



Weight/Fat Loss Supplementation

Safely Accelerate Results While lessening
The Effort/Workload/Pain of Achieving
Sustained Weight Loss

*Nutrition is 100% Responsible for
Exercise-Induced Results - Including Changes in Body Fat*





Supplementing for Weight/Fat Loss

Goal:

- The goal of incorporating a dietary supplement into a weight loss program is to assist the participant in complying with the daily routine that leads to weight/fat reduction

Objectives:

- The supplement ingredients must have safely demonstrated the potential 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
 - Raise energy levels that may make one more active throughout the day
 - Reduce the drive to consume food
 - Decrease calorie absorption
- Specific supplement programs can accomplish in 8 weeks with less pain, what you might otherwise do in 12 (or at all because of lack of motivation from slow painful results)

The dieter would cease supplementation once the weight goal is reached or when they have their daily routines under control to continue making progress without the supplements



ALL ADULTS – WEIGHT & FAT LOSS

Minimum (SRP \$17.95)

- Targeted Multivitamin & Mineral (Take as directed)

Level 1 (SRP LeanMR \$69.90; SRP Pre/Post \$66.90)

- Targeted Multivitamin & Mineral (Take as directed)
- Meal Replacement
 - <2000cals/day use Lean MR; >2000cals/day use Pre/Post MR 1-2 small meals/day

Level 2 (SRP LeanMR \$119.85; SRP Pre/Post \$116.85)

- Targeted Multivitamin & Mineral (Take as directed)
- Meal Replacement
 - <2000cals/day use Lean MR; >2000cals/day use Pre/Post MR 1-2 small meals/day
- ThermAccel (take as directed if no aversion to caffeine/stimulants)

Meal Replacements & Weight Loss

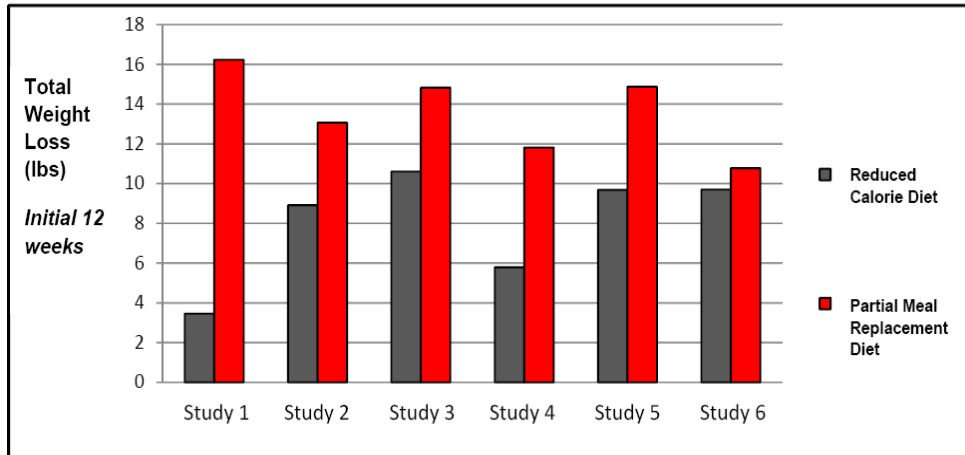


Figure 1: In all six studies groups using meal replacements (PMR) as part of their overall calorie intake lost significantly more weight than subjects using reduced calorie diets (RCD) alone. Heymsfield SB (2003)

169% greater weight loss

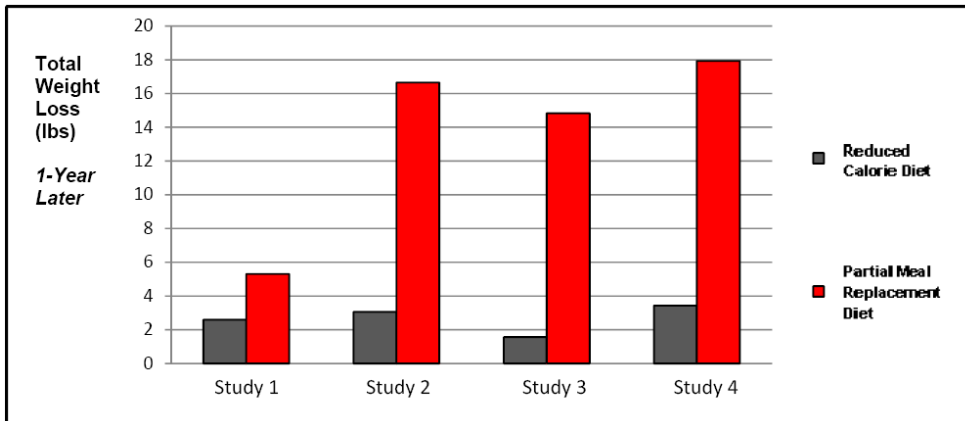


Figure 2: In a 1-year follow-up in the groups that were tracked, the subjects still using meal replacements maintained significantly more weight loss than the RCD group. Heymsfield SB (2003)

2-9X greater weight loss

AGGRESSIVE WEIGHT LOSS



Maximum support: Physique competitor, time-constrained, multiple previous failures

Validated safe and effective alternatives to common successful drug therapy

Products below contain ingredients shown in clinical trials to significantly accelerate body fat/weight loss when compared to placebo users following the same routines.

- Blocks % of Fat
- Aids appetite
- 200-300% greater fat loss in 3 months



- Boost metabolism and energy & aids in appetite control
- delivering 10% Increase in EE
- 8.5 LBS greater weight loss in 30 days (92% increase)

- Blocks % of CHO
- Aids appetite
- 5.7lbs or 700% greater fat loss in 30 days

Use individually or together as needed based on product function

AGGRESSIVE WEIGHT LOSS

LeanPak90: Complete 90-day solution (SRP \$109.95)

- All three supplements
- Weight Loss Planner
- CalorieKing™ Calorie, Fat & Carbohydrate Counter



Use as directed or together as needed

