

**Achieving Success with
Factor4 Weight Control®
And Power Amino Acids®
www.factor4health.com**

***The Only Weight Loss Solution that Makes You Feel Better
Every Day!***

THE SECRET TO HEALTHY WEIGHT LOSS

Up to 96% of individuals lose weight on Factor4 Weight Control®¹. Factor4 works as a highly effective appetite suppressant that provides feelings of “comfort, satisfaction and well-being” within minutes of taking a shake. Factor4™ also stimulates fat metabolism and increases body pep, energy and activity.

Factor4 Weight Control® power shakes and smoothies with Power Amino Acids® are the secret to the success of the Factor4 weight Loss Program. An 8 oz power shake (70 Calories) or 16 oz double power shake (140 Calories) will stimulate fat metabolism while blocking food cravings, hunger pangs, famished states and eating binges.

THE MAGIC OF FACTOR4

The magic of Factor4 is that it aligns appetite reduction and fat metabolism in the weight-loss experience. All of its effects, including building muscle, burning fat, boosting energy, and taming appetite work naturally through the body’s metabolic pathways. Although exercise is helpful for fitness reasons, it is not essential for weight loss.

You do not have to count “Calories,” “Points,” or “Blocks,” as recommended by the Atkins, South Beach, Dean Ornish, Weight Watchers or Zone diets.

However, it is necessary to eat less food and to focus on high-value nutritious foods, mostly avoiding those foods with empty calories, including saturated fats, trans fats, refined sugar, processed carbohydrates, fast foods and salt. Cut out snacks especially those that come in large cellophane bags and pass on the sugar- and fat-enriched desserts.

Never skip a meal, but learn to take Factor4 shakes or smoothies in lieu of meals or with half meals. Continue to eat three times a day. Just eat rather modestly during two of those meals. Splurge at dinner, but splurge with protein (more fish and chicken and less red meat) and serve multiple vegetables, at least two or even three servings according to your liking.

Factor4 makes dieting enjoyable and fulfilling because it suppresses appetite naturally by satisfying food cravings, hunger attacks, famished states and eating binges. It builds muscle which is important in burning fat. It balances metabolic pathways that burn even more fat. And the enhanced energy will increase your pep, stamina, endurance, and performance.

Most customers continue to take Factor4 even after they have lost their excess body fat. Why? Because Factor4 Health feels “Sooo Good”! And by continuing to tame your appetite, you actually tame the world in which you live. Most customers enjoy looking younger, living longer and feeling better. And they enjoy seeing the changes in the mirror that remind them of an earlier time in life.

For every dollar that you spend on Factor4 you will save two to three dollars or more in food and snack costs. Plus you will not need to purchase vitamins, minerals, micronutrients, or any of those expensive supplements that you find in health food stores.

¹See www.factor4health.com and click on Success Stories.

Finally, a Weight Loss Solution that Restores Body Health!

SLOW AND STEADY WEIGHT LOSS IS BEST

Remember that it took years for you to gain those excess pounds of unwanted weight. Naturally, it will take time to lose those pounds and achieve the healthy attractive physique that you deserve. Fortunately, Factor4 comes to the rescue by rebuilding your body with Power Amino Acids® that are required to achieve metabolic health and sustained weight control. During the period that Factor4 is rebuilding your body, you are not only building up muscle tone but you are optimizing and maximizing the health of every organ and tissue in your body providing you with pep, energy, activity, stamina and endurance. Slow and steady weight loss is the best weight loss of all.

ENDPOINTS FOR FACTOR4 SUCCESS:

BENEFIT #1: COMFORT, SATISFACTION AND WELL-BEING (SATIETY)

Customers recognize that drinking power shakes or smoothies with Factor4 Weight Control®, containing Power Amino Acids® leads to feelings of “comfort, satisfaction and well-being” within 5 to 10 minutes of drinking a shake. Recognizing these feelings indicates that Factor4™ effectively suppresses appetite, food cravings, hunger pangs and famished states. Within a few short days, you will lose your “sweet tooth” and your “fat tooth”, which means you will lose your cravings for sweets and fats.

BENEFIT #2: INCREASED ENERGY

Within one to two weeks of starting on Factor4 Weight Control® with Power Amino Acids®, subjects notice that they have significantly more “pep, energy, activity, stamina and endurance.” These states of increased energy indicate that significant changes have occurred to the metabolic pathways in the body.

BENEFIT #3: *LOSS OF BODY FAT*

The first sign that your body is losing fat deposits is that your clothes will fit better. The second sign that you are losing body fat is when your weight decreases according to the weight scale. However, your weight according to the gravimetric scale will not decrease until after your muscle tissue is built up. This may take several weeks or a month depending on your body type. Remember, slow and steady weight loss is the best weight loss of all!

