



# RELEASE - REBALANCE - RESTORE

A 12-WEEK INTEGRATIVE WEIGHT LOSS PROGRAM

ENERGIZE, REVITALIZE AND COME HOME TO YOUR SELF !

## HOW DOES THIS VIBRANT-U PROGRAM ACTUALLY WORK?

- It puts fat storage on hold & drives down insulin
- It provides appropriate levels of high-quality protein
- It promotes a more alkaline internal body chemistry

### How do we put fat storage on hold?

Most weight problems have one thing in common: an overproduction of insulin. Insulin is a hormone that not only regulates blood sugar levels, it also makes you gain weight. How? It transforms the fat and sugars (carbohydrates) we eat into fat cells when there is an excess of insulin in the blood. This occurs over time as a result of a diet grossly disproportionate in its share of saturated fats and carbohydrates, much like the North American diet. The VibrantU Program helps restore the body's ability to metabolize sugars properly, quickly and safely.

### What's with the protein and this program?

Studies demonstrate that 1 gram of protein for every kg of body weight is a healthy protein load for sustaining lean muscle mass and fueling repair throughout the body. By providing these adequate levels of protein, and in a highly-available isolate form, we are supporting the maintenance and repair of lean muscle mass and systems throughout the body.

### And the supplements?

These alkalizing (base-promoting/acid-reducing) minerals help balance the body's pH, which is thought to promote the healthy function of the immune system and repair mechanisms throughout the body. Because many of us do not consume these levels of minerals on a regular basis, this program may help rebalance body acids and bases to levels that are even more appropriate than before you started VibrantU.

## HOW THE VIBRANT~U PROGRAM WORKS FOR YOU:

**Weight Release:** The body has three sources of energy: carbohydrates, protein and fat. It burns carbohydrates as its first source of energy. Once the body has depleted its carbohydrate reserves, it will simultaneously use its protein and fat reserves for energy.

VibrantU foods and the daily supplement regimen help maintain muscle mass and energy while encouraging the body to draw from its fat reserves for energy.

**Skin Revitalization:** The VibrantU Program revitalizes and tones the skin while restoring its elasticity.

**Superior Protein Supplement:** Because the body is primarily composed of protein, such as our vital organs, muscle tissue, skin, nails and hair, VibrantU protein foods are an excellent supplement for maintaining good health and a strong immune system.

### **THE VIBRANT~U INTEGRATIVE WEIGHT RELEASE PROGRAM IS:**

#### **QUICK, SAFE, HEALTHY AND DELICIOUS!**

VibrantU features delicious protein foods, select natural foods and a complete nutritional supplementation program. This program is spearheaded by Matol Km®, an energizing and pH-balancing mineral supplement. Keeping the body's pH level in check while metabolizing fat is critical to healthy weight release. What's more, Matol Km® provides essential minerals and phyto-elements, many of which are known for their anti-inflammatory and antioxidant properties.

The other three nutritional supplements, Calcium & Magnesium, Optimum Omega-3 and MegaVitamins, ensure that you receive optimal nutrition throughout the diet providing you with all of the essential vitamins, minerals and trace minerals normally added to the foods that are temporarily restricted on this program.

Quick, safe and healthy with lasting results, the VibrantU Program features a large variety of delicious high biological value protein foods that have a very high absorption rate of 95%. These protein foods average 19 grams of protein per serving and contain all ten essential amino acids derived from isolates of whey, soy and/or albumin from eggs.

#### **VIBRANT~U PROTEIN FOODS**

Low in fat, calories and carbohydrates. Formulated with just the right amount of protein to sustain your muscle mass. Available in a wide variety of delicious food choices. Individually wrapped for freshness and a long shelf-life. Convenient and easy to prepare. Ideal for healthy snacks and meals on the run.

#### **IMPORTANT HEALTH CONSIDERATIONS WHILE USING THIS SYSTEM**

**Adequate protein is key:** We suggest you consume about 1 gram of protein per every 2.2 pounds (1 kg) of your body weight. This level of protein ensures that you are maintaining current muscle stores and providing adequate building blocks for repair.

**Supplementation is essential:** In order to follow the complete weight loss program, you must alkalinize and protect your body with minerals (calcium, magnesium, potassium, pink sea salt for sodium plus other trace minerals).

**Cheating is okay. Just do it correctly** so as to only SLOW, not sabotage, your progress: If you

must cheat, cheat with protein. A pack of protein foods, or a can of salmon or tuna is a great cheat item.

Carbohydrates are the worst. You may feel sluggish, sick, or lightheaded if you cheat with carbs. Before it goes this far, use a protein food item that contains carbs (Vegetable Chili, Maple Oatmeal, Chocolate Cake/Pancake, Flatbread, or Chocolate & Raspberry Crunch Bar and Caramel Peanut Delight Bar), or a nonfat or soymilk latte.