol levels
- Improve cognitive function
- Promote healthy aging
- Increase health of the eyes, nails and skin

SUGGESTED USE:

Take two softgels. May take two times daily following a meal.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

SCRUB



FACIAL EXFOLIATOR

Enliven skin and awaken the senses with this ahhh-mazingly energizing menthol facial scrub. Rounded granules are suspended in a rich, creamy lotion of chamomile and ginseng, to gently buff away any roughness in your way.

INGREDIENTS:

D.I. Water, Sesamum Indicum (Sesame) Seed Oil, Stearic Acid, Glyceryl Stearate, Vegetable Glycerin, Chamomilla Recutita (Chamomile) Flower Extract, Helianthus Annuus (Sunflower) Seed Wax Beads, Cetyl Alcohol, Lanolin Alcohol, Panax (Ginseng Root) Extract, Germall Plus,

SCRUB BENEFITS:

- **Removing dead surface cells**
- **Reduce fine lines, uneven texture, and irregular pigmentation**
- **Transform dull, lifeless skin**

DIRECTIONS:

After cleansing, lather in palms before applying to wet face and neck. Massage gently, concentrating on nose, forehead and any problem area. (Avoid eye area.) Rinse with warm water. Use 2-3 times a week.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

SLEEP



NATURAL SLEEP AID

.....

No more counting sheep! With melatonin, 5-HTP and gamma-amino butyric acid, this all-natural herbal tonic is the eazzzzy way to reach a deep, restorative sleep - giving you the energy you need to take on the day!

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Silicon Dioxide,
May Contain Organic Rice Flour.

SLEEP BENEFITS:

- **Increase REM sleep**
- **Give a sense of calm**
- **Reduce sleep disturbances throughout the night**
- **Awake feeling more rested**

SUGGESTED USE:

As a special dietary supplement take one capsule before bedtime.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

SLENDER AID



APPETITE APPEASER

.....

Willpower in a bottle! This hunger-bustin' blend naturally helps to quiet a growling stomach, break down fat, and balance blood sugar levels - giving you an extra push towards long-lasting weight-loss results.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules
Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1350 mg
Burdock (Root)	**
Chickweed (Herb)	**
Fennel (Seed)	**
Hawthorn (Berry)	**
Licorice (Root)	**
Dandelion (Root)	**
Parsley (Leaf)	**
Bladderwrack	**
Gotu Kola (Herb)	**
Kelp	**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

SLENDER AID BENEFITS:

- Reduce hunger pangs and nervous tension
- Appease the appetite naturally
- Regulate blood sugar level
- Break down and oxidize fat

SUGGESTED USE:

As a special dietary supplement, take two to three capsules one half hour before each meal with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

SOOTHE



ANTI-INFLAMMATORY GEL

.....

Immediately soothe sore muscles and joints! Menthol, camphor, and capsaicin will pep up your senses and invigorate your aching body with fast acting, long lasting pain relief benefits in every pump.

INGREDIENTS:

Aloe Barbadensis Leaf Juice, Camellia Sinensis (Green Tea) Leaf Extract, Caprylyl Glycol, Capsicum Annuum Fruit Extract, Carbomer, Citrus Aurantium Dulcis (Orange) Peel Oil, Citrus Grandis (Grapefruit) Seed Extract, Decyl Glucoside, Glycerin, Hamamelis Virginiana (Witch Hazel) Leaf Extract, Phenoxyethanol, Rosa Damascena Flower Water, Sodium Carbonate, Spiraea Ulmaria Flower (Queen of the Prairie) Extract, Water, Yucca Schidigera Root Extract.

SOOTHE BENEFITS:

- **Soothe muscles, joint and nerve pain**
- **Increase circulation**
- **Lessen inflammatory response of tissues**

DIRECTIONS:

Apply to sore muscles and joints no more than three to four times daily. Rub in thoroughly until gel is absorbed.

WARNINGS:

Keep away from eyes and genitals.

1 yr. shelf life

SWEET

FIBER SWEETENER

SWEET™ is a sugar free, low calorie soluble fiber supplement that tastes as sweet as it sounds, to provide healthy benefits to the body.



Nutrition Facts

80 servings per container

Serving size 1 teaspoon (3g)

Amount per serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 0mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1.5g 7%

Sugars 0g

Impact (Net) Carbs 0g

Protein 0g 0%

Vitamin A 0%

Vitamin C 0%

Iron 0%

Calcium 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SWEET BENEFITS:

- Improve digestion
- Substitute sugar and harmful sweeteners
- Sweeten food naturally
- Increases Fiber Intake

SUGGESTED USE:

Instead of sugar, use SWEET™ in your daily diet as a sweetener fortified with fiber. Substitute on a one-to-one ratio.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.

