



WEIGHT LOSS GUIDE

Helpful Tips & Information

Calotren®



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INTRODUCTION

Calotren® is a Collagen Protein supplement that assists the body in burning off fats and sugars more efficiently. Although the body produces collagen protein naturally, it eventually diminishes with age, and production of lean muscle tissue also decreases. The body begins to gain fat since it loses the ability to burn calories as effectively. Calotren replenishes the body's collagen protein levels, resulting in enhanced lean muscle tissue which allows the body to burn calories and promotes overall wellness benefits.

Since the entire body and its systems utilize collagen protein, the benefits of Calotren vary from weight loss to overall wellness. Many customers report better sleep, increased energy, healthier blood sugar and cholesterol levels, and decreased joint pain related to arthritic conditions or injuries. Since everyone has different health and wellness needs, specific results will vary from person to person.

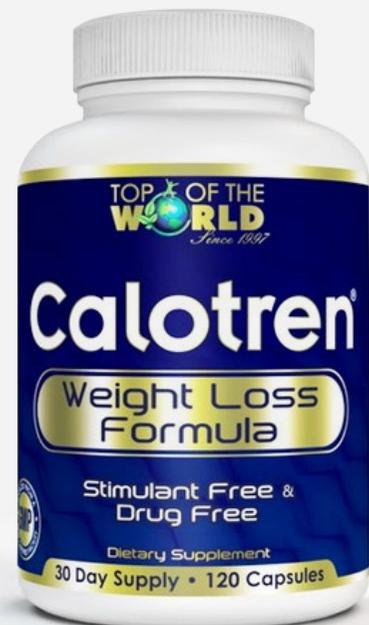
INGREDIENTS

Capsules: Collagen Complex, ProHydrolase®

Other Ingredients (Capsule): Hydrolyzed Collagen (type 1 & 3 / bovine), Gelatin, Vegetable Magnesium Stearate and Aloe Vera Leaf (200:1 extract).

Liquid: Purified Water, Hydrolyzed Collagen, Xylitol, Glycerine, Potassium Sorbate, Sodium Benzoate, Maltodextrin, Raspberry Flavoring with Other Natural Flavors, Sucralose, Gum Acacia, Citric Acid, Aloe Vera Extract.

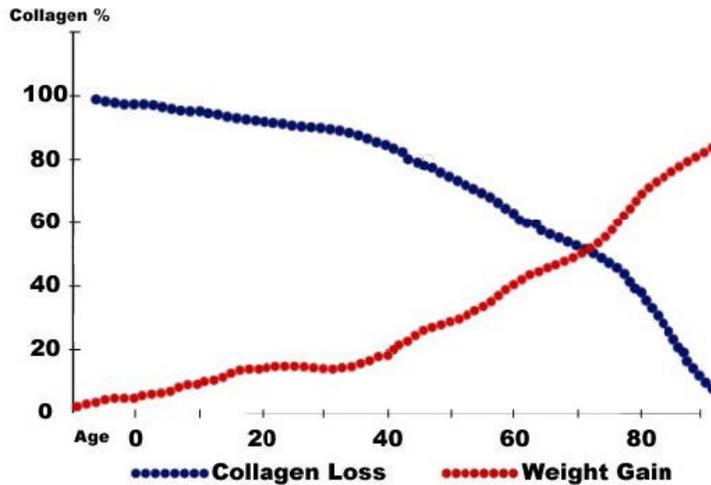
1 Bottle of Liquid or Capsules contains a 30-Day Supply



THE SCIENCE

Collagen protein is the essential active ingredient in Calotren and the second most abundant substance in the body – only behind water. While it provides many benefits, its role in promoting healthy lean muscle and weight loss has been known for over 30 years.

Collagen Depletion & Weight Gain With Age



The Bad News

Studies have shown that after the age of 30, collagen production may decrease by 1% or more a year, so by age 50, the body could have lost more than 20% of its capacity to produce collagen. This can result in a slower metabolism, weight gain, and joint pain.

The Good News

Taking Calotren can help build healthier lean muscle, which boosts the body's metabolism naturally and promotes weight loss and helps repair and replenish joints.