BENEFIT #4: *METABOLIC HEALTH*

Many customers notice improvements in their blood pressure and blood chemistries when they have been on Factor4 for 6 to 12 months or more. These changes include (i) lower blood pressure, (ii) lower levels of blood sugar, LDL (bad) cholesterol, triglycerides, and inflammatory markers, and (iii) higher levels of HDL (good) cholesterol.

FACTOR4 WEIGHT LOSS PROGRAM™

The **Factor4 Weight Loss Program™** allows you to achieve slow and steady weight loss without intense exercise routines or strict dietary regimens. The Plan is unique in that it uses Power Amino Acids® and Health-Plus Proteins™ to treat the four nutritional traps associated with overweight conditions and obesity: (i) The Taste trap, (ii) The Vanity Trap, (iii) The Food Swing Trap and (iv) The Sedentary Trap. The Factor4 Weight Loss Program™ will restore your nutritional health and switch fat-storing pathways to fat-burning pathways.

HOW TO ACHIEVE WEIGHT LOSS

The more power shakes and smoothies you take per day, the less food that you will need, and the more weight you will lose.

However, additional factors need to be taken into consideration.

First, weight loss goals are different for every individual who joins the Factor4 Health Club. Second, metabolic rates vary according to age, gender, genetic profiles and exercise levels.

***The Factor4 Promise: Look Younger Every Day;
Feel Better in Every Way!***

HOW MUCH FACTOR4 SHOULD BE TAKEN DAILY

The amount of Factor4 required to lose weight depends on how much excessive weight needs to be lost. The table below provides general advice on how much Factor4 is required to lose weight according to gender and initial body weight.

Gender	Starting Weight (lbs)	Shake/Smoothie Size	F4 Scoops	Times per day
Women	125 to 150	8 oz	2	2-3
Women	150 to 200	12 oz	3	3-4
Women	200 to 300	16 oz	4	3-4
Men	160 to 200	8-12 oz	2-3	2-3
Men	200 to 300	16 oz	4	3-4
Men	300 to 400	20 oz	5	3-4

HOW MUCH SHOULD DAILY CALORIC INTAKE BE REDUCED

Because individuals vary in their weight loss needs NovaLife has developed a weight management system with increasing levels of commitment to Factor4 Weight Control® to manage effective weight loss in a broad spectrum of individuals with different goals

and requirements. These programs, listed below, are cumulative, meaning that higher levels of management include all lower levels of management:

POWER LEVEL #1: Snack Control (Lose 5 to 10 pounds)

The strategy at the first level of commitment is to take Factor4 power shakes in lieu of snacks to block excess intake of carbohydrate rich foods, including candy, chips, pastries and ice cream. Factor4 works immediately to block food cravings and hunger pangs. Factor4 should be taken at least twice daily in this program, which will allow calories to be reduced to 1800 or less without hunger.

POWER LEVEL #2: Portion Control (Lose 10 to 25 pounds)

The strategy at the second level of commitment includes taking Factor4 power shakes prior to or with meals to minimize food intake with portion control. Thus, Factor4™ allows individuals to eat half meals that reduce the number of calories ingested throughout the day without suffering from hunger attacks. Factor4™ should be taken at least 2 to 3 times per day in this program, which will allow calories to be reduced to 1500 or less without hunger.

POWER LEVEL #3: Meal Replacements (Lose 25 to 50 pounds)

The strategy at the third level of commitment includes taking Factor4 power shakes and smoothies as meal replacements once or twice daily to reduce the number of calories ingested throughout the day even further. Dinner may consist of a source of protein (fish, chicken or lean beef) and two vegetables (colored or leafy). The essential nutrients in Factor4™ keep the body energized and satisfied without the consumption of food calories. Factor4™ should be taken at least 3 to 4 times per day in this program, which will allow calories to be reduced to 1200 or less without hunger.

POWER LEVEL #4: Significant Weight-Loss Challenge (Lose 50 pounds or more)

The strategy at the fourth level of commitment confirms the concept that large men and women need to increase the size of Factor4 shakes and smoothies according to their body weight in the table above.

Double shakes and smoothies work particularly well in large people who desire to lose challenging amounts of body fat. Start the day with a large Factor4 smoothie with added fruits or vegetables. Sip on double shakes at home or work throughout the day and during the evening or night. Keep them semi-chilled with ice cubes or by storing them in a refrigerator. Achieve variety in your double shakes and smoothies by following our Factor4 recipes.

Factor4 should be taken in double shakes or smoothies 3 to 5 times per day in this program, which will allow calories to be reduced to 1,000 or less without hunger. All participants are surprised at how good their bodies feel and how well they sleep during power level #4. Most marvel at the absence of hunger on Factor4. That is the marvelous power of Factor4!

