



Lose Weight Now! FAST BURN

- *Slow metabolism*
- *Fight hormone imbalance*
- *Control carbo-cravings*

Dr. Michael Hirt's Fast Burn is a three-step personalized nutrition weight loss program created in 1997. Since its beginnings, Fast Burn has helped countless people successfully lose weight and keep it off.

Patients can experience difficulty losing weight due to slow metabolism, carbo-cravings, and hormone imbalances. Vitamin and herbal supplements can be helpful to correct these imbalances and help keep the weight coming or staying off.

For the complete weight loss supplement program, ask for the "Fast Burn..Faster: Natural Weight Loss Supplements" Handout at Dr. Hirt's office.



We also have an extensive line of delicious low-carb food products to help you stay on the Fast Burn Diet and lose the weight you want...fast.

Please see pages **135-147** for our complete listing.

Powerfully Nutritious Fruit POMEXELLENT by Health Concerns

- *Active for high blood pressure and blood sugar*
- *Addresses high cholesterol*
- *Good for patients with prostate enlargement or infection*
- *Supports normal heart function*
- *Important for patients with prostate, breast, colon, and skin cancers*
- *Directs healthy levels of leptin, a fat building hormone*
- *Targets arteriosclerosis*

Pomegranate is a powerfully nutritious fruit for patients with concerns about heart disease, arteriosclerosis, high blood pressure, and cancer. This potency comes from pomegranate's superior antioxidants which are more concentrated and potent than those found in red wine, blueberries, green tea, and oranges.

PomExcellent is an all-natural concentrated, full spectrum pomegranate extract that provides all of

the benefits of the pomegranate with none of the fruit sugars and calories.

Clinical studies have demonstrated pomegranate extract to lower leptin (a fat building hormone) levels, reverse heart disease, improve heart function and circulation, lower blood pressure, normalize high blood sugar, and slow down cancer growth, particularly prostate, breast, colon, and skin cancer.

Usual dosage: Take two (2) capsules two to three times daily with meals.



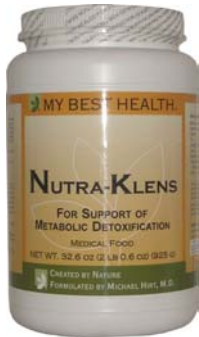
PRODUCT #	SIZE
282	60 tab

Feeling “Toxic” at a Heavier Weight?

NUTRA-KLENS

by My Best Health

- Quick Start Weight Loss
- 4-Stage Cleaning Process
- Refresh Liver Detoxification
- Complete 21-day Program



Weight seems to come on fast and leave slowly. You may also be feeling “toxic” at a heavier weight. The Fast Burn Fresh Start program is designed to detox your body, break your craving cycles, take off some quick pounds, and lead you right into a personalized weight loss program.

Push Your Body’s “Reset” Button!

The core of our detox program is Nutra-Klens, a clinically tested shake that contains all natural vitamins and herbs. Nutra-Klens limits the toxic burden going into the body and helps the body get rid of the current toxic load, achieving internal balance and cleansing.

Using a proven four stage cleaning program—Washout, Secondary Cleansing, Physiological Re-adjustment and Stabilization— Nutra-Klens will revitalize and re-

invigorate your health.

While it will assist you in losing weight, Nutra-Klens is also helpful for patients experiencing migraine headaches, muscle and joint pains, fibromyalgia, chronic fatigue, food allergies and intolerances, chemical and environmental sensitivities, skin problems, and alcohol and chemical dependency. These are often other signs and symptoms of being toxic.

The personal health choices we make in our hectic, go-go lives often turn our bodies into the human equivalent of a toxic waste Superfund site. It is no surprise that so many of us walk around feeling poorly and with nagging health problems.

With the help of Nutra-Klens, the Fast Burn Fresh Start program has consistently made a substantial difference in my patients’ lives...and I hope to count you as another success story.

For the complete program ask for the “Fast Burn: Fresh Start” handout available exclusively at The Center.

