

NEXT MONTH WEBCAST

TOTAL TIME 60 MINUTES



- PDSRG Part III: Weight/Fat Loss Section
Supplements: proper usage and unique features (60min –includes Q&A after each product)
 - ✓ Weight/fat loss section Introduction
 - ✓ Weight Loss & Liver Support
 - ✓ CarbRepel
 - ✓ ThermAccel
 - ✓ LeanMR



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The background of the cover features a close-up, slightly blurred image of a stethoscope resting on a stack of books. The stethoscope's tubing and chest piece are visible, with the chest piece positioned over the spines of the books. The books have a warm, yellowish-brown cover. The overall lighting is soft, creating a professional and medical atmosphere.

THE PRACTITIONER'S DIETARY SUPPLEMENT REFERENCE GUIDE PART III

3RD EDITION 2015



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WEIGHT LOSS



- PDSRG Part III: Weight/Fat Loss Section
Supplements: position, proper usage and unique features (60min –includes Q&A after each product)
 - ✓ Position
 - ✓ Weight/fat loss section Introduction
 - ✓ Meal replacements & LeanMR
 - ✓ ThermAccel
 - ✓ Weight Loss & Liver Support
 - ✓ CarbRepel
 - ✓ Lean Pak 90



POSITION ON WEIGHT LOSS



- Dieting to lose weight without financial motivation is challenging for most everyone and generally ends with much of the weight regained within the first year
- Therefore, for weight/body fat reduction, dotFIT recommends exercise (some sort of significant physical activity) and calorie restricted meal planning based on a safe desired rate of loss
- Participants should avoid loss of lean body mass and fill unavoidable nutrient gaps - caused by the necessary restricted food intake required to produce a calorie deficit for weight loss - by using appropriate supplementation including at a minimum, a multivitamin and mineral formula (MVM)
- Appropriate Supplementation has been shown to:
 - ✓ Fill gaps, preserve LBM, lessen/ease the workload to avoid plateaus and/or surrender, increase daily energy & total energy expenditure (TEE) and manage appetite until lifestyle conforms



INTRODUCTION

PERILS OF WEIGHT LOSS



- Dieting is more often fruitless and damaging
 - ✓ Loss of LBM ($\geq 25\%$), micronutrient deficiencies, innate metabolism adjustments, stress, frustration, depression, weight regain

- Body mounts its evolutionary defenses
 - ✓ Energy efficiency (burn less)
 - Weight/LBM loss, movement efficiency/fitness, decreased energy levels, thyroid
 - ✓ Increases appetite/cravings
 - Leptin, ghrelin, etc.

- Environmental landmines –driving people back to old habits
 - Easy access to palatable foods, advertising, time constraints, vocation, social calendar, exercise alone won't work

A necessary evil for the majority of the population



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INTRODUCTION

ADDRESSING THE OBSTACLES



- Supplements that effectively address any of these obstacles can ease the journey safely and more effectively than prescription drugs
- All formulas described in this section have been used safely and effectively by thousands of practitioner's for clients seeking weight control

Note

Other than the regular use of meal replacements, which can be used successfully throughout life as an adjunct to traditional daily food planning, the dieter would cease supplementation once the weight goal is reached or when they have established a daily routine which allows continual progress and/or maintenance without supplements.



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INTRODUCTION

ADDRESSING THE OBSTACLES



- All active ingredients have demonstrated the ability to act in one or more of the following ways
 - ✓ Help create and maintain a calorie deficit by increasing daily calorie expenditure when compared to a non-supplemented state
 - ✓ Protect lean body mass loss during energy restriction
 - ✓ Raise energy levels that may make one more active throughout the day
 - ✓ Reduce the drive to consume food
 - ✓ Decrease calorie absorption



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MEAL REPLACEMENTS



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MEAL REPLACEMENT STUDIES THRU 2003

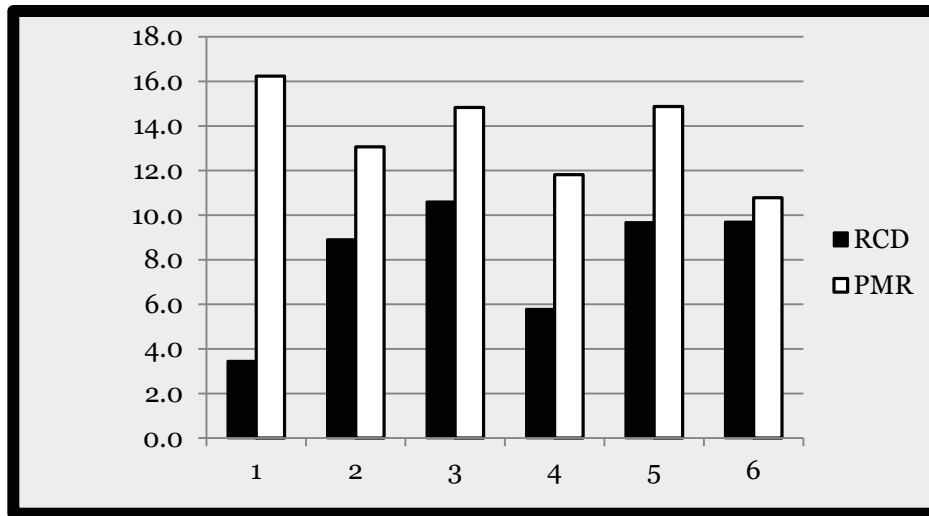


Figure 1: 6 Studies of Reduced calorie diets (RCD) vs RCD & Partial MRs (PMR). PMRs ~2.5Xs greater Wt. Loss. Heymsfield SB (2003)

