

RENEÚ[®]

ULTIMATE COLON CLEANSE

Are you:

- Interested in cleansing and detoxifying your body?
- Having trouble losing weight?
- Frequently irregular, constipated and/or bloated?
- Interested in supporting permanent weight loss, and ridding your body of stubborn, excess fat?

The Problem:

Unfortunately, toxins are everywhere in our environment. They enter our bodies through the air we breathe, radiation, cigarette smoke, chemicals in our environment, food laden with pesticides, hormones, parasites, etc. These toxins build up over time, and slow down our body processes, causing allergies, weight gain, poor skin, loss of energy, digestion problems, anemia and other illnesses of all kinds. These toxins rob our bodies of much-needed nutrients as the body is unable to eliminate the toxins in a timely manner. Lifestyle and nutritional changes must be made in order to begin living a healthier life.

The Solution:

Reneú is the advanced inner body care solution. FirstFitness was founded on this extraordinary cleansing product, and we believe cleansing and detoxification is the essence of permanent weight loss, and at the heart of preventing chronic illness.

We refer to Reneú as the Ultimate Colon Cleanse, since it was designed to help cleanse and detoxify the intestinal system. A cleaner intestinal system helps enhance the absorption of vitamins, minerals, and herbal extracts which optimizes weight control.

Reneú is a botanical and fatty acid complex that helps with cleansing, detoxification, and elimination. This state-of-the-art formula helps lessen the body's toxicity. Reneú supports the healthy elimination of metabolic wastes, toxins and internal contaminate from the gastrointestinal tract.

The bowels contain toxic materials that may be absorbed through the intestinal wall and carried to other regions of the body. This can potentially cause a wide range of problems including toxification by gut endotoxins. These endotoxins may be harmful to the liver and the cells' bioenergetics, which can contribute to difficulty in losing excess fat.

Reneú can help remove toxins in the body with ingredients such as Undecylenic Acid (an antifungal agent), a botanical complex, and probiotics (healthy bacteria) which help maintain a healthy balance of intestinal flora.

The Results:

- Reneú is a world-class botanical formulation for intestinal cleansing, detoxification and elimination that can improve overall health and wellness, setting your body up for successful and permanent weight loss and healing.
- This effective cleansing product also helps eliminate toxicity and various pathogenic factors from the bowels, and reduces the uncomfortable feeling of abdominal bloating and the unsightly swollen appearance of your waistline.
- Reneú supports healthy cholesterol and triglyceride levels.
- Reneú helps restore the intestinal micro environment and assists in supporting proper weight management.
- Reneú binds endotoxins in the body, increases stool weight, speeds up transit time, and helps to decrease fecal stagnation and putrefaction.



Item #1561 (100 Capsules)

KEY BENEFITS:

Helps cleanse and eliminate toxins from the body

Assists with improved digestion and thorough internal cleansing

Supports healthy weight loss

S U P P L E M E N T F A C T S

Serving Size: 2 capsules

Servings Per Container: 50

Amount per serving

Nutraceutical Proprietary Complex 848 mg*

Butternut Bark, Calcium Undecylenate, Senna Leaf, Ginger Foot, Black Walnut Bark, Cascara Sagrada Bark, Grapefruit Seed, Gentian Root, Wormwood Leaf, Blessed Thistle, Dandelion Root, Chinese Rhubarb Root, Garlic Bulb, Aloe Vera Leaf, Cranberry, Cloves, Oregon Grape Root, Streptococcus Faecalis, Lactobacillus, Goldenseal Root, Echinacea Purpurea Root, Ficin, Calcium 2-Aminoethanol Phosphate, Magnesium 2-Aminoethanol Phosphate, Aspartic Acid and Orotic Acid.

*Percent Daily Value (DV) not established.

OTHER INGREDIENTS: Gelatin (capsule)

DIRECTIONS:

RENEÚ CAPSULE

Take 1 to 2 capsules twice daily, after breakfast and at bedtime, with a large glass of water. Start with 1 capsule and increase to 2 capsules as comfortable.