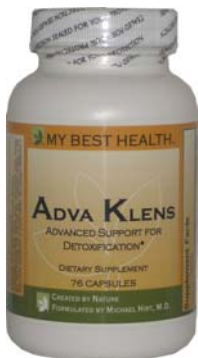
PRODUCT #	SIZE
169	21 serv



ADVA-KLENS

by My Best Health

- Companion Supplement for Nutra-Klens Program



Adva-Klens is an important companion supplement for the Nutra-Klens program and will help clear toxins from the body and rejuvenate the liver’s detoxification functions.

Take one capsule of Adva-Klens twice daily with the Nutra-Klens shake. If you are feeling very toxic, increase this dose to two capsules twice daily until you are feeling better.

PRODUCT #	SIZE
111	76 caps

NUTRA-KLENS Shake Recipes

Basic Recipe

- 2 scoops Nutra-Klens
- 6-8oz water
- 1-2 slices of pineapple, 1peach,
- ¼ cup berries, or ½ bananas
- 2-3 ice cubes
- Blend

Recipe 2

- 2 scoops Nutra-Klens
- 3oz. water, apple, berry, or pineapple juice
- 3oz. almond milk, rice milk or organic coconut milk
- 2-3 ice cubes
- Blend



WEIGHT LOSS

Because No One is Perfect

THE MORNING AFTER DIET PILL

by My Best Health

- Increase metabolism
- Burn calories faster
- "Delete" Key for your Diet

Wouldn't it be nice if you had a "Delete" Key for your diet?

The Morning After Diet Pill has been designed to be just that...a second chance to get it right. The Morning After Diet Pill helps dieters dramatically lessen the negative impact of bad food choices by supporting them in three ways: metabolism, calorie absorption, and water retention.

The Morning After Diet Pill contains a special blend of herbs that support your body's metabolism. The faster your metabolism can be revved up, the faster you burn calories.



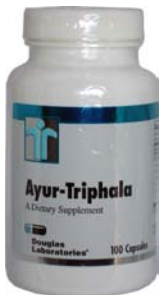
Even if you are sticking to your diet, The Morning After Diet Pill can support your body in achieving your weight loss goals by supporting your metabolism, assisting your body with bloating, and helping your intestines' ability to push food through without absorbing all of the calories.

We all make diet mistakes, but you don't have to live with them. And when you have just blown your diet, The Morning After Diet Pill helps you wipe the slate clean and flush your mistakes to give your diet another fresh start. Ask for "The Morning After Diet Pill" handout for complete details.

NAME	PRODUCT #	SIZE
Decaf Morning After Diet Pill	237	90 tabs

Move over, Metamucil

AYUR-TRIPHALA & GUGGUL



It is normal and healthy to have a bowel movement daily. My recommendation has always been, "Never let the sun set twice without a bowel movement."

However, any change in diet can upset your bowels and make you less regular. If you are having problems, our Natural Pharmacy stocks supplements to support normal bowel function.



Triphala is an ancient Ayurvedic constipation remedy and contains three fiber-rich herbs. When combined with Guggul, another Ayurvedic supplement, both can also help lower cholesterol.

Ayur-Triphala and Guggul are non habit forming laxatives and can be used as long as needed.

Greased Lightening

CASTOR OIL

by Nutritional Counselors of America



Castor oil has always been a safe and reliable laxative, but its bad taste has kept it in the medical history books and out of the medicine cabinet.

Our Natural Pharmacy stocks Castor Oil capsules which have all of the potency of castor oil with none of the aftertaste. In Ayurvedic traditions, castor oil is used to detoxify the body and reduce arthritis pain.

The usual dose of Castor Oil is one to three teaspoons once or twice daily. Approximately five Castor Oil capsules are equivalent to one teaspoon of Castor Oil.