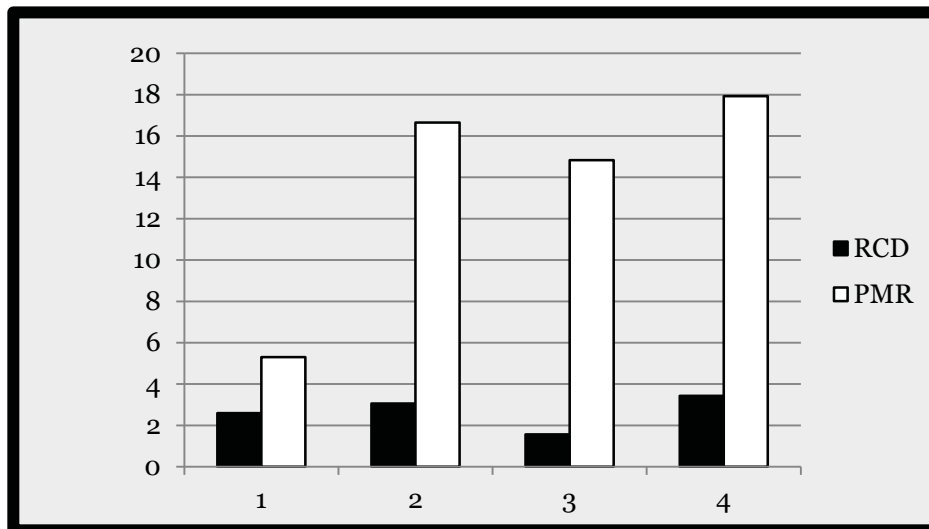


Figure 2: In a 1-year follow-up PMRs had up to 9-fold greater maintenance. Heymsfield SB (2003)



MEAL REPLACEMENT STUDIES THRU 2015



MRs better than low calorie diet (LCD) alone or drugs + LCD

**Wt loss & Maintenance
Results of VLCD & LCD
calorie diets using:**

- High protein diet
- Anti-obesity drugs
- MRs

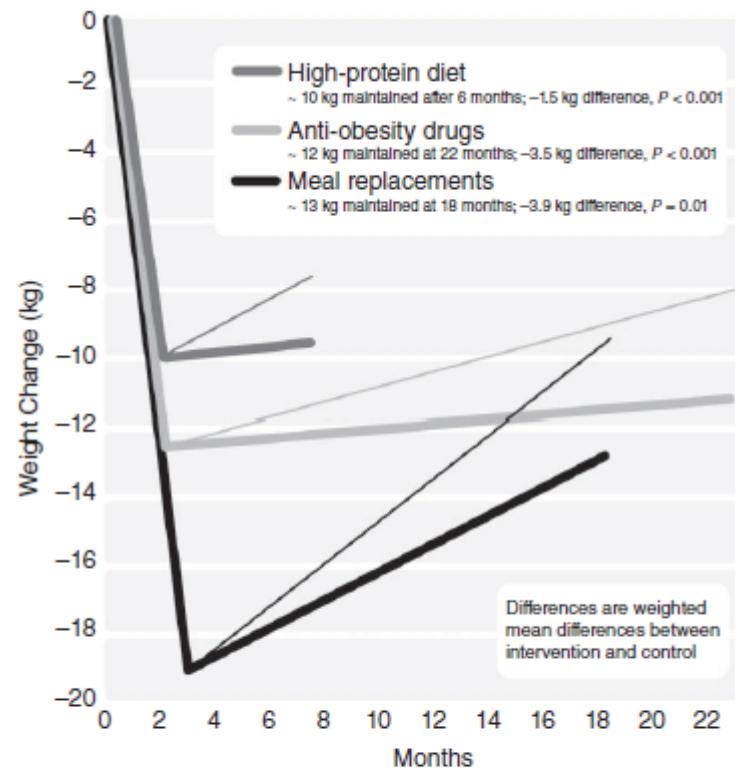


Figure 1 Bodyweight change during the very low-calorie diet or low-calorie diet period followed by the weight loss maintenance period. The thin lines represent the control subjects in each category while the thick lines represent the active intervention. (Adapted from Johansson *et al.* 2013a)



LEANMR

A BETTER MEAL REPLACEMENT



Supplement Facts

Serving Size: 2 scoops (50g)
Serving Per Container: 20

	Amount Per Serving	% DV
Calories	190	
Calories from Fat	15	
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	**
Cholesterol	10 mg	3%
Total Carbohydrate	24 g	8%
Dietary Fiber	7 g	28%
Sugars	0 g	**
Protein	21 g	40%
Calcium	115 mg	12%
Iron	2 mg	11%
Sodium	180 mg	8%