Calotren and the Sleep Cycle



HOW CALOTREN WORKS

You take Calotren at bedtime and then go right to sleep. Within the first 90 minutes of sleep, your body goes through rejuvenation, repair, and regrowth. Calotren works with your body's natural repair and regrowth stage, helping to support and strengthen lean muscle tissue. Strong lean muscle then assists the body in burning fats and sugars more effectively, resulting in weight loss.

The high-quality collagen protein in Calotren is also frequently utilized by the body for better sleep and joint repair. Check out our website for more on benefits or side benefits.

Because Calotren contains **NO DRUGS** or **STIMULANTS**, it is completely safe to take even if you are taking other medications. We guarantee it or your money back.



HOW TO TAKE CALOTREN

Take four (4) **Calotren Capsules** or one (1) tablespoon of **Calotren Liquid** with water at bedtime. Do not eat or drink anything except water or water with lemon at least 2-3 hours prior to taking Calotren. This process allows Calotren to be more readily absorbed and work more effectively during the first phase of your sleep. For optimal results, combine Calotren with proper diet and exercise.

If You Forget or Are Unable to Take it at Bedtime

You may take it 30-45 minutes prior to breakfast the next morning on an empty stomach, then resume the normal bedtime dosage that night. We recommend taking Calotren at your regular bedtime if at all possible. It is important to take Calotren before bedtime since collagen protein is best utilized by the body during the first phase of sleep. Although benefits can be seen from taking Calotren in the mornings, most customers receive the greatest and quickest results when taking Calotren consistently at bedtime on an empty stomach.



For More Energy

You may take Calotren 30-45 minutes prior to exercising to assist with increasing energy and stamina and to enhance the effects of your exercise program. (This would be in addition to your bedtime dosage.)

"I have been on Calotren for a little while, and I have lost 100lbs. I've never been able to lose the weight and actually keep it off. It's amazing, and I would recommend it to anyone."

Barbara - Utah



For Other Health Benefits

You may take Calotren 30-45 minutes prior to breakfast (even after taking the bedtime dosage the night before) to assist with other health issues such as arthritis, joint pain, fibromyalgia, and acid reflux.

Taking Other Medications at Bedtime

If possible, take any bedtime medications, vitamins or supplements at least one hour before bedtime so that the absorption of Calotren will be maximized.



"I have been taking Calotren for little over a month. I started taking it because I was enticed into doing so by listening to the commercials in regards to improving sleep and indeed it has done that for me. It's been really marvelous. Also I have lost about 7 lbs this past month." **Tom T., CO**

CALOTREN HELPFUL TIPS & INFO

Most people begin seeing inch loss and/or weight loss within the first few weeks. However, since Calotren assists your body in losing weight naturally, the initial onset of benefits can vary from person to person. Calotren works according to your body's specific needs, so patience is key. We recommend a 90-day program to ensure more favorable results.



- **Calotren Capsules** – Most people are able to swallow Calotren Capsules easily. However, if you have a hard time taking the Calotren Capsules, try taking 2 capsules 30 minutes before bedtime and the remaining 2 capsules right at bedtime.



- **Calotren Liquid** – The Calotren Liquid has a concentrated raspberry citrus flavor. It can be kept refrigerated if preferred. When you take the Calotren Liquid, follow it with a small amount of water. You may also dilute the Calotren Liquid in a small amount of water or unsweetened juice containing Vitamin C if you prefer.



"I would love to Shout to the World how Amazing I feel with Calotren at 55 years old. Along with healthy food choices, a little more movement & the fountain of Youth I have found in Calotren!!!!!!!"

Michelle C., LA

FREQUENTLY ASKED QUESTIONS

Do I have to take Calotren every night? What if I skip a few times?

- Calotren needs to be taken consistently every night for best results. The collagen protein that is in Calotren needs to build up in the lean muscle tissue over time; therefore, skipping dosages interferes with the effectiveness of your results. If you occasionally forget to take Calotren, take your dosage in the morning 30-45 minutes before breakfast and resume your regular dosage at bedtime.

What if I can't stop eating 2-3 hours before bedtime?

- For most individuals, it takes 2-3 hours to digest food and drink. Collagen protein, the main ingredient in Calotren, will not absorb properly if there is anything being digested at the time of consumption. Not eating 2-3 hours prior to taking Calotren will allow your body to absorb the Collagen protein quickly so that it is utilized during that very important first phase of sleep. During the 2-3 hours before bedtime, you may drink water or water with lemon as this will not interfere with the absorption of Calotren.