LIFESTYLE ADJUSTMENTS

If you are cooking at home you can adjust portion sizes and meal frequencies to meet caloric restrictions. If you are eating out in restaurants cutting back is more challenging. First off, you need to wave the bread basket as well as desserts. Salads are best served with the dressings served on the side. When the entrée is placed on the table you need to avoid the weight gaining foods like hamburger buns, potatoes, salt and ketchup. A great way to avoid calories in restaurants is to thrive on soups and salads for lunch and vegetarian fare or fish for dinner.

Finally, it is especially helpful to keep a diary and define a test period of 2 to 6 months to determine the Factor4 potential for

achieving a healthier body by building muscle and burning fat. It is important to record body weights and body mass index (BMI) at bi-weekly or monthly intervals during this test period. A BMI calculator may be found on the home page of www.factor4health.com. It is also helpful to record other signs of improved health like skin color, nail growth, hair texture, and body dimensions (circumference of neck, upper arms, waist, hips, and upper thighs).

Remember, Factor4 tames appetite, burns fat, builds muscle and boosts energy. However, it is the appetite reduction benefit that allows you to thrive on daily regimens of half calories. Once weight loss goals are achieved, it is possible to revise caloric contents upward, but carefully, to find your break-even point. During the aging process most people feel better if they continue to take Factor4 to maintain weight control but also to boost energy and provide feelings of comfort, satisfaction and well-being.

TAKE THE APPETITE SUPPRESSION CHALLENGE

The secret of Factor4, appetite suppression, enables you to achieve healthy lifestyles, weight loss, metabolic health, and anti-aging health as well. When you tame your appetite you tame the world around you. Without relentless hunger, you have the opportunity to truly enjoy life to the fullest by achieving the #1 priority of life: **GOOD HEALTH.**

Because appetite suppression is key to the success of Factor4 Health we suggest that you take the *APPETITE SUPPRESSION CHALLENGE*. This simple exercise will determine the exact serving size (or dose) of Factor4 that leads to optimal suppression of food cravings for your body type. This challenge is conducted as follows.

- On the first day take a power shake (8 oz) with one heaping scoop of Factor4 powder.

- On the second day take a shake (8 oz) with two heaping scoops of Factor4 powder, the recommended serving size.
- On the third day take a shake (8 oz) with 3 heaping scoops of Factor4 powder.

On all three days take notice, or actually record, the amount of time that your appetite is satiated.

Notice that the more Factor4 you take the more your appetite is suppressed... the more your sweet tooth disappears... the more your food cravings are satisfied... and the more that Factor4 prevents hunger attacks, famished states, and eating binges. This allows you to reduce your food intake by approximately 50% during the weight loss period.

Once you have taken the appetite challenge you will know the exact serving size of Factor4 to satiate your appetite or control your eating habits without suffering from hunger pangs throughout the day!

CONGRATULATIONS! You have just taken control of your eating habits and, for the first time in your life, you may enjoy robust Healthy Lifestyles, Weight Control, Metabolic Health, Revitalized Youth and Anti-Aging Health. Once these goals are achieved you will enjoy the benefits of top-level fitness, improved body definition, attractive body physique, and complete nutritional health... naturally... the way ***MOTHER NATURE*** intended!

THE OBESITY CURE

In order to understand why Factor4 is the breakthrough wellness product of our time, please read Dr. Scheele's recent book, entitled *The Obesity Cure*, which is available on www.amazon.com. In *The Obesity Cure*, Dr. Scheele

demonstrates how the current “paradoxes” of obesity and metabolic disease prove that something “essential” is missing in our current understanding of nutritional health and weight control.

The Obesity Cure makes the breakthrough proposal that both overweight disorders and metabolic syndrome are caused by “Selective Protein Deficiency” when diets are deficient in positive-charged amino acids. It explains why essential amino acids, and in particular, “Power Amino acids,” must be central to any successful treatment of these disorders. Given this breakthrough in understanding metabolic disease, *The Obesity Cure* is poised to revolutionize weight control and metabolic health around the world.

WHAT OTHER SUPPLEMENTS SHOULD BE TAKEN

Factor4 contains all the vitamins, minerals and micronutrients together with fructo-oligosaccharides that are favored by probiotic organisms in the large intestine. However, make sure you take omega-3 essential fatty acids (5-6 soft gel capsules per day) and a rich source of fiber like rye crisp crackers available in health food stores.

EXERCISE

Naturally, vigorous exercise will accelerate weight loss according to intensity of workout routines. However, with Factor4 Weight Control® it is not necessary to engage in intense exercise routines. Thus Factor4 Weight Control® works naturally, through Nature’s pathways, to stimulate weight loss and achieve optimal weight control.