PRODUCT #	SIZE
123	180 caps

NAME	PRODUCT #	SIZE
Ayur-Triphala	116	100 caps
Guggul	149	60 caps



High-potency Chromium Supplement **CHROMIUM**

by My Best Health

- *Specially formulated for maximum effectiveness*
- *Reduces cravings for carbs and sweets*
- *Supports healthy blood sugar*
- *Helps reduce triglycerides*
- *Used for treatment of obesity and PCOS*
- *Helps reduce insulin, the #1 fat-building hormone*
- *GTF = Glucose Tolerance Factor = help for blood sugar and cravings*

Chromium is an essential mineral that is necessary for the hormone insulin to work properly. Without sufficient chromium, insulin cannot properly control blood sugar. Excess sugar is then deposited into body fat stores, particularly on the belly, chest and upper back.

Elevated blood sugar causes additional problems like diabetes and diabetic related health problems including accelerated heart disease, strokes, nerve damage, weakness, and blindness.

Chromium supplements have also been used to help lower cholesterol by reducing triglycerides. Scientists are currently studying high-potency chromium supplements in the treatment of obesity because of chromium's reported benefits of reducing sweet cravings, reducing appetite, and helping to manage insulin, a fat-building hormone.

In order to be effective at blood sugar control, cholesterol management, and weight loss, medicinal



doses of chromium are necessary. Chromium GTF is a mid-potency chromium supplement that provides chromium in its most absorbable form. Chromium 1000 is the highest potency chromium supplement on the market today that also provides chromium in its most absorbable form.

Chromium is found naturally in foods such as meats, animal fats, fish, brown sugar, coffee, tea, calf liver, whole wheat bread, and rye bread. However, due to over farming and soil nutrient depletion, the chromium content of most foods is lower than expected which has led to chromium deficiencies in many patients.

NAME	PRODUCT #	SIZE
<i>Chromium 1000</i>	331	100 tab
<i>Chromium GTF 200</i>	332	100 cap

Recipe for Success

Every person is unique, and each person requires his or her own special diet. It is my long-held belief that two people cannot read the same diet book and get the same results. There are two main reasons for this.

First, people have different genetics. We are all designed to respond differently to foods. You probably already know of foods that make you feel unwell or cause skin rashes or breakouts. You probably know some people who can eat those same foods and feel just fine. Similarly, there are some foods that will cause elevated blood sugars or weight gain in one person but not the other. Genetics explain these differences.

The other reason people need personalized diets is that people like different foods. A Chinese person cannot read a Bulgarian weight loss book and be

successful. Bulgarian food may be fine for a one-time dinner at a restaurant or friend's home, but not as a permanent dietary change. Culture-sensitive nutrition programs are critical for long-term success. A diet should contain foods that are familiar and comfortable to you. Otherwise you will not stick with the diet.

The Chinese have a saying: If you go back to what you have always done, you will get what you have always gotten. Changing your diet for just a few months and then returning to your "old habits" is not a successful strategy. You must make dietary changes you can live with and work for you.

My specialties are Internal Medicine and Nutrition, and I have helped countless patients achieve and maintain healthy weights. **For assistance with weight management and blood sugar control, call my office so we can set up a personalized program at your next appointment.**

Boosts Serotonin EASY-DOES-IT

by My Best Health

- **Natural, non-habit forming**
- **Boosts serotonin, the "feel good" hormone**
- **Supportive for insomnia, weight loss, stress, depression, fibromyalgia**



Easy-Does-It is made from an extract of the African seed pod of Griffonia and contains 5-HTP (5-hydroxytryptophan). Our bodies can turn 5-HTP into serotonin which is known as the "feel good" hormone because it is one of three key hormones that help us feel happy, satisfied, full, sleepy, and peaceful.

Lately, the whole world seems to have a deficiency of this hormone.

Some people are just born with a natural deficiency of this hormone and other may "run out" of serotonin due to stress and burn out. Easy-Does-It can help restore a normal level of serotonin in the body and support people who are suffering with the symptoms of a serotonin deficiency.

These symptoms include trouble getting or staying asleep, insatiable carb or sugar cravings, feelings of anxiety and panic, chronic low mood or feeling "blue", and fibromyalgia complaints (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and morning stiffness).

5-HTP has been tested in these conditions and found to offer patients meaningful relief without the side effects and dependency of prescription medications. 5-HTP has been tested against some prescription anti-depressant medications and works as well in clinical trials.