3 yr. shelf life

OTHER INGREDIENTS:

Fibersource Lg™ (Acacia Fiber, Chicory Root Fiber) Xylitol™, Lo-Han Extract, Citrus Bioflavonoids, Silica. Gradually increase fiber intake.

more info reference { learn more: mlis.com }

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NATURAL THERAPY

THYROID

ENDOCRINE SUPPORT

Like a multivitamin for your thyroid! Essential nutrients blended with a score of thyroid balancing herbs to get you out of the rough and back on the fairway - for driven success that is sliced straight up the green.

THYROID BENEFITS:

- Promote weight loss
- Boost energy
- Eliminate fatigue
- Increase mood

SUGGESTED USE:

As a special dietary supplement, take one capsule. May take one to three times daily.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

SUPPLEMENT FACTS

Serving Size: 1 vegetable based capsules
Servings per container: 90

Amount per Serving	% Daily Value
Coleus Forskohlii 20%	10mg **
Bacopa	55mg **
Proprietary Blend	445mg
Kelp (Whole)	**
Hops (Flower)	**
Sage (Leaf)	**
Ashwagandha (Root)	**
Rosemary (Whole)	**
Bladderwrack (Whole)	**
Ginseng (Root)	**
Schisandra (Root)	**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

TONE



SKIN SPRAY

Instantly refresh with every spritz! Aloe, witch hazel, and comfrey root provide a naturally soothing, anti-inflammatory boost of nourishing hydration - helping you put your best face forward.

INGREDIENTS:

DI Water, Aloe Barbadensis Leaf Juice (1.00%), Glycerin, Quercus Alba (White Oak) Bark Extract, Hamamelis Virginiana (Witch Hazel) Extract, Mentha Piperita (Peppermint) Leaf Extract, Symphytum Officinale (Comfrey)/ Root Extract, Chamomilla Recutita (Matricaria) Flower Extract, Sodium Hyaluronate, S D Alcohol - 40, Germall Plus.

TONE BENEFITS:

- **Invigorate the skin**
- **Soften the appearance of facial lines**
- **Sets mineral makeup**
- **Kill acne causing bacteria**

DIRECTIONS:

Use morning and evening after cleansing and throughout the day to refresh and revitalize.

WARNINGS:

Keep out of eyes.

TIPS

Use throughout the day and after traveling for an instant pick-me-up!

1 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY

TOTAL BODY CLEANSE

7-DAY HEALTH AND BEAUTY REJUVENATION SYSTEM



.....

You are a pretty big deal, especially when your body is healthy and active. The toxins surrounding you every day don't care. They constantly attack your efforts to have beautiful skin, natural energy, a slimmer figure and -most importantly- confidence. Simply put, in just seven days M'lis' total Body Cleanse pushes these toxins out so you can continue being the big deal we know you are.

ESSENTIAL GREENS:

View Essentail Greens for nutrient info.

PURIFYING PACKETS:

Supplement Facts

Serving Size: 1 Packet	Servings per container: 14		
	Amount per Serving	% Daily Value*	
Proprietary Blend	6,200 mg	**	
Burdock (Root)		**	
Burdock (Seed)		**	
Butternut (Bark)		**	
Cascara Sagrada (Bark)		**	
Cloves (Seed)		**	
Dandelion (Root)		**	
Echinacea Purpurea (Root)		**	
Fennel (Seed)		**	
Ginger (Root)		**	
Golden Seal (Root)		**	
Licorice (Root)		**	
Marshmallow (Root)		**	
Oregon Grape (Root)		**	
Psyllium Husk Powder		**	
Red Clover (Blossom)		**	
Sarsaparilla (Root)		**	
Yellow Dock (Root)		**	
Wheat Bran Powder		**	

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

**Daily Value not established

TOTAL BODY CLEANSE BENEFITS:

- Increase weight loss
- Clear skin
- Eliminate cellulite
- Boost immune system
- Restore energy levels

BENEFITS THESE SERVICES:

- M'lis Contour Wraps
- Facials (acneic, aging, damaged skin)
- Body Contouring
- Cryotherapy
- Laser Lipo
- Fat Cavitation

2 yr. shelf life

reference back for more info or~ { learn more: mlis.com }

mlis.
NATURAL THERAPY

TRANQUILITY



HERBAL STRESS RELIEF

.....

