



How to Use Calotren
TO SUPPORT
HEALTHY WEIGHT LOSS

Calotren®

WHAT IS CALOTREN?

Calotren is a dietary supplement intended for weight loss. Unlike other weight loss aids, the essential active ingredient in Calotren is collagen protein, the second most abundant substance in the human body (with water being the first). This ingredient, along with amino acids and other all-natural nutrients, helps to promote healthy lean muscle and weight loss and does so while being stimulant- and drug-free.

Proteins are known to be the most satiating macro-nutrient. Studies have shown when adding protein to the diet, individuals reduce their food intake helping to lose weight as well as maintain a certain weight after dieting. Collagen peptides have been proven to be effective at maintaining weight, with no adverse effects, and collagen peptides have been shown to be more effective than other proteins.

Collagen peptides may also influence thermogenesis, the heat production in our bodies, because it requires more energy than other proteins for oxidation, thus increasing energy expenditure (higher metabolism and fat-burning).

But there is so much more to Calotren than just helping you lose weight....

8 BENEFITS OF CALOTREN

While the primary goal of Calotren is to help you lose weight, there are myriad other benefits that you may experience:

1. Lose/Maintain Weight
2. Increase Athletic Performance
3. Restore Muscle
4. Promotes Healing Throughout the Body
5. Improves Sleep Quality
6. Improves Digestion
7. Improves Energy
8. Reduces Joint Pain

HOW TO ACHIEVE MAXIMUM WEIGHT LOSS WITH CALOTREN

Calotren is only one part of a triad necessary to lose weight and become healthier. While you can benefit from Calotren alone, best results and maximum weight loss are achieved through a healthy and balanced eating regimen and an exercise program.

We have a whole [Resource Section](#) that deals with balancing your life, from weight-loss tips to fitness goals, heart health to how to take progress images. Here is a glimpse of what you can expect to help on your weight-loss journey with Calotren:

Use Our Daily Checklist to Stay Consistent

One way to stay motivated and hold yourself accountable for your weight-loss goals is to keep a daily checklist. We have a [Healthy Habits Checklist](#) available for download, which covers a one-week period.

The checklist will help you track certain activities that people often neglect, like eating breakfast, drinking an adequate amount of water, getting 7-8 hours of sleep, and the big niggler: exercise. When you have a daily checklist, you can see how dedicated you are to your goals, and while you might think it's juvenile to get a gold star for activities, it really can be a motivator.

If you come home from work and that big blue checklist is staring at you from the refrigerator door and you see that you're short 3 glasses of water, 30 minutes of a physical activity and haven't yet taken your multi-vitamin, then you're more likely to do those things. It's less about the gold star and more of a reminder of what is important in your busy life.

Don't neglect yourself! Check away....

Follow Our List of Proven Tips

As we mentioned, Calotren works best in conjunction with a healthy diet and regular exercise. To help you achieve optimum weight loss, we've prepared a list of 20 simple weight loss tips that are beneficial to your body and actually work. These include:



Hydration: Thirst is easily mistaken for hunger, especially in the morning. If you start your day trying to quench your thirst with food, you're likely to keep that process up throughout the rest of the day. Instead, start your day with two big glasses of water—before coffee, tea, or food. Try and make sure that you have at least 8 glasses of water as you move through your day. To pump up the flavor, add in a few slices of lemon, lime or cucumber, a few chunks of watermelon or pineapple, or a couple of blueberries or strawberries.

Eat Slowly: Believe it or not, your body takes a few minutes to recognize just how full it really is. That means that when you eat too fast, you may have reached the point where you can feel full before your stomach is able to fully communicate that to your

brain. Instead, try to:

- Appreciate each and every bite you take
- Chew thoroughly rather than swallowing right way
- Don't fill your fork until you've swallowed so you're not just waiting to put the next bite into your mouth
- Try keeping a conversation going if you're dining with others

Be Held Accountable: Fitness can be more fun when you're doing it with others. That said, it's also far easier to stick to when you have someone or a group holding you accountable. That could be as easy as your kids or spouse agreeing to go for an afternoon bike ride regularly. You could get together with friends in your neighborhood and start a walking group or take dancing lessons together. The activity is up to you, just find someone to hold you accountable and you'll be far more likely to stick to your weight loss plan.

