

Shape-Fast[®] EFX

TYPE 1 AND TYPE 2



The obesity epidemic covered on TV and in newspapers did not occur overnight. During the past 20 years there has been a dramatic increase in obesity in the United States. Surveys indicate that 33 to 40 percent of adult women and 20 to 24 percent of men are currently trying to lose weight. In addition, 28 percent of both women and men are trying to maintain their weight.

The Shape-Fast EFX products provide highly advanced non-ephedra based solutions for effective weight management. In addition to offering unique combinations to meet the needs of individual metabolic types, these products are formulated to promote essential keys to weight management including: enhanced fat burning (thermogenesis), appetite control and overall feeling of well-being.

Key Points

- **What Type Are You?** To more effectively meet individual needs, there are two Shape-Fast formulas—Type 1 and Type 2. While both formulas are blended to help stimulate metabolic system function, the Type 2 formula contains additional ingredients to more effectively meet the needs of those with slower metabolisms.
- **Promotes Thermogenesis:** Small safe increases in thermogenesis can mean large changes in the number of calories you burn each day. In addition to its potent antioxidant benefits, evidence suggests that quercetin can act as an antihistamine and may play a role in elevating norepinephrine levels, which can effectively increase energy expenditure or thermogenesis and fat metabolism.
- **Supports Appetite Control:** Shape-Fast EFX Types 1 and 2 are formulated with ingredients that support the production of serotonin, a neurotransmitter that has been shown to control many behavioral and physiological functions such as appetite, mood and sleep. When serotonin levels are out of balance appetite can increase, triggering abnormal food cravings and perpetual snacking on carbohydrate foods like cookies and chips which may lead to weight gain.



DIRECTIONS: Take one (1) capsule twice daily with 8 oz. of fluid

Serving Size: One (1) Capsule
Servings Per Container: 60

Supplement Facts Type 1

| Amount Per Serving | %DV* |
|-------------------------------------|------------------|
| Niacin | 3 mg 15% |
| Vitamin B6 | 4 mg 200% |
| Folic Acid | 700 mcg 175% |
| Vitamin B12 | 12 mcg 200% |
| Proprietary Blend | 492 mg ** |
| Cocoa Extract | |
| Quercetin | |
| L-Tyrosine | |
| 5-Hydroxytryptophan | |
| Bromelain | |
| <i>Schisandra chinensis</i> (fruit) | |

*Reference Daily Intake (RDI)

**Daily Value (DV) not established

Other Ingredient: gelatin capsule

DIRECTIONS: Take one (1) capsule three times daily with 8 oz of fluid.

Serving Size: One (1) Capsule
Servings Per Container: 90

Supplement Facts Type 2

| Amount Per Serving | %DV* |
|--------------------------|------------------|
| Niacin | 2 mg 10% |
| Vitamin B6 | 3 mg 150% |
| Folic Acid | 475 mcg 120% |
| Vitamin B12 | 8 mcg 135% |
| Proprietary Blend | 377 mg ** |
| Cocoa Extract | |
| Quercetin | |
| L-Tyrosine | |
| Bromelain | |
| Camilla sinensis | |
| <i>Cassia nomame</i> | 43 mg ** |
| Cocoa Extract | 70 mg ** |

*Reference Daily Intake (RDI)

**Daily Value (DV) not established

Other Ingredient: gelatin capsule.

WHAT TYPE ARE YOU?

You are a Type 1 or 2 metabolizer if three or more of the following statements accurately describe your eating habits.

TYPE 1

- I need a good breakfast to feel my best.
- When I eat meats I often feel energized.
- I am usually very hungry by late morning.
- I often get irritable or fidgety when I don't eat.
- In between meals I prefer salty snacks like potato chips rather than sweets and candies.

TYPE 2

- I feel fine with a light breakfast.
- When I eat meats, I often feel a little sluggish.
- I don't usually get hungry until lunchtime or later.
- I can go without food for several hours and feel fine.
- In between meals I prefer sweets and candies rather than salty snacks like potato chips.

Did you know?

Approximately 300,000 U.S. deaths a year are currently associated with obesity (compared to more than 400,000 deaths a year associated with cigarette smoking). The total direct and indirect costs attributed to over weight and obesity amounted to \$117 billion in the year 2000.

HHS News: U.S. Department of Health and Human Services. "Overweight and Obesity Threaten U.S. Health Gains: Communities can help address the problem, Surgeon General Says." Press Release Thursday, Dec. 13, 2001.

Results of the National Health and Nutrition Examination Survey (NHANES) 1999 indicate that an estimated 61 percent of U.S. adults are either overweight or obese, along with 13 percent of children and adolescents.

National Center for Chronic Disease Prevention and Health Promotion

Technical Points

- Bromelain is a digestive enzyme that has been shown to help aid digestion, alleviate gastrointestinal complaints such as gas/bloating, diarrhea and cramps associated with inefficient digestion.
- For further recommendations regarding your personal body type needs, complete 4Life's BioSignature[®] personal assessment by visiting www.biosignature.com which offers valuable suggestions on what foods may be best for you, different forms of exercise and best methods for individual stress management.

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.

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Ordering Information

Item # 27537 Type 1 - 60 ct/bottle
Item # 27538 12 for the price of 11

Item # 27538 Type 2 - 90ct /bottle
Item # 27541 12 for the price of 11