Sustained Release Carbohydrates Blend 19.5 g **
Rice Oligodextrins, Digestion Resistant Maltodextrin (Fibersol-2), Isomaltulose, Glucomannan

Lean Fats Blend 2.5 g **
Flaxseed Powder, High Oleic Sunflower Oil, Conjugated Linoleic Acid

* Percent Daily Value based on a 2,000 Calorie Diet

** Daily Value Not Established

Ingredients: Whey Protein Isolate, Rice Oligodextrins, Digestion Resistant Maltodextrin, Cocoa Powder, Palatinose, Flax Seed, Glucomannan, High Oleic Sunflower Oil, Natural & Artificial Flavors, Carboxymethyl Cellulose, Salt, Sucralose, Acesulfame Potassium, Xanthan Gum, Conjugated Linoleic Acid

Allergen Warning: This product was produced in a facility that may also process ingredient containing milk, egg, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.

Allergens: Milk, Soy

Contains No: Fish, Crustacean shellfish, Tree nuts, Peanuts, or Gluten. No Starch, Artificial coloring or Preservatives added.



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LEANMR

A BETTER MEAL REPLACEMENT



Summary of Unique/Key Points

- *The specific macronutrient ingredients and ratios were selected in accordance with best potential weight control outcomes shown in clinical trials such as but not limited to:*
 - ✓ *Protein type (whey isolate) and amount (~42%)*
 - ✓ *CHO source (low GI sustained release) and amounts (~50%)*
 - ✓ *Dietary fat sources (unsaturated) and amounts (~8%, which allows to add daily fats as necessary).*
- *As a highly palatable addition to the daily diet, these ingredients & ratios along with usage recommendations would give the user best chances of improved satiety, preservation of LBM & energy expenditure while ameliorating the common discomforts of dieting when compared to other MRs formulas, restricted calorie diets alone or diet & drug therapies*

Addresses (mechanisms of action):

- **Underreporting: portion control & calorie counts**
- **Satiety: meal freq, fiber, pro ratio/type, low GI CHO**
- **LBM preservation: pro ratio/type**
- **Energy expenditure & levels (cal burn): meal freq, pro ratio/type, LBM preserve**



- **21GM WHEY ISOLATE**
- **24GM SUSTAINED RELEASE CHO, NO SUGAR**
- **7GM FIBER**
- **2GM HEALTHY FATS**
- **115MG CALCIUM**



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LEANMR INTEGRATION



Weight loss phase:

- Except in the early stage of diets where MRs may be used extensively in daily meal planning (often physician monitored sole source or predominant food source), **MRs are generally used to replace two meals a day and allow freedom of choice from traditional foods for the remaining allotted foods/calories. Always include and MVM**
- **Recommend:** MRs supply 2 small meals within any calorie restricted meal plan of 4-5 meals since it's been shown that frequent small meals are better for weight loss than fewer larger ones especially as it relates to satiety, preservation of LBM and energy levels

Maintenance phase

- Consume 4-5 small meals daily that include **2 MRs for convenience and help insure overall diet quality while reducing food costs**

Supply 2 small meals/d then 1-2



THERMACCEL

BALANCED ENERGY OR BETTER STIMULANT EFFECT



dotFIT PURE PROMISE™

dotFIT uses only quality ingredients that undergo rigorous testing, supported by scientific fact, not marketing hype. Through our exclusive delivery systems, our products provide your body with the right nutrients at the right time for maximum benefit. For more information, visit www.dotFIT.com

ThermAccel delivers a powerful assault on unwanted fat stores with a combination of maximum strength thermogenic agents and a patented, clinically proven complex of plant-based polysaccharides and esterified fatty acids. This natural compound works through unique body fat regulation pathways, to regulate body fat and activate more weight loss. ThermAccel ingredients promotes optimal lean to muscle fat ratio, preserving hard earned muscle and creating awe inspiring muscle definition.

The key ingredients in ThermAccel have been shown to inhibit catechol-O-methyl-transferase (COMT) and increase levels of norepinephrine, one of the body's major fat burning hormones, by as much as 40%, igniting a cascade of reactions to aggressively promote fat oxidation and extreme calorie burning.

Each fat seeking ingredient is delivered via a special ThermAccel sustained released formula. Each Thermo-tab slowly releases key ingredients for enhanced alertness, intense energy and stimulation, turning your body into a all-day fat burning powerhouse from the very first dose.

ThermAccel™
MAXIMUM STRENGTH THERMOGENIC

**PROMOTES FAT LOSS
SUPPORTS LEAN MUSCLE
TISSUE
SUPPORTS APPETITE CONTROL**

DIETARY SUPPLEMENT
120

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Pure Promise Connected

Supplement Facts

Serving Size 2 Tablets	Amount Per Serving	% DV
Servings Per Container 60		
Caralluma Powder	520 mg *	
dotFIT™ Proprietary Lepticon® [†] (Proprietary Blend: Gum Arabic (Acacia senegal), Guggul (Commiphora mukul), L-cystine (from L-cysteine), Garcinia (Garcinia indica), Phenylalanine (from L-phenylalanine), and Blue Cross (from L-phenylalanine))	310 mg *	
L-Theanine	100 mg *	
ThermAccel™ Thermogenic Complex Green Tea Extract (providing 276 mg EGCG), Caffeine (providing 150 mg of caffeine), Yucca Root Powder, Capsaicin Seed Powder and Cayenne Fruit (standardized for 750,000 Heat Units)	1,000 mg *	

*% Daily Values not established.