If you have trouble getting a good night's rest, cannot lose weight because of cravings, feel stress-out or anxious, have depression, or symptoms of fibromyalgia (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and

morning stiffness), then Easy-Does-It could be the natural supplement that helps to get you feeling like your old self again.

HOW IT HEALS:

Imagine a three-legged stool with one of its legs accidentally manufactured with one leg a little shorter than the other three. On flat ground, the stool will wobble because of the one shorter leg. The foundation of your mental health rests on three "legs," three hormones that help to keep brain chemistry in balance. These three hormones are dopamine, norepinephrine, and serotonin.

If you have symptoms that include trouble getting or staying asleep, insatiable carb or sugar cravings, feelings of anxiety and panic, chronic low mood or feeling "blue", and fibromyalgia complaints (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and morning stiffness), then you may have been born with or developed a deficiency of serotonin.

In other words, the three-legged stool on which your mental health rests may have been simply manufactured (from birth) a little too short or been worn down (due to stress), causing you to experience an uncomfortable unsteadiness of mood, sleep, weight, and pain.

When you use Easy-Does-It, it is like putting a nutritional supplement right under the shortened serotonin "leg" to balance your brain chemistry.

When you take Easy-Does-It, the body quickly transports it to your brain and efficiently converts it into needed serotonin. This can help your brain make up any serotonin shortfall and help you feel more like...you.

Usual Dosage: For weight loss, depression, anxiety, and fibromyalgia, take one to two capsules three to four times daily, preferably before meals on an empty stomach. For insomnia, take one to three capsules on an empty stomach at bedtime and/or on waking in the night.

PRODUCT #	SIZE
309	90 cap



Rub Cream onto Unwanted Body Fat

FAT ZAP

by My Best Health

- 7-Keto-DHEA cream
- Boosts Energy and Brain Function
- Increased metabolism means increased fat burning
- Natural adrenal hormone



FAT ZAP is a specially formulated cream that delivers the fat-busting adrenal hormone, 7-Keto-DHEA, right where you need it most...to unwanted body fat deposits.

Everyone trying to lose weight wants to lose it as fast as possible, but there are always bulges that you want to lose first. Sometimes there are stubborn bulges that will not shrink no matter what you try.

FAT ZAP was developed to put the power of 7-Keto-DHEA where you want it most.

HOW IT HELPS:

Clinical researchers have long reported that 7-Keto-DHEA capsules can increase metabolism, energy and brain function. In both human and animal studies, 7-Keto-DHEA has been shown to boost metabolism. A higher metabolism means a greater potential for burning fat and losing body weight.

Dr. Hirt has prescribed 7-Keto-DHEA to his patients for many years, primarily to assist patients with weight loss as well as to boost energy and brain function.

7-Keto-DHEA does not affect blood levels of male and female hormones and has no known cancer link.

Apply FAT ZAP liberally to unwanted body fat two (2) times daily. The first application should be in the morning. Use FAT ZAP thirty minutes before exercising. Target your exercises on body fat/areas where FAT ZAP was applied.

Due to an expected energy boost, do not use FAT ZAP within a few hours of sleep.

PRODUCT #	SIZE
344	2 oz

Controls Appetite and Cravings

NUTRA-RX

by My Best Health

- Nutritional shake
- Weight loss aide
- Promotes Healthy Blood Sugar
- Lowers cholesterol
- Healthy meal replacement for weight loss
- Scientifically formulated herb and fiber blend



Nutra-Rx is multi-purpose, all-natural shake that is scientifically formulated to promote healthy blood sugar and cholesterol. Unlike drugs and other herbal blends, Nutra-Rx does not contain any medications or "statin" molecules.

As a therapy, Nutra-Rx uses herbs and natural fiber to balance blood sugar and pull excess cholesterol out of the body. When used as a meal replacement once or twice daily, Nutra-Rx helps control sugar and carb cravings, and works great as a core part of weight loss program. For patients interested in weight maintenance, use Nutra-Rx between meals or substitute one meal a day with Nutra-Rx.