Check-in with serenity and check-out with ahhh-mazing results. Chamomile, lavender, and hops flower work together to encourage feelings of complete relaxation - without becoming weak at the knees.

SUPPLEMENT FACTS

Serving Size: 3 vegetable based capsules

Servings per container: 30

Amount per Serving	% Daily Value
Proprietary Blend	1149 mg
Passion (Flower)	**
Catnip (Herb)	**
Chamomile (Flower)	**
Hops (Flower)	**
Lavender (Flower)	**
Myrrh Gum	**
Spearmint (Leaf)	**
Valerian (Root)	**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule), Rice Flour.

TRANQUILITY BENEFITS:

- Reduce stress and anxiety
- Alleviate insomnia
- Calm the mind and body

SUGGESTED USE:

As a special dietary supplement, take one to three capsules daily, or as recommended by your health care professional.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

T I P S

Try taking at night to promote relaxation.

7 yr. shelf life

more info reference { learn more: mlis.com }

mlis.
NATURAL THERAPY



ANTIOXIDANT WITH ASTAXANTHIN

Block out the ickies and bust up the yucks. Vitamin C, astaxanthin, ginkgo biloba and a handful of other synergizing herbs provide your skin and body with an outside defense from germs that may get you feeling (and looking) down.

SUPPLEMENT FACTS

Serving Size: 2 vegetable based capsules
Servings per container: 45

Amount per Serving	% Daily Value	
Vitamin C (Calcium Ascorbate)	300 mg	500%
Selenium (Chelate .2%)	100 mcg	285%
Proprietary Blend	620 mg	
Astaxanthin Extract		**
Angel Hair (Mozuku) Extract		**
Ginkgo Biloba (Leaf)		**
Bilberry (Fruit)		**
Milk Thistle (Herb)		**
Motherwort (Herb)		**
Green Tea (Leaf)		**
Red Raspberry (Leaf)		**

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose (Capsule).

VITAL BENEFITS:

- Boost immune system
- Eliminate free radicals
- Protect nerves and cells

SUGGESTED USE:

As a special dietary supplement, take two capsules daily with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

7 yr. shelf life

VITAMIN B12



NATURAL ENERGY

Put some pep in your step! These perfectly pink lozenges pack a powerful punch of natural instantaneous energy when you need it most – allowing you to push through whatever may get in your way.

OTHER INGREDIENTS:

Mannitol, Crospovidone, Vegetable Stearic Acid, Natural Flavor, Contains <2% of: Beet Juice Color, Vegetable Magnesium Stearate.

VITAMIN B12 BENEFITS:

- **Boost energy naturally**
- **Encourage healthy cell formation**
- **Prevent mood swings**
- **Renew hair, skin and nails**

SUGGESTED USE:

For adults, take one lozenge daily. Chew twice, then place under tongue for 30 seconds and dissolve before swallowing.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish. Keep in a cool, dry place. Keep out of the reach of children.

2 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

VITAMIN D

SUNSHINE VITAMIN

Soak up those feelin' fine sunshiny vibes. Natures "sunshine vitamin" is packed with a ray of light in every mood-boosting, bone strengthening, immune system defending softgel – recharging your body with a burst of solar power.



SUPPLEMENT FACTS

Serving Size: 1 softgel

Servings per container: 100

Amount per Serving	% Daily Value	
Vitamin D (as D3 Cholecalciferol)	1000 IU	250%

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

OTHER INGREDIENTS:

Non-GMO Soybean Oil, Gelatin, Glycerin.

VITAMIN D BENEFITS:

- Strengthen bones
- Boost immune system
- Decrease cognitive decline
- Improve mood

BENEFITS THESE SERVICES:

Acneic skin treatments
Aging skin treatments
Damaged skin treatments

SUGGESTED USE:

As special dietary supplement, take one to two softgels daily with a large glass of water.

WARNINGS:

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.
Keep in a cool, dry place.
Keep out of the reach of children.

7 yr. shelf life

more info reference { learn more: mlis.com }

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NATURAL THERAPY

WASH



HERBAL CLEANSER

.....

A delightfully bright cleanser for truly enviable results. This pH balanced head-to-toe herbal wash, deeply penetrates pores without overdrying - guiding even the most sensitive skin towards nourishment and total hydration.

INGREDIENTS:

DI Water, Sodium Lauryl Ether Sulfate, Cocamidine DEA, Cocamidopropyl Betaine, Hydroxypropyl Methylcellulose, Quercus Alba Bark Extract, Sodium Chloride, Citric Acid, Germall Plus, Collagen, White Oak Bark Oil.