Other Ingredients: Di-calcium phosphate, Cellulose, Xanthan gum, Stearic Acid, Magnesium Stearate, Silica and Food Glaze.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

Lepticon® is a trademark of Gateway Health Alliance, Inc. Protected by US patents 6,899,892 and patents pending.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a healthcare professional before beginning any supplement or exercise program. This product contains caffeine and should not be taken by those wishing to eliminate caffeine from their diets. Do not exceed recommended daily intake. Improper use of this product will not improve results and is not advised. Do not use if bottle seal under cap is broken or missing. Store in a cool dry place. **KEEP OUT OF REACH OF CHILDREN.**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

weight loss dotFIT

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THERMACCEL

BALANCED ENERGY OR BETTER STIMULANT EFFECT



Goal

- Increase daily calorie burn without forcing more work, reduce diet induced appetite increases and avoid plateaus*

Rationale

- In order to continue weight/fat loss when natural/adaptive plateaus occur and diet is generally healthy, more deliberate work and/or less food, which in turn causes increased hunger, is the only remedy unless:
 - ✓ 1) **calories burned can be increased without adding more exercise or the needed added work is voluntary** because of increased energy levels and/or
 - ✓ 2) **appetite can be controlled** during further caloric restriction.
 - ✓ Thermogenic blends have demonstrated the ability to accomplish #s 1 & 2 and few natural plant extracts have had success #2
- Theoretically these combined effects would ease the workload and mitigate hunger to allow continued weight reduction with less hardship

***You burn 100-150c/d less at 10% Wt. loss**

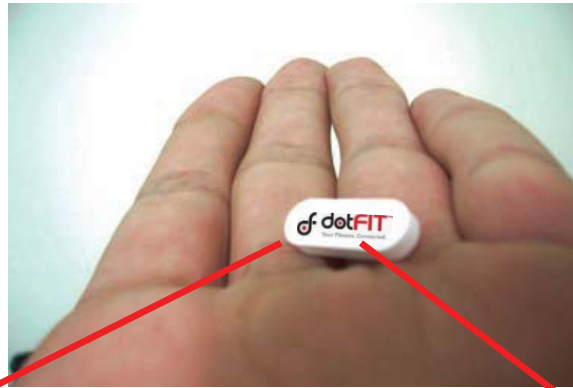
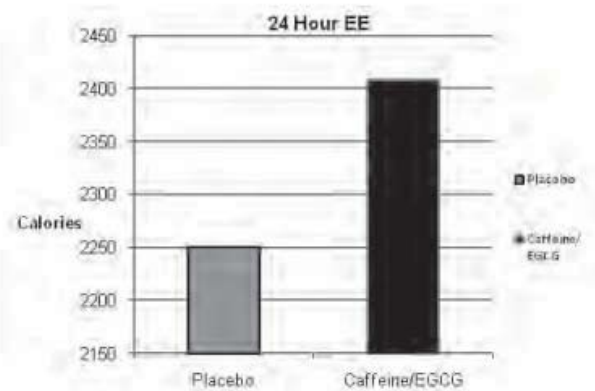


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BALANCED ENERGY OR BETTER STIMULANT EFFECT



Increase total daily calorie burn without the “burnout” – a balanced energy boost

Caffeine, Yerba Mate, Guarana Seeds, Green Tea Leaf Extract and Cayenne Fruit: are combined to increase the user’s total daily calorie burn by **increasing REE, thermogenesis (BAT)* and by stimulating a desire to increase physical activity** through enhanced alertness and stimulation of the central nervous system (CNS)

L-Theanine: An amino acid found in green tea, it can **decrease the jitteriness effect** that can be common in caffeine supplements (as well as improve cognitive function)

3-pathway Appetite Control:

Thermogenic blend: CNS stimulation & Capsaicin (>BAT)

Caralluma Fimbriata: A natural extract from an edible cactus that contains pregnane glycosides that may **suppress the appetite by amplifying the signaling of energy sensing functions in the brain** (the hypothalamus).