FLAVOR	PRODUCT #	SIZE
Chocolate	324	977 gm
Vanilla	342	977 gm





WEIGHT LOSS

LEANTAIN

by Health Concerns

- Boost metabolism
- Limit appetite



As part of a comprehensive and personalized weight loss program for his patients, Dr. Hirt uses a combination of nutrition, herbs, vitamins, medicines, and hormones (if necessary) to help patients achieve sustainable weight loss.

Leantain is a blend of herbs designed to help boost the metabolism while simultaneously limiting appetite. This is a potent and reliable supplement that has helped thousands of patients

succeed at losing weight.

PRODUCT #	SIZE
222	90 tabs

SATIET-EASE

by Pure

- Useful for stress eating
- Helps nighttime snacking



Satiety-Ease is an herbal formula specifically designed to help with natural appetite control and carb-cravings. Satiety-Ease is particularly useful for stress-eating, and because Satiety-Ease contains no caffeine or stimulants, it may also be used to help with nighttime snacking.

This is a potent and reliable supplement that has helped thousands of patients succeed at losing weight, and is often used

in combination with our other weight loss supplements for maximal benefit.

PRODUCT #	SIZE
186	90 cap

Weight Loss Insurance

REDUCE

by My Best Health

- Win Battle of the Bulge
- Maintain muscle mass



Reduce is a standardized extract derived from natural vegetable oils that has been shown in clinical studies to help patients maintain their body fat-to-muscle ratio after weight loss.

Every dieter lives in fear that one day, some day, they might regain all of their weight. Dr. Hirt's personalized weight loss program is designed to help patients win the "Battle of the

Bulge" permanently.

By helping to maintain muscle mass after weight loss, Reduce helps to maintain the body's metabolism which is necessary for fat burning to continue and prevent weight regain.

Think of Reduce as weight loss insurance.

PRODUCT #	SIZE
179	90 caps

AppTRIM

by Physician Therapeutics

- Stimulate your metabolism safely and effectively
- Assist fat burning



AppTrim is an all-natural supplement invented by a Cedar-Sinai cardiologist to help patients lose weight. The main ingredient in AppTrim is cocoa, or chocolate. While many people can point to chocolate as a cause of their weight gain, I bet you never thought chocolate could help you take it off!

Raw cocoa contains metabolism-boosting nutrients that have been shown in clinical studies to increase weight loss.

AppTrim can help take off an additional half to one pound of weight each week, depending on just how slow your metabolism is. This weight loss effect takes about two weeks to fully kick-in.

NAME	PRODUCT #	SIZE
AppTrim	114	120 cap
AppTrim D	115	120 cap

The Answer to the Snack Attack

HUNGRY?

When you are on a diet and a “Snack Attack” hits, it can be very hard to resist your cravings for foods that you know are not good for your diet.

Whether you are trying to lose weight, drop your cholesterol, control your blood pressure or lower your blood sugar, the shift from your old habits to your new healthier lifestyle can be frustrating, especially when

your taste buds are slow to come around to the new foods.

Over time, the healthy habit patterns you practice today will help you make the best decision when a craving hits. During this transition, most of our patients find it very helpful to have “quick ‘n easy” snacks nearby so that your best diet decision is right at your fingertips.

With these healthy and convenient snacks around, you will find it easy to stay right on track.

STARTER PACK

Like any other part of your diet, it’s important to put some thought into what kind of snacks to have on hand; otherwise it’s all too easy to pick something high-calorie, high-fat, or high-sugar. Snacks can also play an important role in maintaining blood sugars, energy levels, balance in our diets, and more importantly can help prevent us from overeating at the next meal.

Now, the question remains, what do we snack on? For your convenience: we’ve put together a starter pack that provides a great range of snacks to choose from, and it’s made easier with single serve and ‘grab ‘n go’ pack formats that can be eaten ‘on the run’.

Starter Kit contains: 2 boxes of Bariatrix Bars, 1 package of Ready-To-Go Shakes, 2 bags Flax Snax Crackers, 1 box Soy Nuts



PRODUCT #	SIZE
900	1 kit

CHOCOLATE LOVERS

Since the first use by the ancient Mayans thousands of years ago, chocolate has captured the attention of the human palate. It takes some ingenuity to make it sweet, creamy and low in carbohydrates, but it can be done!

