



**Re-order at:**  
**www.mySLIMFX.com**

**WEIGH AND MEASURE**

<b>Day 1</b>	<b>Day 4</b>
Weight _____	_____
Upper Arms _____	_____
Thighs _____	_____
Bust/Chest _____	_____
Waist _____	_____
Hips _____	_____

<b>Day 7</b>	<b>Day 11</b>
Weight _____	_____
Upper Arms _____	_____
Thighs _____	_____
Bust/Chest _____	_____
Waist _____	_____
Hips _____	_____

<b>Day 18</b>	<b>Day 25</b>
Weight _____	_____
Upper Arms _____	_____
Thighs _____	_____
Bust/Chest _____	_____
Waist _____	_____
Hips _____	_____

<b>Day 30</b>	<b>Month 2 Weight Loss and Maintenance Goals</b>
Weight _____	_____
Upper Arms _____	_____
Thighs _____	_____
Bust/Chest _____	_____
Waist _____	_____
Hips _____	_____

**SUDDENLY SLIM! XTREME**

**CLEANSING AND WEIGHT LOSS PROGRAM**

The Suddenly Slim Xtreme Cleansing and Weight Loss Program is a proven and effective method to lose weight and keep it off forever. Developed by nutritional experts, scientists and medical doctors, Suddenly Slim Xtreme gets you results—*fast!*

**To enhance your weight loss success, you may add one or more of the following Suddenly Slim! products to your daily regimen:**

**Trimbolic®**

**Fat and Cellulite Fighter**

A special blend of dietary fibers and botanical extracts that help satisfy your appetite, reduce cellulite and support lean muscle tissue while losing weight.\*



**Gone4Good®**

**Glycemic Control and Carb Blocker**

Designed to lower the glycemic index of foods at mealtime, help block the absorption of carbohydrates, and enhance fat metabolism.\*



**Coffee FX™**

**Weight Loss Coffee**

A thermogenic herbal supplement with a delicious coffee flavor that helps control your appetite and promotes a feeling of energy.\* Delicious served hot or cold.



Every individual will experience different results when following the Suddenly Slim Cleansing and Weight Loss Program. If you want to lose weight and are under 18, pregnant, nursing, following a diet recommended by a doctor or have health problems, consult your doctor before starting Suddenly Slim.

**Note:** Females who normally experience monthly water weight gain should wait until after their cycle before starting Suddenly Slim.

**FAST • SAFE • ESSENTIAL**

"Suddenly Slim is the safe and natural solution to reshape the body and reignite the fat-burning metabolic process. I recommend it to all my patients who want to lose weight and improve their health."



*Peggy Richardson, M.D.*



As a health care professional and research scientist, I have witnessed firsthand the devastating effects of obesity. This deadly disease is no longer mostly isolated to the western world, but is now spanning the globe with catastrophic effects. I have personally experienced a weight loss of 57 pounds with Suddenly Slim, and I've kept the weight off for more than seven years! Suddenly Slim not only changed my life...it saved my life."

*Pete Coon, B.S., M.S., PhD*

"I have been amazed at how fast and effective Suddenly Slim has been for my patients in losing weight and inches. The products and the easy-to-use eating guide are the best I have ever seen!"



*Herman Glass, D.C.*

**FIRSTFITNESS® NUTRITION**

For more information contact:

**No fees, no hassles just the best prices everyday at:**

**myslimfx.com**

**FIRSTFITNESS® NUTRITION**

**SUDDENLY SLIM!®**

**XTREME**

CLEANSING AND WEIGHT LOSS PROGRAM

**PROGRAM AND MENU GUIDE**

**CONGRATULATIONS!**

You have made an excellent decision in choosing Suddenly Slim Cleansing and Weight Loss products to assist you in your quest to look and feel your absolute best.