

YOUR SECRET WEAPON WITH WEIGHT CONTROL

1. *Double up on daily water intake. Track your water intake, then double it.*
2. *Incorporate daily movement and exercise & add more raw veggies and fruits to your diet.*
3. *Plateau? Go off for couple of days & then start back on product.*

Q: Is it safe to take more than one pill a day?

A: YES, If one pill does NOT control your cravings for an entire day then a second pill may be taken in the early afternoon. See bottle for recommended dosage.

Q: What should I expect this pill to do for me?

A: The diet pill should help to boost your level of energy, help stabilize blood sugar levels which will help eliminate mood swings, assist with the control of your appetite and stop food cravings, as well as stimulate *Natural Metabolic Rate* for increased and sustained fat burning. The pill is the ultimate weight control tool to assist you in living a healthy lifestyle.

Q: I'm thinking about buying your pills instead of a pharmaceutical grade Rx.

A: Let me first congratulate you on giving serious thought to weight loss. Losing weight and adopting a more wellness-oriented life will be a huge benefit to your body and spirit.

It's best that you use a more natural diet pill. However, the use of diet pills should always be accompanied by exercise and healthful eating. In short our diet pills do work when taken as directed and when incorporating a healthy diet and exercise plan into the mix.

Q: How fast should I lose weight?

A: While there are many things you can do to shed pounds, losing weight quickly depends on you. A pound of fat contains 3500 calories. Men can safely lose around two pounds a week, and women can safely lose around one pound a week. Any more than this and you might be losing more muscle mass than fat. Thus, with a combination of calorie restriction and aerobic exercise, a man should aim to run a 3500-7000 calorie deficit each week, and women should aim for a 1750-3500 calorie deficit.

Q: Will I feel nervous or jittery?

A: Unlike earlier diet pills, our diet pill has been formulated to work without causing nervousness or jittery feelings. Reducing and perhaps even cutting out alcohol and coffee have shown remarkable improvement in the levels of anxiety for some people and generally assist with the treatment of nervousness. Vitamin B, especially B-6, also helps in the manufacture of serotonin in the brain. Supplements of Vitamin B6 have been used in the treatment of anxiety disorder. Food rich in antioxidants together with essential fats help in improving energy levels and may relieve the feelings of anxiety. Dehydration may also add to anxiety and nervousness, so it is advisable to ensure a good fluid intake. Hot drinks may have a calming effect, but try avoiding excess caffeine. Herbal teas may be helpful, especially before bed.

Q: What can I do to prevent headaches while dieting for weight loss?

A: Headaches can be common for some individuals while dieting and are usually due to "fluid and mineral shifts," mostly due to low sodium/salt levels. This can occur especially when carbohydrate intake is particularly low; for example, below 50g per day. To help prevent this, we encourage you to add extra table salt to your daily diet or drink a cup of prepared bullion twice a day. Table salt has the added benefit of containing potassium. Potassium supplementation can also be beneficial. If you are being treated for a chronic disease or high blood pressure, or are taking potassium-sparing diuretics you should not take extra potassium supplements without first consulting your physician or health-care professional. Inadequate fluid intake can cause a mild dehydration and resultant headache. Be sure you are well-hydrated by drinking 80-100 oz. of water a day. You may experience headache if you wait too long between meals and snacks. Be sure to eat meals approximately 4-5 hours apart, with a protein-based snack between meals, approximately every two hours. Headaches are also common result of "caffeine withdrawal". You may experience headaches if you are cutting back on your caffeine intake. If you choose to cut back, do it very gradually – don't go "cold turkey". Headaches may also be caused by stress.

Q: Why do I feel tired with the product?

A: Fatigue is often a sign that the adrenals are exhausted. Give it a few days and it will kick in.