

# Weight Loss Helpers

## Harmony & Health

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Quality Products for Health

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Most who have weight issues need assistance to get on track. They have been trying on their own, but without reaching their goal. Safe, natural weight loss aids do exist. Choose what benefits your specific need, choose quality and use daily. Some good Nature's Sunshine products to choose from are:

**In.Form** is Nature Sunshine's clinically studied 13 week program. It is a unique, interactive weight management and healthy lifestyle program that utilizes protein shakes and supplements along with exercise to reset the body's microbiome (gut). Think of your microbiome as your internal fountain of youth. The healthier and more vibrant your core is, the healthier and more vibrant you are. Holistically supports your total health.

**Ultra Therm** is designed to increase the rate that the body burns calories and breaks down fat.  
**Ultra Therm CF** is caffeine-free.

**Stixated** is a drink mix that promotes a feeling of fullness and helps regulate food cravings between meals.

**Garcinia Combination** decreases the appetite and utilizes carbohydrates for energy.

**MetaboMax PLUS** helps reduce fat stores by increasing metabolism to burn up the fat. It supports weight loss through increased energy & appetite suppression. **MetaboMax FREE** is caffeine-free and best for those with high blood pressure or cardio issues.

**Fat Grabbers®** helps to bind dietary fat molecules inside the intestinal tract before they can be absorbed into the bloodstream. Do not take with Super Omega 3 as you do not want to bind your "good" fats.

**Carbo Grabbers®** prevents the digestion of starchy carbohydrates and reduces the available calories that your body may otherwise convert to fat. Take as needed with meals high in refined carbohydrates, such as pasta.

**CLA** (Conjugated Linoleic Acid) helps with fat reduction. An essential fatty acid important to the body, it can help modify body composition by sustaining lean muscle tissue. CLA may also help maintain healthy cholesterol levels.

**7-Keto™** a safe, natural metabolite of DHEA, influences the thyroid & may get you off the weight loss plateau.

**Nutri-Burn™** is a meal replacement that reduces the number of calories you eat. It provides essential vitamins, minerals, fiber and 25 grams of protein with no caffeine or ephedra. Available in chocolate and vanilla.

**Love and Peas** is made from yellow split peas so lactose free, gluten free and vegan. 20 grams protein.

**Natures Harvest** is Green Whole Food and Super Food Protein Blend. Gluten Free.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Help Your Body Stay Healthy with Natural Remedies.*