JOIN THE FACTOR4 HEALTH CLUB™ AND SAVE 10%

The Factor4 Health Club™ is a continuity program that will lead to supercharged health with the following promise. By committing to

Factor4 Weight Control® on a daily basis you will ***Look Younger Every Day*** and ***Feel Better in Every Way!***

- Members of the Factor4 Health Club™ who place a recurrent order will receive a 10% discount on Factor4 Weight Control.
- With your first order of Factor4™ you have received, FREE OF CHARGE, your own personal Weight Loss Guide that explains how you can achieve ***Optimal Weight*** and ***Metabolic Health 4 Life™***, a \$14.95 value.
- When you join the Factor4 Health Club™, as a continuity member, you will receive on your second order, FREE OF CHARGE, your own blender bottle to make perfectly smooth, nutritious Factor4™ power shakes in your kitchen or on the go, an \$8.95 value.

Join the Factor4 Health Club™ to Achieve Metabolic Health 4 Life™!

- On the Home page of www.factor4health.com use the body mass Index (BMI) calculator to create your own personal profile and receive guidance on how to identify your weight loss goals and define your roadmap to weight loss success, ABSOLUTELY FREE.
- Sign up for FREE Tips, Articles, and eBooks on the Home Page of www.factor4health.com to download NovaLife's Healthy Living Guides, Dr. Scheele's proprietary and proven plan for changing your diet to ensure weight loss success with Factor4 Weight Control®. We offer the following three eBooks FREE:

- **Power Amino Acids: The Factor4 Advantage in Weight loss Health**
 - **Power Amino Acids: The Factor4 Advantage in Metabolic Health**
 - **Power Amino Acids: The Factor4 Advantage in Eating Disorders**
- Submit product reviews to share your experience with like-minded individuals who are interested in normalizing body weight and improving metabolic health. Learn from others in your same age range and share your personal success too, ABSOLUTELY FREE.
 - By committing to Factor4 Weight Control® in a continuity program you will lose excess weight and feel better in up to 50 ways in the 8 major health systems of the body as listed below!

**FEEL BETTER IN UP TO 50 WAYS
IN THE 8 MAJOR HEALTH SYSTEMS OF
THE BODY**

***Turn Back the Hands of time with Factor4 Weight Control® to
Look Younger, Live Longer & Feel Better***

No	Health System	Effects of the Factor-4 Weight Control™ with Power Amino Acids® & Health-Plus Proteins™
1	Body weight & energy health	<ul style="list-style-type: none"> • Fat loss in extremities^{2,3} • Fat loss in central torso^{2,3} • Decrease in total body weight^{2,3}

		<ul style="list-style-type: none"> • Increase in pep & energy^{2,3} • Increase in physical activity & exercise^{2,3} • Metabolic balance² • Increase in lean muscle mass^{2,3} • Muscle strength enhanced² • Muscle relaxation increased²
2	Beauty health	<ul style="list-style-type: none"> • Skin color, texture & health increased² • Hair becomes smoother, thicker & healthier² • Nails increase in color, strength & radiance²
3	Mental balance/health	<ul style="list-style-type: none"> • Clarity of thought increased² • Memory improved^{2,4} • Mood stabilized^{2,3} • Stress reduced² • Depression relieved² • Sleep enhanced^{2,3} • Addictions decreased^{3,4} • Sensory health increased (peripheral vision², hearing², taste, smell, touch)
4	Digestive health	<ul style="list-style-type: none"> • Taste adapts to high-value foods² • Appetite satisfied² • Calming effect on stomach² • Decrease in acid reflux & heart burn² • Increased regularity of bowel movements²
5	Metabolic health	<ul style="list-style-type: none"> • Type II Diabetes reduced with weight loss¹ • Systolic & diastolic blood pressure reduced with weight loss¹ • Total & LDL cholesterol levels reduced with weight loss¹ • Decrease in blood sugar with weight loss¹ • Metabolic Syndrome combatted^{1,2,3} • Body wasting disorders corrected^{2,3}
6	Immune health	<ul style="list-style-type: none"> • Increased resistance to viruses² • Increased resistance to bacteria² • Increased resistance to fungi²

		<ul style="list-style-type: none"> • Decreased free radicals⁴ • Decreased non-specific inflammation⁴ • Decreased C-reactive protein³
7	Sexual & Reproductive health	<ul style="list-style-type: none"> • Sexual desire increased² • Erectile function increased² • Sexual activity increased² • Ejaculate volume increased² • Ovarian health increased⁴
8	Aging health	<ul style="list-style-type: none"> • Decrease in tired, weak feelings² • Anabolic (beneficial) effects on organ functions, including heart, lung, liver, kidneys, etc.^{3,4} • Decrease in functional age² • Disease prevention during aging^{2,3} • Aging performance increased² • Increase in longevity⁴