WARNING: Reneú Capsules contain Senna, Chinese Rhubarb, and Cascara Sagrada. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna, Chinese Rhubarb, and Cascara Sagrada may worsen these conditions and be harmful to your health.**

Consult your physician if you have frequent diarrhea, if you are pregnant, nursing, taking medication, or have a medical condition.

SLIM 'N UP![®] XTREME

MAXIMUM STRENGTH FAT BURNER

Are you:

- Struggling with weight loss?
- Needing help with maximum appetite control?
- Wanting to accelerate the fat burning process?
- Interested in having more energy while losing weight?
- Wanting to enhance your metabolism—to go from fat storing to fat burning?
- Wanting to improve your focus and enhance your mood?

The Problem:

Most of us understand that maintaining a healthy weight is helpful to our self-image and essential to our overall health and wellness.

We generally begin a weight loss regimen with a healthier diet and we increase our daily exercise. But during the weight loss process we may experience difficulty controlling our appetite or staying with our eating plan. We may also experience a decrease in our energy level, causing us to slow the exercise process. Our body then becomes unable to increase our metabolism and burn fat and calories. Ultimately, we become disillusioned, and we eventually quit the weight loss program.

The Solution:

Slim 'N UP! Xtreme is our most advanced formula for accelerated weight and inch loss. It provides maximum appetite control, advanced thermogenesis, helps increase energy, improves focus and enhances mood. This nutrient-rich herbal formula has maximum fat burning components which convert excess stored body fat for increased vitality and accelerated weight loss.

The Results:

- Accelerate your weight and inch loss*
- Create advanced thermogenesis to melt away body fat*
- Change your body from "fat storing" to "fat burning"*
- Reduce your appetite and increase your energy level*
- Improve your focus and enhance your mood*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Item #1100 (90 Capsules)

KEY BENEFITS:

- Maximum Appetite Control*
- Advanced Thermogenesis*
- Increased Energy*
- Improved Focus and Mood*

S U P P L E M E N T F A C T S

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	10 mg	17%
Thiamin (as Thiamine Hydrochloride)	1 mg	67%
Riboflavin	1.15 mg	68%
Vitamin B6 (as Pyridoxine Hydrochloride)	.7 mg	35%
Magnesium (as Magnesium Aspartate)	20 mg	5%
Chromium (as Chromium Picolinate)	36 mcg	30%
Synephrine Hydrochloride	30 mg	*
Caffeine	124 mg	*

Synergistic Proprietary Blend	222 mg	*
Amla powder (fruit), Guggulsterones (root), L-Theanine, Passion Flower Powder (aerial), Oolong Tea (leaf), Phaseolus Vulgaris Extract (fruit), Rhodiola Rosea Powder (root), White Willow Bark Powder (root), Mucuna Pruriens Powder (seed), Hoodia Powder (herb), Coleus Forskohlii Extract (root), Cocoa Extract (seed), Evodiamine Extract.		

*Daily Value not established.

Other Ingredients: Gelatin, Titanium Dioxide.

MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, EGGS, NUTS AND WHEAT PRODUCTS.

DIRECTIONS: To begin, take 1 capsule with breakfast and 1 capsule at approximately 3:00pm with a large glass of water. Slowly increase to 2 capsules with breakfast and 1 capsule at approximately 3:00pm thereafter to your comfort level.

WARNING: Not for use by individuals under the age of 18. Do not use if pregnant or nursing. Consult your health care practitioner before use if any medical condition exists or when taking any prescription drug. Discontinue if nervousness, sleeplessness or nausea occur. Keep out of children's reach.

SLIM 'N UP![®]

THE ORIGINAL FAT BURNER

Are you:

- Struggling with weight loss?
- Needing help with appetite control?
- Wanting to increase the fat burning process?
- Interested in having more energy while losing weight?
- Wanting to enhance your metabolism—to go from fat storing to fat burning?

