

NUTRITIONAL SUPPORT FOR WEIGHT LOSS

Getting weight off and keeping it off

Americans are constantly fighting a battle to manage their weight. We are a fast-food, processed-food culture. Many Americans lack exercise and physical activity. Stress also has been shown to be an underlying factor in obesity. Successful weight loss and weight management can be accomplished by making better choices in our diet, incorporating more exercise in our daily routine, and pursuing more stress reduction in our lives. Meal replacement, using high-nutrient, protein-based smoothies which are low in carbohydrates and sugar, consistently have proven valuable for people attempting to lose weight. A protein-based shake which includes whole foods such as spinach and kale, and fresh or frozen

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berries, will sustain the body, minimize hunger, and encourage weight loss. “Supercharging” the weight loss smoothie with additional nutrients, such as Active Life Nutrient Capsules, will supply the body with the energy to work, exercise and make other healthful lifestyle changes.

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To order or for more info,
call 855-645-5120

A number of supplements have been shown to be helpful in encouraging weight loss. Taking a fiber supplement such as Fiber Blend in a glass of water prior to each meal will partially fill the stomach and help the user to eat less, along with encouraging good bowel function. A chromium supplement taken 30 minutes prior to each meal helps to more effectively manage blood sugar levels and decrease appetite. *Garcinia cambogia* is an herbal weight loss option featured in our Diet Support with Garcinia Cambogia, along with chromium. This product, taken before a meal, has proven useful for many people.



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Suggested supplements:

- Fiber Blend
- Perfect Protein Powder
- Active Life Nutrient Capsules
- Chromium Picolinate 200 mcg
- Diet Support with Garcinia Cambogia