Lepticore: A natural complex of plant based polysaccharides and fatty acids demonstrating ability to **reduce stored body fat by the interaction of signaling between brain, adipose tissue & liver to control Leptin** (an appetite hormone that regulates body fat storage) by lowering C-Reactive protein (CRP) caused by weight gain, which otherwise binds to leptin receptors inhibiting it’s satiety effects

*Brown adipose tissue (BAT) – waste calories for body heat instead of energy



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THERMACCEL

BALANCED ENERGY OR BETTER STIMULANT EFFECT



Summary of Unique/Key Points

- *The combined ingredients of ThermAccel have the ability to significantly increase metabolic rate and potentially daily activities (total calorie burn) while balancing the stimulatory effects of caffeine related herbs, and suppress appetite through multiple mechanisms.*
- *This combination may allow the user to avoid or overcome typical plateaus related to early weight loss without the normal obligatory increase in activity or decrease in food intake required to continue desired weight/fat reduction.*
- *With weight loss prescription drugs being deemed to have too many negative side effects (including being pulled off the market) with minimal results there is high interest in products like ThermAccel and other natural sources for assisting in weight management*



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THERMACCEL

BALANCED ENERGY OR BETTER STIMULANT EFFECT



Typical Use

- Anyone without adverse events to stimulants and seeking to accelerate weight loss, avoid plateaus and ease the journey including helping control appetite
- People who need a serious multiple pronged approach to weight control including a strong stimulatory effect to help increase metabolism
- Do not use if taking heart medications
- Do not mix with other stimulants
- Discontinue after reaching body fat reduction goal or when lifestyle is under control to continue to desired body fat goal without assistance
- Take 4 tablets daily, 2 at breakfast and 2 with lunch



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WEIGHT LOSS & LIVER SUPPORT

NON-STIMULANT FAT LOSS AID



dotFIT PURE PROMISE™

dotFIT uses only quality ingredients that undergo rigorous testing, supported by scientific fact, not marketing hype. Through our exclusive delivery systems, our products provide your body with the right nutrients at the right time for maximum benefit. For more information, visit www.dotFIT.com

Excess body fat and diets high in calories and fat can compromise liver function. This potentially leads to multiple obesity-related conditions such as insulin resistance, fatigue and an unhealthy, fatty liver.

WeightLoss & LiverSupport™ is developed to help you break that cycle. Delivering a natural blend of ingredients that support the removal of fat from the liver, promote healthy liver function and combat the oxidative stress brought on by accumulating fat in the liver. Irvingia Gabonensis (African Mango) used in Weight Loss & Liver Support™ is a powerful ingredient that has been added to support weight loss.

WeightLoss & LiverSupport™

NATURAL FAT FIGHTER

SUPPORTS WEIGHT LOSS †
SUPPORTS APPETITE CONTROL †
PROMOTES HEALTHY LIVER FUNCTION †
SUPPORTS HEALTHY FAT UTILIZATION †

Now with:
African Mango
(Irvingia Gabonensis)

EGCG IMPROVED FORMULA

DIETARY SUPPLEMENT

90 TABLETS

Formerly FatRelease™

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DIRECTIONS: As a dietary supplement, take 1 tablet, 3 times daily approximately 30 minutes before meals with 8 oz. of water. Use in combination with a sensible diet and exercise program.

Supplement Facts	
Serving Size: 1 Tablet	Amount Per Serving
Servings Per Container: 90	% DV
Green Tea (Camellia Sinensis) Leaf Extract (Standardized to 90% Polyphenols (196 mg), 80% Catechins (160 mg), 45% EGCG (90 mg), 2% Caffeine (naturally occurring 4 mg))	200 mg *
Choline (as Choline Bitartrate)	133 mg *
N-Acetyl Cysteine	50 mg *
Milk Thistle (Silybum marianum L.) Seed Extract (Standardized to 80% Silymarin)	766 mg *
Irvingia Gabonensis Seed Extract	150 mg *

* Daily Value not established

Other Ingredients: Cellulose, cellulose gum, stearic acid, silica, dibutyltin phosphate, hydroxypropyl methylcellulose, magnesium stearate, food grade and titanium dioxide. Contains No sugar, salt, dairy, wheat, gluten, corn, preservatives or artificial flavors.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing.

Store at 15-30°C (59-86°F). Protect from heat, light and moisture.

(These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.)



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WEIGHT LOSS & LIVER SUPPORT

NON-STIMULANT FAT LOSS AID



Goal

- Deliver natural substances known to support appetite and the health and proper functioning of the liver, especially when unwanted fat accumulates as a result of weight gain which subsequently leads to non-alcoholic fatty liver disease (NAFLD), which affects 40-90% of the overweight (27-34% general pop)

Rationale

- Weight gain and/or poor eating habits often lead to a fatty liver, which increases the oxidative stress on this vital organ and compromises its overall functioning including inhibiting the body's ability to control proper usage/burning of sugar and fat
- Included is Epigallocatechin gallate (EGCG) from green tea for its potential in fat metabolism and hepatic protection including antioxidant properties
- *Irvingia gabonensis* (African Mango) for its potential to improve weight loss results thru appetite control and related metabolic outcomes



WEIGHT LOSS & LIVER SUPPORT

NON-STIMULANT FAT LOSS AID



Enhance Liver Function:

Choline: Lipotropic shown to increase the removal of fat from the liver.

Milk Thistle: Enhances the liver by improving circulation, maintaining integrity of liver cell membranes while increasing liver's regenerative ability & formation of new cells.

N-Acetyl Cysteine: Acts as an antioxidant to combat oxidative stress (including what is brought on by accumulating fat in the liver).

