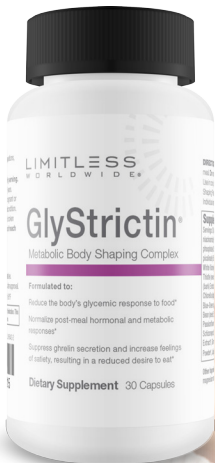


BODY SHAPING PLAN

GlyStrictin®



GlyStrictin®

GLYSTRICIN® CAN RESHAPE YOUR ENTIRE BODY... even if you're eating as much as 2,200 calories a day! Some people are calling it a "miracle pill!" However, this "miracle pill" is backed by serious clinical research published in the highly respected *British Journal of Nutrition*.

HOW DO I TAKE GLYSTRICIN®?

Following the GlyStrictin® "Total Body Shaping" plan is easy. Although you can consume up to 2,200 calories per day, there are a few simple rules. First, take one GlyStrictin® capsule before each meal. Second, one of your main meals (preferably lunch) must be high in carbohydrates (for example, have a bowl of pasta), while the other main meal (preferably dinner) must be high in protein (approximately 6 ounces of beef, chicken or fish). See the suggested meal plan below for more examples. By the way, while exercise isn't required as part of the GlyStrictin® "Total Body Shaping" plan, it will help keep your new lean, sexy body tight and toned!

BREAKFAST (Take one GlyStrictin® capsule immediately before eating this meal.) Eat a light breakfast, such as coffee and yogurt with blueberries.

LUNCH (Take one GlyStrictin® capsule immediately before eating this meal.) For lunch, focus on eating healthy, high-carbohydrate foods, such as pasta with marinara sauce, olive oil, and garlic bread. Try to stay between 800-900 calories for this meal.

SNACKS If you need a snack between meals, try orange slices and apples tossed with raisins, cinnamon and sugar.

DINNER (Take one GlyStrictin® capsule immediately before eating this meal.)

For dinner, include lean protein in your meal, such as a grilled chicken breast with vegetables, and white or whole wheat bread or fresh fruit. Try to stay between 800-900 calories for this meal.



NEED HELP MAKING SURE
YOU'RE STICKING TO THE
2,000-2,200 CALORIES
PER DAY GUIDELINE?
HERE ARE A FEW TIPS!

- 1 medium banana = about 100 calories
- 1 medium apple = about 70 calories
- 1 cup baked winter squash = about 80 calories
- 1 cup cooked asparagus = about 40 calories
- 3 oz. grilled, skinless chicken = about 140 calories
- 1 cup diced, skinless, light meat turkey = about 210 calories
- 1 cup cooked, whole wheat pasta = about 170 calories
- 1 slice of white or wheat bread = about 70 calories
- 1 cup marinara sauce = about 220 calories
- 1 cup fat free milk = about 80 calories
- 6 oz. fat-free Greek yogurt = about 140 calories

To learn the calorie content of more foods,
visit www.supertracker.usda.gov or (if you
have an iPhone) just ask Siri!

NOW YOU'RE READY TO GET
STARTED. AND TRUST US...
ONCE YOU START TAKING
GLYSTRICIN®, YOU'LL SEE
HOW QUICKLY IT TRANSFORMS
YOUR ENTIRE BODY. ENJOY!



DIRECTIONS: Adults take 1 capsule just before each main meal. **Do not exceed 3 capsules in a 24-hour period.** Use in conjunction with the simple GlyStrictin® “Total Body Shaping” plan on this insert. Individual results will vary.

WARNING: Do not exceed suggested daily serving. Not for use by individuals under the age of 18 years. Consult your physician before use if you are pregnant or nursing, taking medication, or have a medical condition. **Use only as directed.** **Keep out of reach of children.**

If you or your health-care provider have any questions, please call: 1-800-429-4290.

Manufactured for:
Limitless Worldwide®, LLC
Salt Lake City, UT 84110.

Product resale allowed only through authorized representatives.

International distribution is not authorized without prior written approval.

Store at controlled room temperature:
15° -30° C/59° -86° F.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. ©2018 All Rights Reserved LL15272-2