So if you’re a certified chocoholic and going completely out of your mind trying to find great-tasting chocolate treats to enjoy on your low-carb lifestyle, look no further because YOU’VE FOUND THEM!

For your convenience: we’ve put together a chocolate lovers pack that provides a great range of snacks to choose from, and it’s made easier with single serve and ‘grab ‘n go’ pack formats that can be eaten ‘on the run.’



The Chocolate Lovers Pack contains: 2 boxes of Bariatrix Bars, 1 package of Ready-To-Go Shakes, 1 box of Pudding/Shakes and 1 Choco perfection Bar.

PRODUCT #	SIZE
901	1 kit

WINTER COMFORT PACK

Winter is that wonderful time of year when we snuggle under warm clothes and curl up in front of the fire. It's also a great time to enjoy comfort food - which can often mean we give up trying to be healthy or worse, we gain a few pounds!

Fortunately, there's no need to stop being healthy or put on weight just because it's winter. Both health and weight conscious individuals, alike, can enjoy some of their favorite comfort foods without worry. Whether you've been low carb for a while or you're just starting out, it's good to know you don't have to give up some tried and true classics.



Winter Comfort Pack contains: 2 boxes of Shakes, 2 boxes Soup and 1 box of Bars.

PRODUCT #	SIZE
902	1 kit

Fast Burn Basics

PROTEIN BARS

By Bariatrix

- **Excellent protein to carbohydrate ratio**
- **Convenient: no need to mix or prepare**



The Bariatrix Proti-bar was designed as the exclusive weight loss bar for those who are truly serious about effective weight loss management.

Proti-bars have the highest protein amount coupled with the lowest fat, calorie and carbohydrate ratio on the market today.

Fast Burn Basics

SOUP MIX

By Bariatrix

- **15g protein / serving, yet filling**
- **Easy to prepare**

Looking for that small meal yet filling to get you through the day? Bariatrix offers you variety and versatility with our satisfying and savory soups. A great tasting option for a light meal, and a real treat on cold days.

Soup is an excellent choice to get that needed protein and help you stay on the Fast Burn Diet. Soup Mixes are also great for adding flavor to your meatloaf, favorite chicken recipes or boosting protein in your fish.

It's so unique, its patented!

Stop those cravings with the best tasting bar on the market!

FLAVOR	PRODUCT #	SIZE
Coconut Almond	803	7 bars
Caramel Nut	804	7 bars
Cinnamon Pecan	917	7 bars
Carmel Delight	918	7 bars
Chocolate Decadence	920	7 bars
Vanilla Peanut Crisp	921	7 bars
Chocolate Peanut Crisp	922	7 bars
Peanut Butter Crisp	929	7 bars
Lemon Crisp	930	7 bars
Blueberry Pomegranate	931	7 bars



FLAVOR	PRODUCT #	SIZE
Cream of Chicken	703	7 pkgs
Cream of Mushroom	704	7 pkgs
Cream of Tomato	705	7 pkgs
Chicken Noodle	862	7 pkgs



Fast Burn Basics

HOT & COLD DRINK MIXES

By Bariatrix

Heart-Warming, Low Carb Hot Drinks

- *Designed for lactose intolerant patients*
- *Good source of calcium*



Hot and tasty, these creamy drinks provide an enhanced level of protein and calcium. Our hot drinks are rich and satisfying with a taste chocolate lovers will really appreciate. Our Cappuccinos are smooth

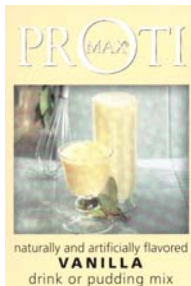
and delicious and can be enjoyed hot, or as a refreshing treat over ice.

Fast Burn Basics

SHAKES

by Bariatrix

- *Often copied, never equaled*
- *15g high quality protein*
- *Only 3-5g of carbs*
- *Designed for lactose intolerant*



The Bariatrix shake/pudding combination has been recognized as the premier product in the weight loss industry, and has been the mainstay of the Bariatrix product line for over 2 decades.