EGCG (From Green Tea): liver protection including antioxidant properties

Enhance sugar/fat metabolism & appetite control :

EGCG: Increase energy expenditure , fat oxidation & fat cell death (270Mg)

African Mango: positive effects on hormones adiponectin (fatty acid storage/breakdown & glucose metabolism) and leptin (appetite) while inhibiting formation of fat cells



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Irvingia Gabonensis Preliminary Clinical Research

150 mg twice daily for 10 weeks reduced weight by 28LB, compared to 1.5LB in overweight patients taking placebo.⁹ In this study, overweight patients taking Irvingia gabonensis (IG) consumed an average of 2767 kcal/day compared to 3156 kcal/day in the placebo group suggesting favorable effects on appetite. The IG group also decreased total and LDL cholesterol levels by 26% and 27% respectively, compared with 2% and 5% with placebo

Lipids in Health and Disease 2009, **8**:7

<http://www.lipidworld.com/content/8/1/7>

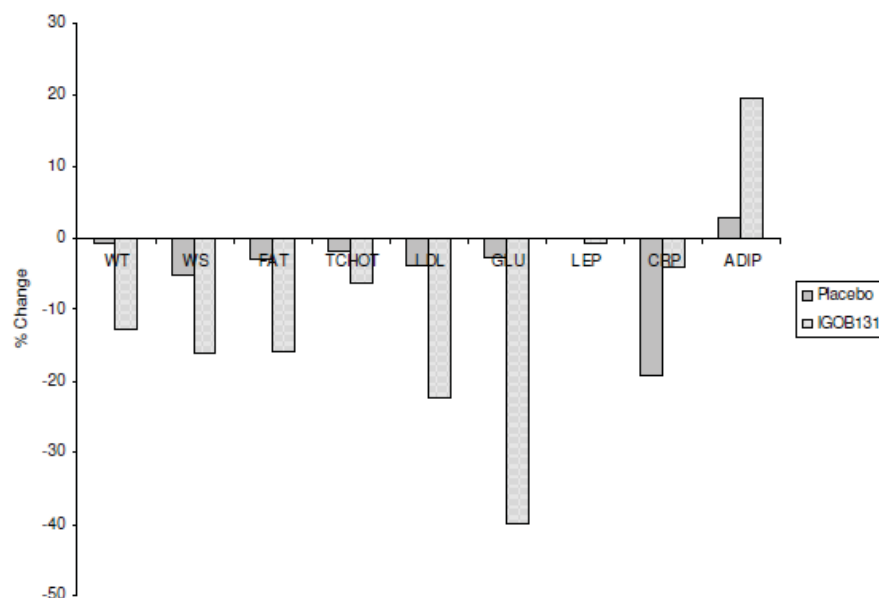


Figure 3
Percentage decrease in body weight (WT), Waist size (WS), Fat (FAT), Total Cholesterol (TCHOL), LDL cholesterol (LDL), Glucose (GLU), Leptin (LEP), C-reactive protein (CRP) and Adiponectin (ADIP) after 10 weeks of use of extract IGOB131.

WEIGHT LOSS & LIVER SUPPORT

NON-STIMULANT FAT LOSS AID



Summary of Unique/Key Points

- Non-stimulant body fat/weight reduction aid for overweight people
- Supplies natural substances known to support fat metabolism and liver health especially in overweight people with extra liver fat
- Designed to work at many different levels within the body: antioxidant, appetite control, liver fat and sugar metabolism to support the loss of body fat and overall metabolism
- For very overweight or obese people (females >32% body fat and males >22%) to support liver health



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WEIGHT LOSS & LIVER SUPPORT

NON-STIMULANT FAT LOSS AID



Typical Use

- Non-stimulant fat-loss aid
- Overweight people to support a complete weight loss program & liver health
- Take 1-tab, 3Xs daily, 30 min before meals (timing not as important as before)
- Discontinue after reaching fat loss goal



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CARBREPEL

FEEL FULL SOONER AND LONGER



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We all enjoy eating carbohydrates. Starchy foods such as breads, potatoes, pasta and rice quickly convert to glucose, which is the body's primary source of fuel for everyday energy. Unfortunately for our waistlines, if the excess starchy foods are not used for energy through exercise or physical activity you'll quickly start to pile on unwanted pounds and stubborn fat stores.

Now you can take control with CarbRepel™. Each serving contains clinically tested Phase 2®, a proprietary standardized white kidney bean extract that works by blocking dietary starch from being absorbed. By working with the body's natural enzymes, Phase 2 blocks the action of the alpha amylase enzyme, which is responsible for breaking down starches into sugars.

CarbRepel is made from safe, yet powerful, natural ingredients including Citrus Pectin from fruits. It's stimulant free so you can use it at any time during the day, helping you control your hunger and feel fuller longer. CarbRepel reduces the absorption of carbohydrates, which promotes weight loss, helping you achieve a firmer, shapelier body.

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←

CarbRepel™

CARBOHYDRATE NEUTRALIZER

SUPPORTS WEIGHT LOSS & APPETITE CONTROL†

FEEL FULLER LONGER†

SUPPORTS CARBOHYDRATE CONTROL†

WITH CLINICALLY TESTED PHASE 2®

DIETARY SUPPLEMENT

120 TABLETS

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Feel Better. Connected.