The Problem:

Most of us understand that maintaining a healthy weight is helpful to our self-image and essential to our overall health and wellness.

We generally begin a weight loss regimen with a healthier diet and we increase our daily exercise. But during the weight loss process we may experience difficulty controlling our appetite or staying with our eating plan. We may also experience a decrease in our energy level, causing us to slow the exercise process. Our body then becomes unable to increase our metabolism and burn fat and calories. Ultimately, we become disillusioned, and we eventually quit the weight loss program.

The Solution:

Slim 'N UP!, our Original fat burning formula for weight and inch loss, helps with appetite control, thermogenesis and helps increase energy. This nutrient-rich herbal formula's fat burning components convert excess stored body fat, increase vitality and enhance weight loss results.

The Results:

- Get a nutrient-rich formula that supports your weight and inch loss success*
- Curb overeating to better control your appetite*
- Increase your energy level while losing weight and inches.*
- Create increased thermogenesis to melt away body fat*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Item #1015 (60 Caplets)
Item #1005 (180 Caplets)

KEY BENEFITS:

- Supports weight and inch loss*
- Helps control your appetite*
- Increases thermogenesis*
- Increases energy*

S U P P L E M E N T F A C T S

Serving Size: 2 caplets

Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin C (Ascorbic Acid)	30 mg	50%
Thiamin (Vitamin B1) as (Thiamine HCl)	3 mg	200%
Riboflavin (Vitamin B2)	3.4 mg	200%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%
Magnesium (as Magnesium Gluconate)	70 mg	18%
Chromium (as Chromium Picolinate)	100 mcg	83%

Synergistic Proprietary Blend 1644 mg*

Bitter Orange Fruit Extract, L-Tyrosine, Green Tea Leaf Extract, Dandelion Root, Coffee Bean Extract, Cola Nut, Guarana Fruit Extract, Guarana Fruit Powder, 2AEP Complex (Calcium 2-Aminoethanol Phosphate, Magnesium 2-Aminoethanol Phosphate, Aspartic Acid and Orotic Acid), Potassium Biphosphate, Garcinia Fruit Extract, Cayenne Fruit, Ginger Root, Bladderwrack whole plant, Kelp whole plant, Chitin, Valerian Root, L-Carnitine, Alpha Ketoglutarate, Gymnema Leaf, Yohimbe Root, Jujube Seed, Blue Flag Rhizome, Bromelain, Lipase, Beta Sitosterol, Mustard Seed.

*Percent Daily Value (DV) not established.

DIRECTIONS: To begin, take 1 caplet 3 times daily, approximately 30 minutes before meals, with a large glass of water. Slowly increase to 2 caplets thereafter to your comfort level.

WARNING: Not for use by individuals under the age of 18. Do not use if pregnant or nursing. Consult your health care practitioner before use if any medical condition exists, or when taking any prescription drug. Discontinue if nervousness, sleeplessness or nausea occur. Keep out of children's reach.

OTHER INGREDIENTS: Stearic Acid, Croscarmellose Cellulose, Silicon Dioxide, Magnesium Stearate, Hydroxypropyl Cellulose



Item #1055
Item #1060

Tropical Creme
Chocolate

BODY FX[®]

MEAL REPLACEMENT SHAKE

Are you:

- Interested in maintaining or losing weight permanently and healthfully?
- Looking for healthy “fast food” that provides low-fat, healthy nutrition, instead of other unhealthy options?
- Trying to improve your overall nutrition with healthy supplemental food/protein sources?
- A person with limited gastric capacity, looking for an easy-to-digest meal?

The Problem:

Many of us today live life in the fast lane, and eating on the run has become part of our daily routine. The reality is that most fast-food meals are “FAT” food meals, and not very nutritious. The end result is that we sacrifice nutrition—and our good health—to gain a little time in our hectic schedule. Preparing healthy meals at home can be time consuming also, so we take shortcuts. We use pre-packaged foods and other ingredients that have too many carbohydrates, too much fat, are high in calories, and simply don’t provide the balanced diet and nutrients we need. Over time this unhealthy eating pattern takes its toll. It can lead to poor digestion, low energy, poor health, and weight gain.