WASH BENEFITS:

- **Control acne conditions**
- **Relieve ingrown hairs**
- **Tighten skin and pores without drying**
- **Flush away impurities that rest on the skin**

DIRECTIONS:

Apply a light film over the skin area to be cleansed. Work lightly into pores with fingertips. Leave on 2-3 minutes. Rinse well with warm water.

WARNINGS:

Keep out of eyes.

1 yr. shelf life

WEIGHT LOSS KIT

ADVANCED WEIGHT LOSS SYSTEM

.....

Completely natural and guaranteed pure, each packet has everything your body needs to safely drop unwanted pounds—faster. It promotes clean living, increases your energy and trims stubborn fat, providing you with visible, long-lasting results.

Supplement Facts

Serving Size: 1 Packet Servings per container: 28

	Amount per Serving	% Daily Value*
Calories	25	
Calories from Fat	25	
Total Fat	2.5 g	4%
Protein	<1 g	1%
Extra Strength Tonalin® CLA (from Safflower oil)	2,600 mg	**
Contains 78-84% Conjugated Linoleic Acid (CLA) 2,028 mg - 2,184 mg		
Green Coffee Bean Extract (Coffea Arabica)	400 mg	**
Standardized to contain 45% Chlorogenic Acids, 180 mg		
Green Tea 50% ECGC	150 mg	**
Gymnema Sylvestre	100 mg	**
Raspberry Ketones	100 mg	**
Hawthorn Berry	50 mg	**
Gotu Kola Herb	40 mg	**
7-Keto® - Dehydroepiandrosterone Acetate	25 mg	**
Bladderwrack	20 mg	**
Citrus Peel Extract 30%	10 mg	**
Proprietary Blend	480 mg	**
Burdock (root)	** Parsley (leaf)	**
Fennel (seed)	** Kelp	**
Chickweed (herb)	** Siberian Ginseng (root)	**
Dandelion (root)	** Guarana 22%	**
Licorice (root)	** Sweet Cinnamon (bark)	**

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

**Daily Value not established

OTHER INGREDIENTS:

Vegetable Cellulose, Vegetable Glycerin, Gelatin Capsule, Purified Water, Natural Carmel Color, Soybean Oil, Dicalcium Phosphate, Soy Lecithin, Yellow Beeswax, Silica, Magnesium Stearate.

WEIGHT LOSS KIT BENEFITS:

- **Boost energy**
- **Eliminate toxins that prevent slimming down**
- **Appease the appetite naturally**
- **Break-up fat within cells**

BENEFITS THESE SERVICES:

- Cryotherapy/ Crypsculpting
- Laser Lipo
- Fat Cavitation

WARNINGS:

Keep in a cool, dry place.

Keep out of reach of children.

If pregnant or nursing, consult a health-care professional before use.

Not intended for use by persons under the age of 18.

Made in a facility that also processes Milk, Nuts, Peanuts, Wheat, Soy, Eggs, Crustaceans, and Fish.

2 yr. shelf life

more info reference { learn more: mlis.com }

mlis.

NATURAL THERAPY

WILD YAM



PROGESTERONE CREAM

.....

Add some balance to your life! This cream is richly infused with wild yam extract to help create harmony for those needing to fine-tune hormonal issues, and for all of those pushing their fabulous forties and beyond!

INGREDIENTS:

DI Water, Aloe Juice, Sesame Oil, Isopropyl Myristate, Glyceryl Stearate, Stearic Acid, Cetyl Alcohol, Jojoba Oil, Apricot Kernel Oil, Mineral Oil, Vegetable Glycerin, Wild Yam Extract (Progesterone), Tocopheryl Acetate (Vitamin E), Allantoin, Panthenol, Germall Plus, Triethanolamine, Fragrance - Citrus, Versene-100.

WILD YAM BENEFITS:

- **Relieve night sweats and hot-flashes**
- **Balance estrogen and testosterone**
- **Provide relief from hormonal imbalances**

DIRECTIONS:

Apply 1/4 teaspoon after bathing to soft tissue areas of the body, neck, throat, breast, stomach, inner arm, or inner thigh. Rotate application sites for best absorption. Best results are achieved when used in combination with M'lis BALANCE.

WARNINGS:

Keep out of eyes.
If pregnant or nursing, consult a healthcare professional before use.
Keep out of reach of children.

1 yr. shelf life