DIRECTIONS: As a dietary supplement, take 2 tablets, twice daily approximately 30 minutes before your 2 largest meals with 8 oz. of water. Use in combination with a sensible diet and exercise program.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 60

Amount Per Serving	% DV
Phase 2 Starch Neutralizer†	750mg *
White Kidney Bean Extract (Phaseolus vulgaris)	
Citrus Pectin	375 mg *
Pomegranate Fruit Extract (Total Polyphenols 116 mg, Ellagic Acid 55 mg)	1325 mg *

*Daily Value not established.

Other Ingredients: Di-calcium phosphate, Cellulose, Cellulose gum, Stearic acid, Magnesium Stearate, Silica and Food Glaze.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

†The trademark Phase 2 Starch Neutralizer® is being used under license.

WARNING: Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medication. Seek the advice of a healthcare professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing.

Store at 15-30°C (59-86°F). Protect from heat, light and moisture.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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FEEL FULL SOONER AND LONGER



Goal

- To reduce a significant percentage of carbohydrate calorie absorption to help maintain or accelerate weight loss, especially in people who tend to crave or overeat carbohydrates/sugars. Also may be used sporadically based upon days when carbohydrate intake may be unnecessarily high to help maintain or keep weight from rising

Rationale

- CHO cravings important to early survival has damaging consequences today
 - ✓ CHO (especially sweet) intake often leads to more, which desensitizes the brains reward system leading to the need for more to fully satisfy (explains the need for desert although full – i.e. “sweet tooth”). CarbRepel (Phase 2) may assist by allowing reasonable carbohydrate intake to help satisfy cravings while preventing a portion of it from being absorbed, thus reducing calorie intake.
- Secondly Phase 2 can reduce the Glycemic Index (GI) of foods including spikes in blood sugar
 - ✓ Low Glycemic diets have been associated with healthier outcomes, including improved blood sugar control and insulin sensitivity, and a longer feeling of fullness



CARBREPEL

FEEL FULL SOONER AND LONGER



Inhibit the enzyme that absorbs CHO & Lower GI

Phase 2: a proprietary extract of the bean Phaseolus (phas-e-o-lus) Vulgaris (PV), which can **block the action of alpha amylase (the enzyme that breaks down CHO & allows absorption)** thus decreasing calorie absorption of *ingested* foods and the GI of the diet - both conditions may reduce cravings and create earlier and extended fullness

Citrus Pectin & Pomegranate leaf: Natural excipients to assist delivery of PV



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CarbRepel

Enhanced Weight loss
Versus placebo

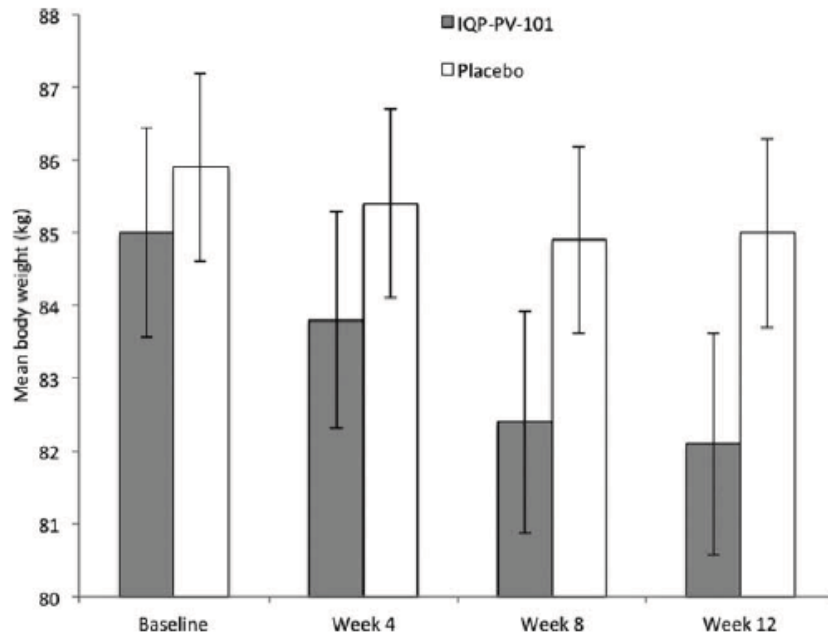


FIGURE 2 Weight reduction from baseline to week 12 for the WL study. Error bars show one standard error of mean.