The Solution:

Body FX is a delicious meal replacement shake, scientifically formulated to provide the nutrition of a complete meal. The delicious Body FX meal replacement “shake” supplies the ideal amounts of biological usable proteins, low-glycemic Index carbohydrates, essential fatty acids, vitamins, and minerals for weight management and optimal health.

Body FX also contains antioxidants, phytonutrients, and other food factors needed for powerful, safe, and effective weight management.

The Results:

- Body FX helps people lose weight by providing a controlled amount of calories and fat in a recommended portion.
- Biologically usable proteins with the optimal ratio of essential amino acids help the body form healthy new cells and tissues.
- Low Glycemic Index carbohydrates assist the body in generating sustained energy without causing an excessive amount of insulin secretion.
- Essential fatty acids enhance the production of beneficial Eicosanoids or short term superhormones, that control virtually every physiological function in the body.
- Body FX contains an exclusive protein blend of microcellular alpha caseins, whey concentrates rich in alpha-lactalbumin, and isolated soy protein, which provides high levels of biologically usable proteins for building healthy body structures.
- Essential amino acids in BodyFX promote “anabolic” body buildup and prevent the “catabolic” breakdown of body tissue.

S U P P L E M E N T F A C T S

Serving Size: 2 Level Scoops (44 Grams)

Servings Per Container: 14

Amount Per Serving		Calories from Fat 35	
Calories	170	% Daily Value*	
Total Fat	4 g		6%
Saturated Fat	0 g		0%
Cholesterol	less than 5 mg		1%
Sodium	80 mg		3%
Potassium	540 mg		15%
Total Carbohydrate	21 g		7%
Dietary Fiber	3 g		12%
Sugars	16 g		
Protein	13 g		
Vitamin A	50%	Vitamin C	50%
Calcium	25%	Iron	50%
Vitamin D	50%	Vitamin E	50%
Thiamin	50%	Riboflavin	50%
Niacin	50%	Vitamin B6	50%
Folate	50%	Vitamin B12	50%
Biotin	50%	Pantothenic acid	50%
Phosphorous	25%	Iodine	50%
Magnesium	25%	Zinc	50%
Selenium	60%	Copper	50%
Manganese	50%	Chromium	35%
Molybdenum	70%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 - Carbohydrate 4 - Protein 4

DIRECTIONS: Blend, shake or briskly stir 2 level scoops (44 grams) of Body FX into 8-10 oz. of chilled water. For additional flavor and thickness, blend Body FX into 6 oz. of water with 2 oz. of crushed ice. Drink and enjoy.

INSTANT DISSOLVING FOOD: Body FX is a special and exclusive formula of select ingredients including proteins, vitamins, minerals and herbs. Designed to be used as an aid in weight control which includes caloric restriction.

High Net Protein Utilization (NPU) and Body Assimilation (BA) Formulation. NPU and BA are standard measurements of a protein’s biological utilization and assimilation. Body FX delivers the highest quality protein per measure for maximum body effectiveness.

INGREDIENTS (FOR BOTH TROPICAL CREME & CHOCOLATE PARADISE BODY FX):

Modified milk protein, nonfat dry milk, soy protein powder, fructose, fatty acid complex (canola oil, soy lecithin, borage, flax, evening primrose), **cocoa powder**,** maltodextrin, cellulose powder, cellulose gel and cellulose gum, guar gum, potassium chloride, soy fiber, dipotassium phosphate, calcium phosphate, magnesium oxide, **AEP Complex** (calcium 2-aminoethanol phosphate, magnesium 2-aminoethanol phosphate, aspartic acid and orotic acid), natural and artificial flavors, acesulfame K, ascorbic acid, vitamin E acetate, ferrous fumarate, DL-methionine, nutrient complex (yohimbe, colloidal mineral complex, alpha-ketoglutarate, garcinia cambogia, dandelion root powder, grapefruit powder, rosemary powder, bilberry powder, orange powder, cherry powder, grape powder, carrot powder, L-Carnitine), corn bran powder, xanthan gum, niacinamide, zinc oxide, calcium pantothenate, vitamin A palmitate, copper sulfate, manganese sulfate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin D, chromium picolinate, folic acid, biotin, sodium molybdate, sodium selenite, potassium iodide, cyanocobalamin.