1 Demonstrated in published clinical trials

2 Demonstrated in testimonials

3 Predicted with supporting evidence in literature

4 Predicted

ULTIMATE HEALTH BENEFITS OF FACTOR4 IN YOGURT, FRUIT AND VEGGIE SMOOTHIES

Factor4 Weight Control® helps bring fruit, veggie and yogurt smoothies into the mainstream wellness community in the following ways:

- While fruit smoothies are tasteful, veggie smoothies by themselves are largely unpalatable. When Factor4 is added to the mixture, the results exceed your wildest expectations...so good that they are described as “Yummy.”
- While yogurt, containing beneficial probiotic organisms, is exceedingly healthful, the overnight fermentation process results in sour tastes that are unpalatable. This forces the food industry to mask the sour taste with large amounts of sugar, which dramatically reduces the “health potential” of the product.

However, in the presence of Factor4, even unprocessed yogurt is “Yummy.”

- Vegetarian foods like fruit and veggies are high in micronutrients but deficient in amino acids and protein. Factor4 corrects the amino acid and protein deficiencies in fruits and vegetables

In summary, Factor4 not only corrects for the protein and amino acid deficiencies in fruits and vegetables but also optimizes the tastes of unprocessed yogurt and veggie smoothies, with or without fruit.

For those who want to know more about the benefits of veggie smoothies, Victoria Boutenko has written an excellent book, entitled “Green for Life,” the Updated Classic on Green Smoothie Nutrition.

HEALTH BENEFITS OF FRUITS, VEGETABLES, YOGURT & FISH

It is important to understand the considerable health benefits of the Mediterranean Diet, which contains fruits, vegetables, yogurt and fish. Fruits, vegetables and fermented foods like yogurt exist at the bottom of the food chain, where unsaturated fatty acids (think omega-3 and -6 essential fatty acids) are incorporated into cellular membranes. Fish is also rich in unsaturated fatty acids as fish oil has served as the optimal source of omega-3 and -6 fatty acids for a long time. Unsaturated fats, like mono- and poly-unsaturated fatty acids, guard against arteriosclerosis, cardiovascular disease, heart attack and stroke.

In contrast, at the top of the food chain, where poultry, livestock, and humans reside, saturated fatty acids are incorporated into cellular membranes. The problem with animal-based foods, like dairy products, chicken and red beef, is that these foods contain cholesterol and saturated fatty acids, which eventually lead to inflammatory changes in blood vessels, which result in arteriosclerosis, cardiovascular disease, heart attack and stroke.

The ultimate goal of Factor4 Weight Control®, is not only to normalize body weight but to allow the Modern American Diet (MAD) or the Standard American Diet (SAD) to move away from animal-based foods and move toward fish, yogurt and plant-based foods. Without Factor4 this is virtually impossible because of the amino acid and protein deficiencies inherent in fruits and vegetables. With Factor4, containing Power Amino Acids® and Health-Plus Proteins™, this relative shift in food choices is not only desirable but highly enjoyable.

At the ultimate level of Factor4 health you will not only enjoy weight control but you will also enjoy metabolic health that serves to help prevent a long list of chronic degenerative diseases that are associated with the Metabolic Syndrome, including (i) type 2 diabetes, (ii) cardiovascular disease, heart attack and stroke, (iii) cancer, (iv) arthritic conditions, including osteoarthritis and rheumatoid arthritis, (v) gallbladder, liver and kidney disease, and (vi) autoimmune diseases as well.

Furthermore, as you improve your chances for living a long and healthy life, you will be able to monitor your progress by watching your cardiac risk factors improve with Factor4 Weight Control® as it serves to:

- Lower blood pressure
- Lower fasting blood sugar levels.
- Lower LDL levels (bad cholesterol)
- Increase HDL levels (good cholesterol)
- Lower triglycerides levels
- Lower inflammatory markers like C-Reactive Protein (CRP)

ULTIMATE FACTOR4 BENEFITS

When used as instructed, Factor4 Weight Control®, containing Power Amino Acids®, will serve to provide the following bonuses related to improved health.

- ***Healthy Lifestyles*** with increased satiety, improved diet, exercise, sleep, attitude, and less dependency on sugar, caffeine and alcohol.
- ***Weight Control*** with lower body weight, improved body definition, and increased pep, energy, activity, stamina, endurance and performance.
- ***Metabolic Health*** with lower levels of blood cholesterol, triglycerides, sugar and less metabolic disease, including overweight disorders, hypertension, type 2 diabetes, cardiovascular disease, cancer, osteoarthritis, and gallbladder, liver & kidney disease.
- ***Anti-Aging Health*** with increased longevity and quality of life evidenced by reduced chronic degenerative disease and enhanced feelings of comfort, satisfaction, and well-being.

