Early to Rise Customer Support

Will the program work if I only exercise and do not take the shake?

Stephanie H - 2020-02-20 - 6 Minutes to Skinny

The nutrition is 80% of the program. You cannot separate nutrition and training. The two work together and regardless of your goals - gaining muscle, losing fat, athletic conditioning, etc.

You will get less than-optimal or even non-existent results without paying attention to both.