Better Maintenance in
Free living conditions

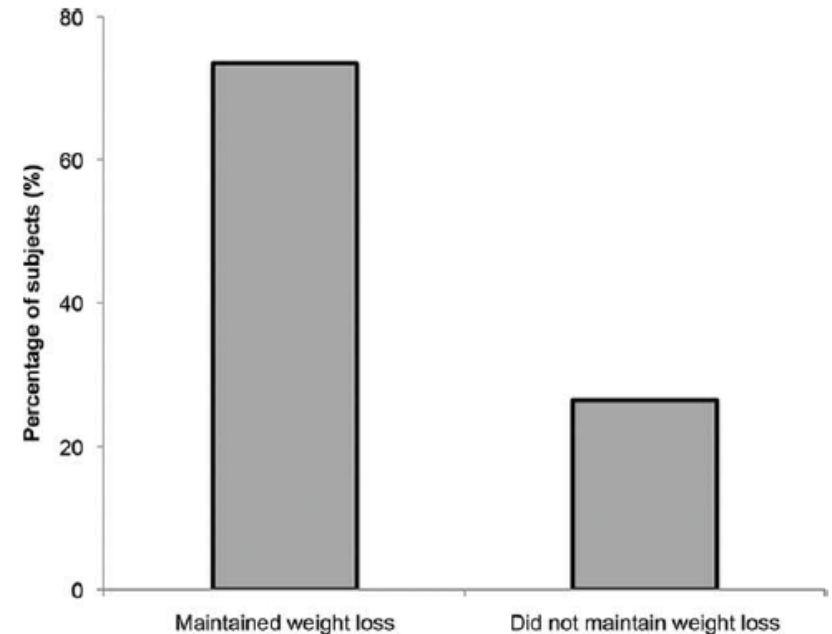


FIGURE 3 Proportion of subjects who maintained and did not maintain weight in the WM study.

In a randomized placebo controlled study, the safety and efficacy of Phaseolus vulgaris (Phase 2), on weight management in two phases was evaluated. The weight loss (WL) phase (~500 calorie daily deficit) was conducted over 12 weeks and the weight maintenance (WM) phase lasted 24 weeks with no diet restrictions, so it mimicked free living. The dosage was 1,000 mg taken 3 times daily before meals for both studies. At the end of the WL study, the Phaseolus vulgaris (PV) group lost a mean of 6.4 lbs in body weight compared with 2.0 lbs in the placebo group. During the **WM phase, 36 out of 49 subjects (73.5%)** were able to maintain their weight, even without dietary restrictions. No serious or related adverse events were reported over the combined period of 36 weeks. Participants during the WL phase reported no hunger differences during diet compared to normal living. The conclusions were that PV/Phase 2 is safe and effective for weight loss and maintenance

Barbara Grube¹, Wen-Fen Chong², Pee-Win Chong² and Linda Riede. Weight Reduction and Maintenance with IQP-PV-101: A 12-Week Randomized Controlled Study with a 24-Week Open Label Period. Obesity (2013) 00, 00–00. doi:10.1002/oby.20577

CARBREPEL

FEEL FULL SOONER AND LONGER



Summary of Unique/Key Points

- *Extrapolated from all current data: when 1,000 mg is ingested before a meal containing typical "Western diet" amounts (>30%) of carbohydrates Phase 2 appears to be safe and effective for*
 - ✓ *Weight/BMI reduction*
 - ✓ *Attenuating loss of LBM during weight loss*
 - ✓ *Maintenance of weight loss including appetite support*



CARBREPEL

FEEL FULL SOONER AND LONGER



Typical Use

- Non-stimulant fat-loss and appetite aid for those who tend to enjoy or overeat carbohydrates
- Anyone seeking to enhance body-fat reduction without affecting the central nervous system
- Discontinue after reaching fat loss goal or until lifestyle helps maintain desired progress
- Take two tablets, twice daily, 30 minutes before your largest carbohydrate-containing meals or snacks



LEAN PAK 90 OR WHATEVER

You get:

- Weight Loss & Liver Support
- CarbRepel
- ThermAccel
- Quick Start Card
- MR Wt Loss data
- WT loss planner



Complete planner

- Goal setting
- Goal Adjustments
- Menus
- Progress log
- Food log
- Calorie burn calculator
- Step calculator
- Daily tracker

Use as directed or all together if time is important



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LEAN PAK 90 OR WHATEVER



Original purpose

- Complete program for non-program users
 - ✓ Menus, exercise, supps & self promoting with brand connection
- Rationale for cycling
 - ✓ Marketing: psychological timeline & financially palatable
 - ✓ Efficacy: 1) Liver support first when at heaviest; 2) different appetite support targets at all phases to overcome adaptation; 3) most aggressive product (ThermAccel) at final phase as natural plateaus are more common

Current use

- Same as above
- May use as directed or all together
 - ✓ Use each product as needed: TA daily, WLLS daily, CR with higher CHO meals
- Common, easy & complete product to sell at challenges
- No more Calorie King book because of Apps/program



RESULTS SUMMARY

Weight/Body Fat Loss



PRACTITIONER PRODUCT RESULTS

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Documented Weight Loss Increases (PDSRG)

Better than restricted calorie diets alone or diet & drug therapies

- Specific supplement programs based on individuals can safely accelerate results while lessening the effort, workload, and pain of achieving sustained weight loss:
 - Increase/maintain LBM & metabolism
 - 2-3xs more weight loss
 - Up to a 9-fold better chance of maintaining
 - Less cravings, more energy and mood/stress improvement
 - Avoid Plateaus
 - **Faster continuing results = higher motivation to finish**

**All increases are when compared to not using supplements and all else equal*



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