

Calorad®

TIPS

**THE GREATEST
WEIGHT LOSS
PROGRAM EVER!**

On your path to a more beautiful body, there will likely be many positive indicators that Calorad is working — including better sleep, increased energy, overall toning, rejuvenation and a greater sense of wellness. Here are some proven tips to help you on your way.

Calorad Success Stories

The first month I lost 5 pounds, the second month 10 pounds and 12 inches. Friends were commenting that I was looking slimmer and asked what I was doing to achieve these results. I have now lost a total of 45 pounds. I love the fact that I've gone through a complete wardrobe change.

Rozan Kerr
Havre, MT

Generally, my overall sense of well being has increased 100 fold. My body fat decreased by 11%, weight by 34 pounds and I've lost 49 inches to date. I was 160 pounds and now weigh 126 pounds.

Margaret Ferretti
Philadelphia, PA

Timing

Taking Calorad should be the very last thing to do before going to sleep. It's very important to sleep right after you take Calorad, so it can work with your body's natural repair cycle.

Cheating

Eating or drinking anything except water in the 3 hours before taking Calorad will lessen its effectiveness. When your body finds anything in your digestive system, it will use it for fuel. When there is nothing there, it has no choice but to utilize stored fat.

Water

Drinking the appropriate amount of water, at least 64 oz. (one half gallon) per day, helps rid the body of the excess build-up of toxins that are released when fat is broken down.

Overeating

Overeating is stressful to the digestive system. While using Calorad, a reasonable diet is recommended. Consuming more calories than you can burn off will hamper your progress.

Calorad® AM

Calorad AM is to be consumed first thing in the morning. Wait one hour before consuming anything else. The exception is water. Water is always encouraged.

Regular Meals

Calorad AM helps your body to recognize that you're satisfied after eating a sensible meal. It is not designed to be a meal replacement.

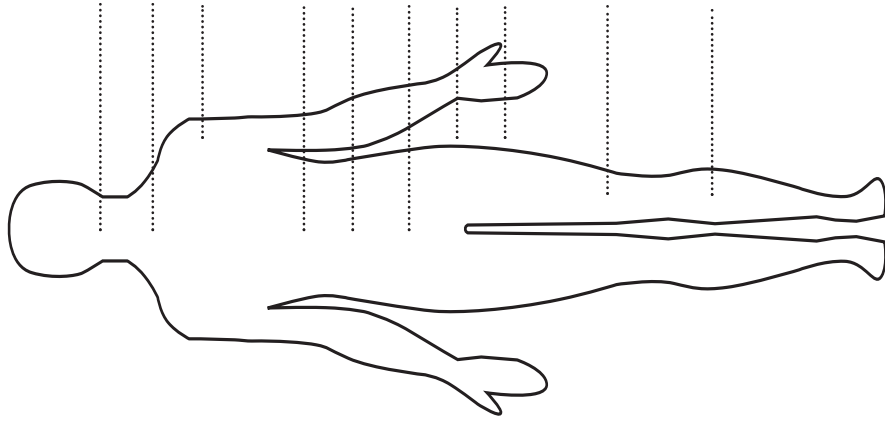
Combo Benefit

With the combination of Calorad and Calorad AM you increase your likelihood of success. You can expect more energy, stamina and fewer cravings during the day.

EYL

People Powered
Integrated Marketing

My Calorad® Success Chart



NAME:	DATE STARTED:				DATE COMPLETED:			
	2	4	6	8	10	12		
BODY PARTS	MEASUREMENTS							
Neck								
Chest								
Upper Arm, L								
Upper Arm, R								
Rib Cage								
Waist								
Abdomen								
Buttocks								
Thigh, L								
Thigh, R								
Upper Knee, L								
Upper Knee, R								
Calf, L								
Calf, R								
Total Inches								
Total Inches Lost								
My Weight								
Total Weight Lost								



Under the START column, enter your initial measurements and weight.

Don't rely on weight scales to measure your success. Particularly in the first weeks, you will notice inch loss more dramatically than weight loss. That's because Calorad supports muscle growth, and muscle weighs more than fat. In a short time, you will see results in losing both weight and inches. Good luck!