With the exception of **cocoa powder (found only in Chocolate Paradise) the ingredients shown above are found in all flavors of Body FX.

TRIMBOLIC[®]

FAT AND CELLULITE FIGHTER

Are you:

- Frustrated with stubborn cellulite that won't disappear, despite dieting and exercising efforts?
- Struggling with cravings for unhealthy foods?
- Frequently hungry while on your diet?

The Problem:

While dieting, sometimes you can experience strong hunger pangs and cravings for processed carbohydrates and sugar, to satiate the appetite. Or you may be frustrated by stubborn cellulite that just won't go away despite your vigorous workouts at the gym. And maybe you eat right and exercise on a regular basis, but don't seem to be able to increase muscle tone despite your efforts.

The Solution:

Trimbolic is a proprietary blend of special dietary fibers, botanical extracts and isolated food factors, that helps satisfy your appetite and support lean muscle tissue while losing weight.

Working as a team, these ingredients produce significant weight loss through different metabolic pathways in the body. For example, they help prevent dietary fat from being absorbed, and support healthy blood sugar levels. The happy result is weight loss and body fat reduction, while helping to preserve lean muscle tissue.

And Trimbolic helps satisfy your appetite, so you don't eat unhealthy calorie-laden foods.

The Results

- Helps you lose unwanted pounds and inches by binding up harmful dietary fats and speeding their elimination, before they can be absorbed and stored.
- Reduces the appearance of cellulite by enhancing connective tissue structure and improving blood flow.
- Slows the absorption of sugars, and helps lower blood sugar levels, resulting in loss of body fat and decreased risk of diabetic problems.
- Decreases appetite and cravings while helping to support lean muscle tissue
- Contains Psyllium husk – which is a natural laxative that reduces colon cancer risk, normalizes cholesterol levels, and promotes weight loss
- With the addition of Butcher's Broom, Horse Chestnut and Gotu Kola these herbs all exert a mild anti-inflammatory effect and support connective tissue integrity. Their actions help reduce the appearance of cellulite.

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Item #1301

Item #1305

Lemon

Orange

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (10 grams)

Servings Per Container: 30

	Amount Per serving	% DV
Calories	30	
Total Carbohydrate	7 g	2% **
Dietary Fiber	3 g	12% **
Sugars	2 g	*
Vitamin A (as vitamin A palmitate)	750 IU	15%
Vitamin C (ascorbic acid)	6 mg	10%
Thiamine (as thiamine HCl)	.2 mg	13%
Riboflavin	.2 mg	12%
Niacin (as niacinamide)	2 mg	10%
Vitamin B6 (as pyridoxine HCl)	.2 mg	10%
Pantothenic acid (as calcium pantothenate)	1 mg	10%
Chromium (as chromium picolinate)	15 mcg	12%
Sodium	5 mg	<1%
Potassium (from potassium chloride)	200 mg	6%
L-Carnitine (as L-Carnitine HCl)	25 mg	*

* Percent Daily Value (DV) not established.

** Percent Daily Values are based on a 2000 calorie diet.

WARNING: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Cascara Sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea, if you are pregnant, nursing, taking medication or have a medical condition.

DIRECTIONS: Shake or briskly stir 1 level tablespoon of Trimbolic into 10 oz. of chilled water. Drink immediately. Use twice daily, 20 minutes before lunch and dinner. Trimbolic can also be used as a snack anytime you are hungry. Use once per day after achieving your weight loss goal.

Store in a cool, dry place. Keep out of reach of children.