FACTOR4 CLEANSSES

Many people like to use Factor 4 as a whole-body cleanse which can provide detoxification benefits as well. Here are recommendations for a Factor4 Detox Cleanse with unusual health-enhancing properties.

Factor4 detox cleanses are best taken over the weekend in 2 to 3 day protocols that minimize food intake and rely on Factor4 to maintain healthy levels of vitamins, minerals, micronutrients, amino acids, and protein. Fats should be avoided during this period of time and carbohydrates may be minimized to those

suggested below. Omega-3 supplements should be continued during the cleanse procedure.

To maintain health and satisfy hunger during the protocol, drink Factor4 power shakes or Factor4 smoothies (yogurt smoothies, fruit smoothies, veggie smoothies or smoothies with a combination of yogurt, fruit, and veggies) at 3 to 4 hour intervals throughout the day to maximize high-value nutrients that burn fat while minimizing low-value nutrients (carbohydrates and fat) that lead to fat deposition.

- Factor4 fruit smoothies, containing fresh fruit (orange, grapefruit, lemons, limes, pineapple, plums, berries) are recommended early in the day.
- Factor4 veggie smoothies consisting of green, leafy vegetables, such as salad greens, spinach, broccoli, asparagus, kale, cucumbers, pickles, or colored vegetables such as carrots, peppers, beets or okra are recommended later in the day.
- Factor4 shakes with cinnamon are recommended at night to promote restful sleep.
- Rye crisp crackers are permitted as high fiber snacks without digestible carbohydrate.

Factor4 is unique in its ability to cleanse the intestinal track for two important reasons:

- First, Power Amino Acids® regulate hunger to reduce food cravings during the cleanse procedure.
- Second, Power Amino Acids® stimulate gallbladder contraction which provides a natural cleanse of the gastrointestinal tract.

These unique aspects separate Factor4 from all other cleanse protocols.

Remember that Cleanses serve both physical and psychological needs. They are best conducted in such a manner as to enhance health rather than engage in starvation routines, which will invariably lead to yo-yo syndromes of bingeing and purging that may become addictive.

Also note that I do not recommend “colonics” as these procedures remove beneficial bacteria from the colon, which provide secondary metabolites that are essential for optimal human health. Beneficial bacteria further prevent the influx of pathogenic bacteria into the bowel that could result in chronic diarrhea.

George A. Scheele, M.D.
The Good Doctor

Directions for Use

Directions for Weight Loss: Add 2 scoops of Factor4 Weight Control® to 8-12 oz of cold water and mix in a shaker cup, bottle blender or electric blender. Take 3-4 times per day before or during meals and as replacements for snacks, desserts and meals. Best results are obtained when Factor4 Weight Control® is used according to the 4 Step Weight Management Program described above.

Directions for Weight Control: Once excess weight loss has been achieved, Factor4 Weight Control® should be continued in a maintenance program at reduced dosage. Add 2 scoops of Factor4 Weight Control® to 8-12 oz of cold water, soy milk, low-fat milk or fruit juice. Take twice daily before or during meals.

DISCOUNTS AVAILABLE

Discounts are available for bulk orders of four or more containers (5% discount) or for recurrent orders (10% discounts). Discounts vary according to individual promotions. Large orders also provide significant savings on shipping costs. On your next order **ENJOY LARGE SAVINGS** by purchasing Factor4 Weight Control® in bulk or through our continuity program.

SIDE EFFECTS

There are no harmful side effects of Factor4 Weight Control®.

However, the following variant responses have been observed:

- A few subjects find that their bodies cannot adjust to the full-dose of Power Amino Acids® in Factor4 Weight Control® on the first administration. In this case, the subject should reduce the dose to 1/2 scoop per shake for a few days until they can take the full dose.
- A few subjects find that the initial taste of Factor4™ does not completely agree with their preferences for sweetness and/or flavors. This is not a significant problem as your taste buds will quickly adapt to the formulated sweetness and taste within a few days. The addition of spices may also solve this issue.
- A few subjects may find that chilled Factor4 shakes and smoothies lead to an increase in abdominal gas. It should be noted that chilled drinks, like ordinary milk shakes, absorb ambient air more than room temperature or heated drinks. Customers find that absorbed air may be decreased if the sips of Factor4 shakes and smoothies are retained in the mouth for several seconds before swallowing into the stomach. This releases the excess air before ingestion and allows for greater appreciation of individual flavors. In the case of smoothies some may want to “spoon off” the foam at the top before ingesting the fluid. These “tricks of the trade” are usually sufficient to avoid most of the problems with abdominal gas.