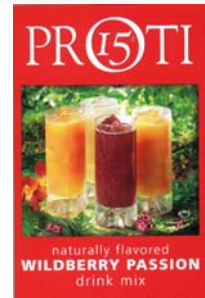
The Bariatrix pudding/shake offers the highest quality of protein in either a thick shake or a rich, creamy pudding.

FLAVOR	PRODUCT #	SIZE
Chocolate	707	7 pkg
Vanilla	708	7 pkg
Ready to go Choc.	709	6 pkg
Ready to go Vanilla	710	6 pkg
Ready to go Mocha	912	6 pkg

Refreshing Cold Drinks

- *15g of protein per serving*
- *Low in fat—low carbohydrate*

Throughout the year, nothing refreshes as well as a delightful, cool beverage. These drinks have as much protein per serving as two eggs! Great tasting and filling!



Flavor	PRODUCT #	SIZE
Cappuccino	711	7 pkg
Hot Chocolate	712	7 pkg
Peach Mango	713	7 pkg
Wildberry	714	7 pkg
Lemon	905	7 pkg

The Perfect Dessert

CHERRY GELATIN

by Bariatrix



Tired of the same old protein supplements?

It's time to put an end to the diet doldrums with our exciting cool and Proti Cherry Gelatin. It makes a delicious high protein treat!

PRODUCT #	SIZE
913	7 pkg



Better Balance

PRETZEL STICKS

by Kay's Naturals

- 10g protein
- No trans fat
- Only 120 calories / serv
- Low fat



Our products contain lean soy protein, all natural whole grains, fiber, calcium, folic acid and vitamin B-12. They are great for all ages and life styles and for anyone seeking sources of protein in their diets, including body builders, vegetarians/vegans, the elderly, and children; ideal for the office, sports, on the road, and home.

NAME	PRODUCT #	SIZE
Cinnamon Toast	923	1 bag
Honey Mustard	924	1 bag

This Must be Cheating

FLAX CRACKERS

By Foods Alive

- Naturally low carb
- Wheat & gluten free
- Omega-3 EFA's
- Anti-cancer lignans
- High in dietary fiber

Flax cracker have no artificial flavors, no artificial colors and no preservatives. They come in seven delicious flavors:

BBQ: Ahhhh.... the classic taste of Barbeque! How could you not like these! Enjoy the wonderful taste and aroma of BBQ without worry!

Italian Zest: A special blend of Italian herbs compliments the great taste of garlic, onion, and tomato. The perfect snack or addition to any meal.

Maple & Cinnamon: Made with 100% Pure Grade A Maple syrup and a pleasant touch of cinnamon.

Mexican Harvest: Garlic, onion, and tomato mixed with just the right blend of Mexican spices. A slightly spicy and extremely flavorful south of the border taste!

Mustard: Just like those pretzels at the ballpark! You can almost smell the fresh cut grass when you open the bag! These are sure to be a favorite hit with everyone both young and old.



Original: Plain and simple, so light and tasty! The perfect vehicle for any spread, dip, soup, or salad!

Onion Garlic: What a wonderful taste!! The robust flavors of garlic, onion, and tomato make this one of our best tasting crackers yet!

FLAVOR	PRODUCT #	SIZE
BBQ	849	4 oz
Italian Zest	850	4 oz
Maple & Cinnamon	851	4 oz
Mexican Harvest	852	4 oz
Mustard	915	4 oz
Original	854	4 oz
Onion & Garlic	855	4 oz
Flax Snax Crackers	856	3 bags

Fast Burn

Fast Burn is a three step program that allows me to re-engineer your diet.

- Step ONE: Weight Loss
- Step TWO: Food Testing
- Step THREE: Maintenance

Most patients stay on Step ONE until they are very close to their weight loss goal. Then, Step TWO starts with the re-introduction of foods, one at a time. This allows us to evaluate how your body responds to specific foods, and it is impossible to determine this until you have lost most of your weight.