INGREDIENTS (LEMON TRIMBOLIC)

Maltodextrin, fructose, citric acid, guar gum, soy fiber, cellulose gel, cellulose gum, natural flavors, citrus pectin, oat fiber, asulfame potassium, apple fiber, horse chestnut (*Aesculus hippocastanum*) (bark and leaves), butcher's broom (rhizome), gotu kola (whole plant), cascara sagrada (bark), psyllium husk, citrus bioflavonoids, fennel seed, yucca root, American pennyroyal (leaf), seawrack plant (*Fucus vesiculosus*), ginger root, thyme (herb), allspice (fruit), red clover tops, Irish (*Chondrus crispus*) moss, dandelion root, lemongrass (oil), English hawthorne berry, arrowroot (root), bee pollen, hibiscus flower, licorice root, marshmallow root, slippery elm (bark), garlic (cloves), clove seed, cinnamon (leaves and roots), aloe vera (leaf), burdock root, goldenseal (rhizome and root), raspberry leaf, barberry bark, yellowdock root, blessed thistle (whole plant), kelp.

GONE4GOOD™

GLYCEMIC CONTROL AND CARB BLOCKER

Are you:

- Frustrated with your weight loss efforts and want quicker results?
- Thinking about giving up, since all of your weight loss efforts are not giving you the body you want?
- Dieting and exercising, yet you still cannot seem to lose weight in certain places?

The Problem:

Losing weight can be very frustrating. However, for some people, there are just areas where they cannot lose, despite their intense weight loss and exercise efforts. This leaves them discouraged that they cannot change their body image, no matter what they do. Eventually, after all their efforts, they see no difference and they give up altogether. Thus begins the added weight and inches, and the frustration cycle just keeps going. In the meantime, their overall health continues to diminish as they add even more weight and are too discouraged to try dieting again.

The Solution:

Gone4Good is the perfect solution for those who struggle with stubborn, hard-to-lose fat. It accelerates weight loss and helps you lose unwanted pounds and inches permanently. **Gone4Good is specifically designed to work synergistically with both the Suddenly Slim 10-day and 30-day programs.**

With its unique ingredients, Gone4Good changes the way your body digests and metabolizes the foods that you eat to help you lose weight. Gone4Good is a unique weight loss product that practically every overweight person can benefit from using.

The Results

Gone4Good is designed to:

- Lower the Glycemic Index of foods at mealtime
- Helps reduce the absorption of fats and carbs
- Boosts the metabolism process in the body
- Help diminish hunger
- Improves glucose tolerance
- Support increased lean body mass and help reduce calories
- Helps get rid of stubborn fat

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Item #1025 (14 servings)

KEY BENEFITS:

- Helps block absorption of fat and carbs
- Helps with stubborn weight loss issues
- Helps support lean muscle mass, which boosts metabolism

SUPPLEMENT FACTS

Serving Size: 1 Scoop (24 grams)
Servings Per Container: 14

	Amount Per serving	%DV*
Calories	70	
Calories from Fat	5	
Total Fat	< 0.5g	
Total Carbohydrate	16 g	5%*
Dietary Fiber	14 g	55%*
Sugars	3 g	**
Protein	2 g	4%*
Chromium (as Chromium polynicotinate)	100 mcg	83%*
Sodium	10 mg	< 1%
Potassium	50 mg	< 1%

Proprietary Blend 20 g **
Barley Beta Glucan, Resistant Maltodextrin, Oat Fiber, Fructooligosaccharides, Phaseolus Vulgaris, Purple Corn Extract (cobb), Standardized Green Tea Extract (leaf), Barberry Extract (bark), Resveratrol, 7-Keto® (3-acetyl-7-oxo-dehydroepiandrosterone), AHCC (Active Hexose Correlated Compounds)

* Percent Daily Values are based on a 2000 calorie diet.

** Daily Value (DV) not established.

OTHER INGREDIENTS: Guar Gum, Polydextrose FCC, Malic Acid, Natural and Artificial Flavors, Sucralose, Acesulfame K.