SAVE MONEY WITH FACTOR4

For every dollar that you spend on Factor4 you will likely save \$2 to \$3 dollars in food and snacks that you no longer desire. When you take Factor4 you no longer need to purchase vitamins or minerals so these costs may be subtracted as well. The cost of a single Factor4 shake is just over \$1.50, which compares favorably with the \$2.50 cost of protein shakes on Google.

Note that Factor4, containing Power Amino Acids® and backup protein, is 5 to 6 times more effective in reducing appetite and maintaining health than more expensive protein powders that are found on the market. In addition, by using Factor4 to maintain good health for your body you will also avoid the huge costs associated with poor metabolic health.

Further comments on the affordable cost of Factor4 Weight Control® may be found on our blog at <http://blog.factor4health.com>. Select “About Factor4” and Click on “Affordable Wellness.”

SUMMARY

Everyone with excess weight may lose significant weight with Factor4™ and achieve optimal weight control. For those who are committed to Factor4™ it is just a matter of time to rebuild your body with Power Amino Acids®, improve metabolic health, and enjoy the natural effects of Factor4™ on weight loss health.

***The Factor4 Promise: Look Younger Every Day,
Feel Better in Every Way!***

Find Your Favorite Tastes

In Factor4 Power Shakes and Smoothies

The key to Factor4 success is finding your favorite flavors in power shakes and smoothies to enhance your pleasurable experience. While the current flavor of the powder is vanilla praline and many customers prefer to add water to enhance this flavor, the final taste of the shake may be changed to anything that satisfies your exotic taste buds.

This Weight Loss Guide contains a number of delicious recipes that will give you a head start. Here are the general approaches to changing the flavor and nutritional ingredients in Factor4 power shakes and smoothies. The variety of delicious tastes is limited only by your imagination.

FACTOR4 & FRUIT JUICE

Our favorite fruit juice combinations are orange-mango, orange-pineapple (tropical), lemon-lime and sour cherry. Some customers like to add cranberry juice. Others like to add Factor4 to the flavored waters of Gatorade, Vitamin Water, lemonade, or iced tea. Factor 4 added to fruit juice greatly enhances the fruit flavors of juices and adds essential nutrients and a creamy dimension to the final shake as well. Cut the fruit juice 50:50 or more with water to minimize the sugar content.

FACTOR4 & MILK PRODUCTS

Our favorite milk products are fat-free milk, soy milk, rice milk, and almond milk. These milk products add body to Factor4 shakes and provide additional protein. A personal favorite is 20% vanilla soy milk and 80% water.

FACTOR4 & CHOCOLATE

Our favorite Factor4 chocolate drinks are made with Lucerne soymilk chocolate or Ghirardelli Sweet Ground Chocolate and Cocoa Powder. The vanilla praline flavor enhances the chocolate flavor to the point that it actually “pops!” It is so good that you may

feel you have been transported to a chocolate plantation in Switzerland!

FACTOR4 & YOGURT

Our favorites in fermented foods are Greek, Turkish or Bulgarian yogurt, which represent unprocessed cultures of probiotic organisms that improve gastrointestinal health, work well together with Factor4 as they increase the body of the F4 shake/smoothie, increase the beneficial nutrients, and serve to cut the sweet taste of F4. In return Factor4 improves the tastes of plain yogurt, which allows you to select unprocessed yogurts that have little or no sugar.

FACTOR4 FRUIT SMOOTHIES

Our favorite berries are strawberries, blueberries, blackberries, cranberries, kiwi, apples, or oranges which make delicious smoothies in an electric blender. Go ahead and add a half banana, a peach, or lemon or lime wedges with or without the rinds if you want to make even more exotic mixtures. In addition, Factor4 provides essential nutrients, including amino acids and proteins, which are scarce in fruit or berry products.

FACTOR4 VEGGIE SMOOTHIES

Our favorite veggies are baby spinach leaves, broccolini, broccoli florets, spinach, kale, celery, carrots, grape tomatoes, cucumbers, avocado pulp, eggplant, mushrooms and fresh figs. Using an electric blender, Factor4 can transform a wide variety of vegetables into delectable, exotic-tasting smoothies brimming with the health advantages of plants. Do not be shy. Throw in handfuls of these colored leaves, stems, stalks, and pulps! Caution: Use baby spinach as mature spinach may have a harsh bitter taste. Factor4 provides essential nutrients, including proteins, which are scarce in veggie products.

FACTOR4 & SPICES

Our favorite spices are cinnamon, nutmeg, ginger, cardamon, mace, fresh mint or basil, or even turmeric, Tobasco® or allspice.

These spices add to the exotic nature of Factor4 power shakes and smoothies and provide health and beauty-enhancing properties as well.

FACTOR4 & NUTS/SEEDS

Our favorite nuts and seeds are almonds, sesame seeds, celery seeds or even peanut butter.