Take Time to Relax: Stress plays a major role in weight loss. If you're stressed out, your cortisol levels are high, and excess cortisol makes it far more difficult to burn fat. Plus, stress is a major contributor to overeating. We've all heard the term "stress eating," and it's a very real phenomenon. When we're stressed, many of us seek out food as a way of comforting ourselves. That's why it's so important to take time every day to unwind properly. That could be a hot bath, a walk with the dog while listening to music, meditation, or simply sitting in the backyard and



staring off into space. Whatever helps you relax, do your best to make time for it every day, or twice a day if you can!

For the full list of 20 Simple Weight Loss Tips, [click here](#).

Take Measurements Regularly to Document Your Progress



We're often quick to dismiss weight-loss regimens because we don't see results, but often the results are hidden and not visible on a scale. This is why it's important to document your progress, both in pounds and in measurement.

By regularly measuring certain points on your body, you'll be better able to see results. While weight loss might not be noticeable in your abdomen, you may find that your thighs are seeing a significant reduction in size, or that your neck is getting smaller. These are things that are best measured to tell the whole story of your weight-loss success.

To help you accurately measure, we've got a Measurement Resource, which clearly diagrams where on the human form you should be placing that tape measure. Do this weekly or biweekly, and keep track in a notebook or on your phone, tablet, or PC. You'll be surprised how little changes show up all over your body, justifying your effort and defining your success.

Speaking of success...

CALOTREN SUCCESS STORIES

We can tell you about our product until the cows come home, but what really seals the deal for new customers are testimonials from people who have actually used Calotren. Our biggest proponents are our users, who regularly share their success stories and provide reviews of Calotren.

We have a [whole section](#) on our website dedicated to these reviews and comments, and even a section for [customer videos](#), where you can hear it straight from our customers' mouths. It just doesn't get any more real or validating than that.

Here are just a few of the quotes and comments we have received:

"Since taking Calotren my arthritis pain has literally disappeared, my golf game has gotten a little bit better and I've lost 43 pounds."

—Sonny M, Beaumont, TX

"When I started on Calotren, I weighed 340lbs. I'm now 125lbs lighter thanks to Calotren. You saved my life!"

—Greg, Texas

"I heard about Calotren [on the radio], and I've been really happy with my results. I've lost 25lbs so far, and I'm sleeping very good at night."

—Sara D., Omaha, NE

"I've been taking Calotren and lost about 23lbs. I love it; it's easy to take. It works really well. I'm so pleased with what's happened to me. I think it's given me more energy, and it helps with my arthritis. I would tell anyone to try it because it's made a huge difference in my life."

—Carolyn D, Meriden, CT

"I got Calotren and was amazed at how well it worked. I lost my stomach. I got into pants that I had not been into in a year and a half. I had exercised and nothing made a difference, but Calotren really worked. It's been wonderful!"

—Alyse M., Wauseon, OH

O.K., so we can't really take credit for Sonny's improved golf game, but as you can see, Calotren users not only lose weight, but sleep better, and have improved energy and decreased inflammation. While this is only a small sampling, we do want to reiterate that results may vary based on your body type, diet and exercise regimen, all of which combine to make a healthier you.

SHOP CALOTREN NOW

If you'd like to give Calotren a try, it's available at [our shop](#) where we have a variety of purchase options for you. Specials are often available, and right now there are two specials you can take advantage of:

- **Buy 3/Get 2 Free and \$20 off**– A savings of \$159!
- **Fall Into Healthy Pack**– Lose weight and get into a groove this autumn before the holidays hit!

We also have 30-Day and 60-Day Meltdown packs, an Ultimate Fat Burning Pack, a combo Weight Loss/Joint Support Pack, and so much more!

Get started on a healthier you now!

**The Healthy Choice for
Weight Loss, Energy, Joint
Support and More**

www.tophealthsource.com/calotren

Calotren®



Calotren[®]

Calotren is a drug-free and stimulant-free supplement that has proven to be one of the most longstanding weight loss and wellness products on the market today. We work exclusively with the best nurses on our clinically researched products.

Call Now to speak with one of our health coaches and start your personal health journey today.

1-800-325-4366