- **DO NOT** go to bed then set your alarm for 2-3 hours later to take your Calotren. This supplement will not work properly if it is not taken the first time you lay down for sleep. Waking up later to take it interferes with the normal fat burning cycle of the lean muscle.

Can I take my Calotren at bedtime, then watch TV or read until I get ready for sleep?

- No. You should take Calotren when you are ready for sleep. If you stay awake for a prolonged period of time after taking Calotren, it will not work as efficiently.

Is it ok to have a glass of wine or other types of alcoholic drink during the 2-3 hours prior to taking Calotren?

- Although alcoholic beverages will not interfere with or enhance the effects of Calotren, it is important for Calotren to be taken on an empty stomach. Refraining from eating or drinking anything but water 2-3 hrs prior to taking Calotren allows it to be absorbed properly during that very important first phase of sleep.

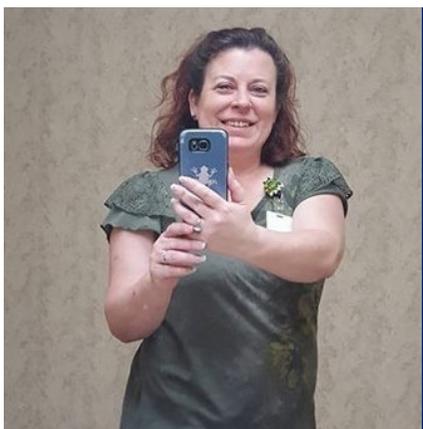


What if I work at night and sleep during the day?

- Calotren is most effective when taken right before sleep on an empty stomach, no matter what time of day that is.

I've been taking Calotren for 4-6 weeks with no weight loss yet, am I doing something wrong?

- On average, most customers see inch loss with Calotren within 4-6 weeks and begin to lose pounds shortly thereafter. However, depending on your specific needs and where the body initially uses the collagen protein in Calotren, it may take longer to start seeing results. It is for this reason that we recommend a 90-day program to ensure optimal results.



"28 lbs gone and 8 inches off my waist! Still have more to lose but I'm so motivated and feeling so much better about myself! Thanks Calotren!"

Kim F., IN

Ask yourself these questions:

1. Am I taking Calotren consistently and correctly?
2. Am I taking Calotren on an empty stomach so that the collagen protein will absorb properly?
3. Do I have joint pain or other arthritis-related conditions?
 - Calotren may actually help these areas first before promoting weight loss.
4. Do I have excess yeast in my body that may prevent Calotren from absorbing properly?
Please see our yeast test under resources section on our website and let your Calotren consultant know if you do. He or she will be able to help you get rid of it

If at any time you have questions or concerns about Calotren, please call and speak to one of our Health Care Consultants or Nurses on staff at **1-800-325-4366** or chat with us online at **www.toploss.com**.

THE SECRET TO CALOTREN'S SUCCESS

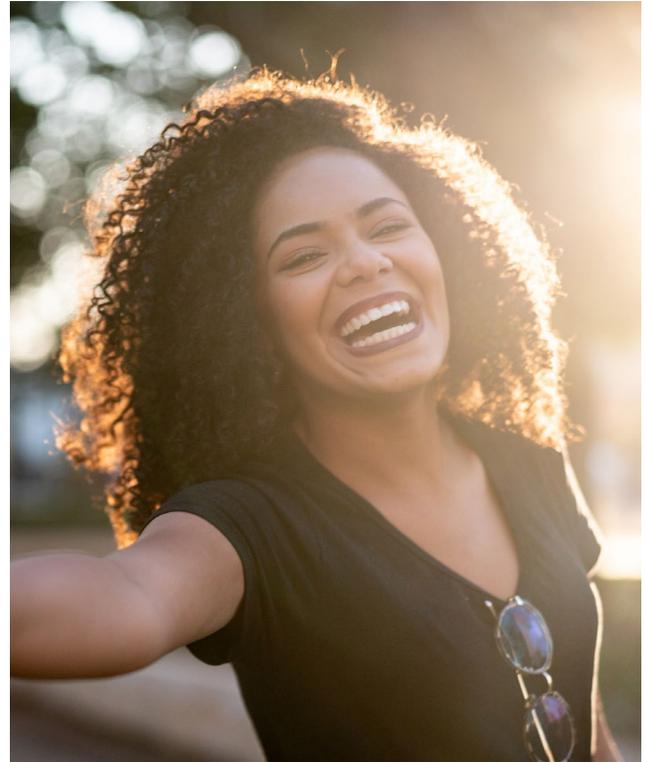
Calotren has been helping customers lose weight the HEALTHY way for 20 years! The secret to our success? Calotren is GOOD FOR YOU!