Suddenly Slim! Gone4Good™ Glycemic Regulator Calorie Reducer and Fat Metabolizer is a proprietary combination of functional food fibers, phytonutrients, botanical extracts and essential nutrients that changes the way your body metabolizes the foods that you eat for weight management.*

Gone4Good is designed to lower the Glycemic Index of foods at mealtime, help reduce the absorption of carbohydrates, diminish hunger, enhance fat metabolism, improve glucose tolerance, increase lean body mass and reduce calories.**

DIRECTIONS: Briskly stir 1 scoop of Gone4Good into 8-10 fluid ounces of chilled water and drink 30 minutes before lunch and dinner. For weight maintenance use once per day 30 minutes before dinner.

SUGGESTED USE: For maximum results, use Gone4Good in conjunction with the Suddenly Slim! Cleansing and Weight Loss Programs as part of a healthy diet and exercise program.

LIPOMAX[®]

LIVER CLEANSE

Are you:

- Interested in supporting your liver health?
- Having trouble losing weight?
- Bloating in the abdomen and throughout the body?
- Suffering from allergy symptoms?
- Unusually tired for no particular reason?

The Problem:

The liver is a large organ that filters toxins and chemicals from the body. Over time and as we age, if we are not following a complete internal cleansing regimen, the liver can get overworked as it tries to keep up with its filtering responsibilities. With the many toxins we ingest, from the air we breathe to the food we eat, and the water we drink, the liver can end up congested and unable to efficiently process toxins from the body. Body functions can become slow or inactive altogether, due to an overload of toxins in the liver. A toxic liver can cause sluggishness, fatigue, weight gain, allergies, bloating, etc.

The Solution:

LipoMax[®] is a phytonutrient complex which provides total support for liver health. LipoMax[®] was formulated to protect liver cells from damage, stimulate the growth of new liver cells, and optimize liver functions that are vital for good health.

The liver plays a major role in metabolizing nutrients, detoxifying the body of poisons, and maintaining overall health and vitality. Unfortunately the liver is often damaged and becomes sluggish by an onslaught of toxic chemicals, drugs, and pollutants from modern life. LipoMax[®] can help counteract these challenges.

The Results

LipoMax[®] helps the body in five primary ways:

- Helps relieve the symptoms of bloating, fatigue, water retention, allergies, sluggish bowels, and a sluggish metabolism.
- Increases the intracellular level of antioxidants needed for proper liver cell protection.
- Aids the body in detoxification—turning harmful foreign agents such as pollutants, chemicals, naturally occurring toxins, and drugs into harmless substances.
- Assists with stimulating the liver to form new cells that replace old or damaged liver cells.
- Helps decrease fat deposits in the liver, thus helping to lower blood cholesterol and triglyceride levels.

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Item #1031 (60 capsules)

KEY BENEFITS:

Provides comprehensive liver detoxification and support

Promotes healthy cell growth in liver

Helps remove fat which has accumulated in the liver

Assists with correcting sluggish bowel movements

Can help support weight loss efforts

SUPPLEMENT FACTS	
Serving Size: 2 capsules	
Servings per container: 30	
Amount per serving	
Milk Thistle Powder (seed)	150 mg*
Dandelion Powder (seed)	150 mg*
Celandine Powder (stem)	150 mg*
Proprietary Synergy Blend	4.2 mg*
Turmeric extract (95% curcumin), L-carnitine base, choline bitartrate, DL-methionine, artichoke extract (flower), betaine hydrochloride, Chinese rhubarb (root)	
Phosphorous amino acid chelate 150 mg*	
*Daily Value not established.	

Other Ingredients: Gelatin, rice flour, magnesium stearate.

Directions: Take 1-2 capsule(s) twice daily.

NOTICE: This product contains Chinese Rhubarb. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Chinese Rhubarb may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea, if you are pregnant, nursing, taking medication, or have a medical condition.