FACTOR4 TEAS

Our favorite cold teas are eggplant tea, green tea or Kombucha, which contains probiotic (beneficial) bacteria.

FACTOR4 IN HOT DRINKS:

FACTOR4 LATTES

Factor4 may be mixed in water or low-fat milks and kept in the refrigerator as vanilla praline power creams. Let your hot coffee or tea sit on the counter for a minute or two to cool down just a bit before adding Factor4 power cream to make the most delicious coffee lattes and tea lattes available anywhere on earth. Factor4 power creams can also be added to iced coffee and tea lattes. Not only does this improve the taste of hot or cold beverages but it also adds essential nutrients to these favorite drinks.

SPECIALTY SHAKES

Exotic specialty power shakes and smoothies may be produced by adding Factor4 to Yogurt, coconut juice, apple sauce, peanut butter, or protein pudding. In each case you will notice that the exotic flavors are greatly enhanced, in most cases beyond your expectations!

As you try these different combinations you will find that each Factor4 power shake and smoothie is unique in color, texture, and taste providing you with varying taste experiences for individual moods.

Recipes

Factor4 Power Shakes and Smoothies

Please visit our blog at <http://blog.factor4health.com> for delicious recipes on power shakes and smoothies in the following categories:

- **FACTOR4 Power Shakes:** A variety of delicious power shakes can be made “*On the Go*” with Factor4 Weight Control® using blender bottles. Factor4 shakes can also serve as liquids before or during meals. Factor4 shakes also serve as excellent nutritional snacks in the evening or before bed.
- **FACTOR4 Yogurt Smoothies:** Delicious low-fat and low-sugar yogurt smoothies can be made with Factor4 Weight Control® using blender bottles or electric blenders. Factor4 yogurt smoothies serve as excellent meal replacements.
- **FACTOR4 Fruit Smoothies:** Delicious “very-berry” smoothies can be made with Factor4 Weight Control® using electric blenders. Factor4 fruit smoothies serve as excellent meal replacements.
- **FACTOR4 Veggie Smoothies:** Delicious veggie smoothies can be made with handfuls of raw vegetable leaves and Factor4 Weight Control® using electric blenders. Factor4 veggie smoothies serve as excellent meal replacements.
- **FACTOR4 Combo Smoothies:** A variety of combo smoothies can be made by combining yogurt, fruit, veggies, and Factor4 Weight Control® topped off with your favorite spices to further enhance your health. Mix in an electric blender and enjoy the exotic tastes of spices nourished from the four corners of the

earth! Factor4 combo smoothies serve as excellent meal replacements.

- **FACTOR4 in a Bowl:** Whether you mix Factor4 Weight Control® with oatmeal, cream of wheat, melon segments, or berries, you can enhance the nutritious nature of Breakfast.
- **FACTOR4 Hot Drinks:** Use Factor4 Weight Control® and coffee beans and tea leaves from around the world to make hot coffee and tea lattes to satisfy your discriminating taste buds.
- **FACTOR4 Iced Lattes:** Use Factor4 Weight Control® and coffee beans and tea leaves in iced lattes to spice up and refresh your drinks during the warm days of late spring and summer.

Factor4 Blog at [Http://blog.factor4health.com](http://blog.factor4health.com)

In addition to delicious recipes for Factor4 Power Shakes and Smoothies, our blog serves as a community of Factor4 Friends who share recipes and tips on weight loss, metabolic health and anti-aging. Our blog has the following videos:

- The Wonder of Factor4 Weight Control® in Controlling Body Weight and Metabolic Health During Growth, Maturity and Aging (3D animation video)
- Testimonials from Real People Who Incorporate Factor4 Weight Control® in Their Diets

There are also videos of Dr. Scheele presenting short slide shows on the numerous benefits of Factor4 Weight Control®, including the following:

- Lose Weight and Thrive on Factor4 Weight Control®

- The Role of the Food Chain Gap in Obesity
- Factor4: Better than Popular Diets, Meal Programs or Diet Pills
- Four Levels of Commitment to Factor4 Weight Control®
- Factor4: The #1 Dietary Supplement in Today's Market
- Factor4 Combats Eating Disorders
- Sleep Tight with Factor4 Weight Control®
- Avoid Chronic Degenerative Diseases with Factor4
- Enhanced Memory, Mood, and Mental Performance
- Revitalize Youth with Factor4 Weight Control®
- Anti-Aging Health with Factor4 Weight Control®

Be sure to visit our blog to join other Factor4 Friends in spreading the good word on Factor4 Health throughout neighborhoods and communities around the world. Also follow us on You Tube, Facebook, Twitter, Linked-In, Google+1 and Pinterest.

Bon Voyage to Good Health,
Dr. Scheele and the Factor4 Marketing Team