

## Recommended Usage for Couple's Quick Start Pack:

**Days 1-7** Begin with [Acai Detox Cleanse](#) (if applicable) following directions on bottle to help jumpstart weight loss.

**Day 8** Begin taking [Garcinia Appetite Control](#) before lunch and dinner following directions on bottle and taking [Calotren®](#) at bedtime on an empty stomach for best results. See further Calotren® directions and tips in yellow brochure.

If applicable, begin taking [Apple Cider Vinegar Complex](#) with your largest meal of the day.

### ACAI DETOX CLEANSE

- [Description](#)

**Acai Detox Cleanse** is highly recommended prior to beginning **Calotren®** or any weight loss supplement or program to assist in eliminating the toxins and metabolic waste that could be lining your intestinal tract and colon. It helps to decrease bloating and constipation; therefore, promoting more effective weight loss. **Acai Detox Cleanse** combines Acai Berry (known for its high fiber content) with several gentle laxative ingredients, including Cascara Sagrada, Bentonite Clay, Senna Leaves and Black Walnut Hulls.

- **Assists with the elimination of colon waste and toxins**
- **Promotes reduced abdominal bloating**
- **Helps purify and detoxify the body**
- **Prepares the body for optimum weight loss**

- [Ingredients](#)

Serving Size: One (1) capsule Servings per Container: 60		
Ingredients	Amount	% Daily Value
Acai Fruit (4:1 extract)	250 mg	*
Cascara Sagrada (10% extract)	100 mg	*
Senna Leaves (6% extract)	125 mg	*
Black Walnut Hulls Powder	100 mg	*
Bentonite Clay	50 mg	*
Other ingredients: Rice flour, gelatin, silica, vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide.		
* %DV not established		

- [Instructions](#)

**Suggested Use:** FOR OCCASIONAL USE ONLY: 1 to 2 capsules times taken at bedtime with 8 ounces of water or as directed by a health care professional.

SHORT-TERM CLEANSING PROGRAM: 1 to 2 capsules times taken at bedtime with 8 ounces of water for up to 15 days or as directed by a health care professional. **Do not repeat cleansing cycle for at least 6 to 8 weeks.**

## CALOTREN®

- [Description](#)

**Calotren® Capsules** are a natural weight loss formula created to help your body burn fats and sugars more efficiently. This effective

supplement combines Collagen Protein with our exclusive digestive enzyme formula to maximize your benefits.

- **No drugs or stimulants**
- **Safe to take with medications**
- **Safe with most health conditions**
- **No special diet required**
- **A 90-Day Program is recommended for best results**
- **Most people do notice inch loss BEFORE pound loss**

### [Ingredients](#)

**Serving Size:** 4 capsules

**Servings per Container:** 30

Amount per Serving		
Collagen Complex	3000 mg	*
ProHydrolase™	30 mg	*
*Daily Value Not Established		

**Calotren® Capsules:** Collagen Hydrolysate (Bovine Source), ProHydrolase™

Other Ingredients (Capsule): Gelatin, Vegetable Magnesium Stearate, and Aloe Vera Leaf (200:1 Extract).

Calotren® Capsules contain an exclusive digestive enzyme combination to maximize your benefits.

Calotren® Capsules are Gluten Free.

**Calotren® Liquid:** Purified Water, Hydrolyzed Collagen, Xylitol, Glycerine, Potassium Sorbate, Sodium Benzoate, Malodextrin, Vegetable Glycerin, Raspberry Flavoring with other natural flavors, Sucralose, Gum Acacia, Citric Acid, and Aloe Vera Extract.

Calotren® Liquid is Gluten Free.

- [Instructions](#)

**Suggested Use:** Take four (4) Calotren® Capsules or 1 tablespoon of Liquid **at bedtime** on an empty stomach (at least 2-3 hours after your last meal) with 8oz of water.

## GARCINIA COMPLEX

- [Description](#)

**Garcinia Complex 50% HCA Minimum** - a unique combination of Garcinia Cambogia and Chromium Picolinate – helps boost the body’s natural metabolism and suppresses the appetite to enhance weight loss.

- Helps curb appetite
- Helps reduce emotional eating
- Assists with inhibiting fat production
- Works to boost metabolism
- Supports healthy cholesterol levels
- Promotes improved mood
- Helps decrease belly fat

- [Ingredients](#)

Serving Size: 1 Capsules Servings per Container: 60 Capsules		
Ingredients	Amount	% Daily Value
Vitamin C (ascorbic acid)	10 mg	17%
Chromium (picolinate)	25 mcg	21%
Calcium ( <i>Garcinia cambogia</i> extract)	85mg	9%
<i>Garcinia cambogia</i> Extract (50% HCA)(Fruit)	500 mg	*
Other ingredients: Gelatin (bovine), vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide.		
* %DV not established		

- [Instructions](#)

**Suggested Use:** 1 capsule 30-60 minutes prior to a meal, 1 to 3 times daily or as directed by a health care professional. This product

should be used in conjunction with a sensible diet and exercise program.

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

Taking chromium with levothyroxine (Synthroid) might decrease how much levothyroxine (Synthroid) that the body absorbs. This might make levothyroxine (Synthroid) less effective. To help avoid this interaction, levothyroxine (Synthroid) should be taken 1 hour before or 3-4 hours after taking chromium.

## APPLE CIDER VINEGAR

- [Description](#)

**Apple Cider Vinegar** is a natural ingredient derived from the fermentation process of apple juice. Used as a remedy for numerous health conditions for centuries, Apple Cider Vinegar naturally contains vitamins, minerals, enzymes and amino acids that keep the body functioning properly. **Apple Cider Vinegar Complex** is a powerful combination of Apple Cider with nutrients necessary for weight loss such as Kelp, Lecithin and Vitamin B6. Potassium, Spirulina and Bromelain were also added to provide antioxidant and anti-inflammatory benefits

- **Helps boost metabolism and energy**
- **Promotes joint and muscle health**
- **Decreases acid indigestion and reflux**
- **Helps rid the body of toxins and extra fluid**
- **Assists with the breakdown of fats and carbohydrates**
- **Convenient capsule form**

- [Ingredients](#)

Serving Size: One (1) Capsule Servings per Container: 90		
Ingredients	Amount	% Daily Value
Vitamin B-6 (pyridoxine HCl)	25 mg	1250%
Iodine (kelp)	400 mcg	267%

Serving Size: One (1) Capsule Servings per Container: 90		
Ingredients	Amount	% Daily Value
Potassium (chloride)	25 mg	<1%
Apple Cider Vinegar (powder)	350 mg	*
Spirulina	100 mg	*
Lecithin(from soybeans)	100 mg	*
Kelp (thallus)	100 mg	*
Apple Pectin (fruit)	25 mg	*
Bromelain (2500 GDU)	25 mg	*
Other ingredients: Gelatin (bovine), vegetable magnesium stearate, maltodextrin, dextrose, silicon dioxide, sodium citrate, and tricalcium phosphate.		
* %DV not established		

- [Instructions](#)

**Suggested Use:** One capsule taken 1 to 3 times daily preferably with meals or as directed by a healthcare professional.