

CLINICAL PROTOCOLS

WEIGHT LOSS

A Suggested Nutritional Protocol for Weight Loss Support

Nature's Diet Caps® + Herbs

A combination of garcinia cambogia and chromium, formulated in a base of special herbs. It is specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.

Suggested usage: *One capsule with 8oz of water 1/2 hour prior to each meal daily.*

Satiet-Ease (Pure Encapsulations)

Is a unique formula providing important central nervous system support for satiety, food cravings and mood. In addition, it can serve as a general formula for supporting emotional well being and moderating occasional stress.

Suggested usage: Two capsules daily in divided doses, between meals.

CLA (Pure Encapsulations)

An effective modulator of metabolism excellent for reducing stomach fat and increasing muscle mass. As well as encouraging healthy glucose homeostasis.

Suggested usage: *Two capsules with meals.*

Relora-Plex

Stress related eating over a prolonged period of time can lead to weight gain. This unique, patent-pending mixture of two herbal extracts is specifically designed to support normal mental functioning during stress and anxiety. Also may assist in normalizing cortisol levels.

Suggested usage: *Two capsules daily.*

COMPLETE WEIGHT LOSS SUPPORT

DL Weight Management Pack

A pack containing garcinia cambogia, chromium, green tea, conjugated linoleic acid (CLA), coleus forskohlii, and fibre conveniently packaged into individual packets to assist with weight management and weight loss programs.

Each pack contains 2 Nature's Diet Caps®, 1 CLA, 1 Green Tea Extract Max-V, 1 Fibre-Plex™, 1 Relora-Plex

Suggested usage: *One pack 15 minutes before meals, one to three times daily.*

