

Wellness for Life Center

www.wellnessforlifecenter.org

AmeriSciences Slim Science Program Instructions.

Follow these directions carefully and consistently for best results.

Diet.

Low starch, low fat diet.

Remove as much as possible the following items from your diet:

- Rice
- Potato
- Pasta (pizza, spaghetti, noodles etc.)
- Bread/cakes
- Refined sugar (regular soda, fruit juices, candy, desserts etc.)
- Saturated fat (fatty meat, fast foods, hotdogs etc.)

Lean meat, fruits and non-starchy vegetables are encouraged.

BREAKFAST:

Replace breakfast entirely with ***Slim Right*** Protein Shake on weekdays, Monday – Friday.
Appropriate low starch, low fat breakfast on weekends.

Mix ***Slim Right*** powder thoroughly with Unsweetened Soy Milk (*Silk* brand/green box),
2% milk or skim milk.

Take 1 ***Slim*** pill and 1 ***Carb Right*** pill 15 minutes before or at least just before ***Slim Right***.
Take 1 ***Energy*** pill after ***Slim Right***.

LUNCH:

Take 1 ***Slim*** pill and 1 ***Carb Right*** pill 15 minutes before or at least just before lunch.
Serve yourself only 2/3 of your usual lunch serving.

Take 1 ***Energy*** pill after lunch but not later than 3 PM.

DINNER:

Take 1 ***Slim*** pill and 1 ***Carb Right*** pill 15 minutes before or at least just before dinner.
Serve yourself only 2/3 of your usual dinner serving.

Wellness for Life Center

www.wellnessforlifecenter.org

Exercise

Perform moderate cardiovascular exercise 20-30 minutes per day, 3-5 days a week to burn fat. Include weight bearing/resistance exercises to help build muscle mass. Building muscle mass is important to help increase basal metabolic rate, so that you will burn more calories even when at rest.

Regular exercise will also control your appetite. You will feel better!

You are likely to lose “inches” initially before significant weight loss occurs. Significant weight loss tends to start in the second month of following the program as directed.

E-mail us if you have questions or comments: info@wellnessforlifecenter.org

Call us at **407.767.8006**

AmeriSciences Nutritional Supplements are developed by a team of leading physicians and scientists to provide you with among the safest and most effective products on the market today. In maintaining over-the-counter (OTC) pharmaceutical equivalent standards, rigorous Quality Assurance tests ensure potency, safety, and consistency for you and your family.

Formulating a truly effective nutritional supplement is not a matter of simply placing high doses of vitamins and minerals into every product. The interplay of quality ingredients in combinations based on the latest scientific research is the only way a product can ensure that your body will retain these nutrients and utilize them to their ultimate capacity. In this way, AmeriSciences products are scientifically formulated to target specific health issues and to meet your body's unique nutritional requirements.



Sultan Rahaman, M.D.
Family Physician
President, Wellness for Life Center