Calotren has an amazing 86% success rate with our 90-Day Program, and that success is based solely on the effects of Calotren - NO special diets and NO other products. Customers also love that with Calotren you see weight loss PLUS side benefits like better sleep, more energy and even less joint pain.

Why 90 Days?

Since Calotren assists your body in losing weight naturally — without drugs or stimulants — the initial onset of benefits can vary from person to person. Most people begin to see inch loss and weight loss within the first 4-6 weeks. Many customers notice side benefits as well as better sleep, decreased joint pain, and more energy.

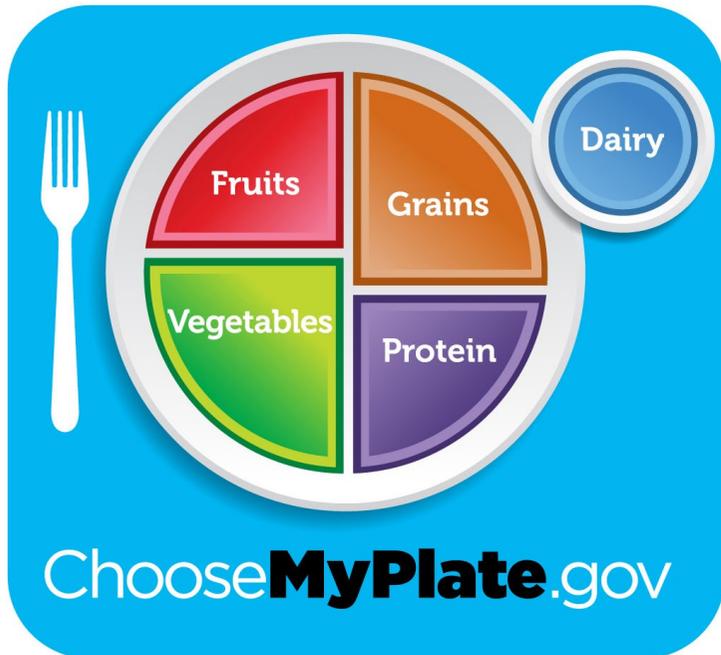
If you have joint pain or injuries, your body may utilize the collagen protein in Calotren there first. Therefore, we recommend beginning with a 90-day supply of Calotren to ensure your very best results.



"I started Calotren approximately 4 months ago with Calotren, gym and eating healthy regimen and I can honestly say, it helped me lose 25 lbs."

Tara R., PA

USDA FOOD PYRAMID



The USDA Food Pyramid is a healthy eating illustration called “My Plate.” The graphic (left) illustrates how a healthy plate should look with half your plate consisting of fruits and vegetables.

Other hints for filling out your plate include:

For your dairy portion, switch to skim or 2% milk. They have the same amount of calcium and other essential nutrients as whole milk but less fat and calories.

Make at least half your grains whole. Choose 100% whole-grain cereals, breads, crackers, rice and pasta.

Vary your protein choices. The USDA suggests making seafood the protein on your plate twice a week and keeping the meat and poultry portions small and lean. You might also substitute a bean dish instead. Beans are a natural source of fiber and protein.

The USDA also recommends the following to maintain or achieve a healthy weight:

- Enjoy your food but eat less.
- Avoid oversized portions.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower sodium.
- Drink water instead of sugary drinks.

Calotren[®]

Congratulations!
You're on your way to better health!

Calotren is formulated with patented ingredients that help your body to function more efficiently. There are no drugs or stimulants in Calotren so there are no side effects. Our Calotren consultants and nurses are dedicated to helping you reach your health and wellness goals. If you have any questions about Calotren, please email us at **calotren@tophealthsource.com** or call us at **1-800-325-4366**.

Sincerely,

Lisa Roney, RN
Calotren, President