Finally, Step THREE balances the proportions of carbs, fats, and proteins in your personalized diet that let's you enjoy long-term successful weight loss. You will finally understand what your body is really designed to eat and how to fuel your body so you always feel and look your best.

The Fast Burn: Success Made Simple will serve you well in each of the Three Steps of **Fast Burn**.

A Delicious Snack for All

SOY JERKY

by Tasty Eats

- 12g protein
- Low carb
- Cholesterol free
- 97% fat free



Our Soy Jerky tastes absolutely out of this world! The new low carb chick'n flavors have no added sweetener or sugar. They use no MSG, artificial flavoring or coloring and contain no preservatives. Each serving has 42 mg of healthy Isoflavone.

NAME	PRODUCT #	SIZE
Jamaican Chick'n	726	3 bag
Tandoori Chick'n	727	3 bag
Cajun Chick'n	928	3 bag

Dream Come True!

FLAX-Z SNAX HOT CEREAL

- Only 2 net carbs
- Simple to prepare
- Just add hot water



A dream come true for those living the low carb lifestyle. A hot breakfast cereal.

Made from a mixture of ground nuts, wheat bran, flax seed meal, and other wholesome ingredients, it is hard to believe that there are only 2 carbs per serving.

It's simple to prepare -- Just add hot water!

Nutritious and delicious, try Flax-Z-Snax Hot Cereal for breakfast today!

NAME	PRODUCT #	SIZE
Cinnamon & Spice	723	14 oz
Vanilla Almond	724	14 oz
Butter Pecan	845	14 oz

Even the Squirrels are Jealous!

SOY NUTS

by Bariatrix

- 11g of protein
- Great taste!
- Individual bags

Satisfy cravings for crunchy and savory with Proti-Snax Toasted Soy Nuts. Available in BBQ and Garlic and Onion flavors, they will satisfy your snack attack without the extra fat or carbohydrates.

These are low-carb soy nuts you will not find in stores.



NAME	PRODUCT #	SIZE
BBQ	860	7 pkg
Garlic & Onion	861	7 pkg

Award Winning Snack

KRUNCHEEZE

by Kay's Naturals

- 9 g of protein
- Individual bags
- Low fat
- No trans fat
- Satisfying snack
- Finest natural ingredients
- Good source of fiber
- Great taste!
- Gluten-free

These crunchy snacks can help you maintain balance without giving up satisfying treats.

On the go, in the office, or watching a favorite show — you can get satisfaction, good nutrition... a better balance!



NAME	PRODUCT #	SIZE
White Cheddar	925	1 bag



Voted Best Tasting Sugar Free Chocolate

CHOCO*perfection*

by LowCarb Specialties

- **Less than 2g Net Carbs**
- **High level of natural dietary fiber**
- **60% cocoa**
- **Gluten-free**
- **Diabetic approved**

Take the finest, most scrumptious imported European chocolate and sweeten it with sugar-free natural ingredients that taste exactly like sugar, and you get ChocoPerfection.

Even better, these silky-smooth, delicious chocolate bars, with less than 2g Net Carbs actually helps with weight loss, due to their high level of natural dietary fiber.



FLAVOR	PRODUCT #	SIZE
Dark Chocolate	910	bar
Milk Chocolate	911	bar





Targets Patients with Thyroid Issues

DAXITROL

by NeuroScience

- Promotes lean body mass
- A blend of herbal extracts for weight loss and cravings management
- Targets patients with low metabolism
- Good for craving control



Weight issues stem from problems with craving control, metabolism, and hormone irregularities. Daxitrol is designed to help patients at each of these three core problems. When these issues are in balance, successful weight loss can be achieved and maintained.

Each ingredient in Daxitrol has been selected to synergistically support patients who are trying to achieve a healthy weight. Our weight

loss programs have always focused on helping patients properly balance nutrition (what you eat), metabolism (what you burn), and hormones (what you crave, how you store calories). Daxitrol supports patients looking for comprehensive weight management.

Daxitrol is best taken 15-30 minutes before meals on an empty stomach.

PRODUCT #	SIZE
354	120 cap

