

F.I.T.T. system

F.I.T.T. Meal Replacement



F.I.T.T. Future In Thinning Technology

There's no denying it. Maintaining a healthy weight is a challenge today. Part of the reason is because we're busier than ever, leaving less time to prepare healthy, balanced meals. To compensate we eat foods that are processed and pre-prepared.

Another factor in our weight management challenge is that we over-eat on a consistent basis because for many, this is a challenge to be met without help or support.

F.I.T.T. Meal Replacement fits into the F.I.T.T. Weight-loss System, a complete weight management system. It provides all the nutrients needed by the body for optimal performance and enhanced energy levels. This system also includes something unique: an antioxidant and an immune booster.

As well, with F.I.T.T. you are never alone in your objective to lose weight. We recognize that maintaining a healthy weight is much more than just a number on a scale; it is a commitment to living a healthy lifestyle. The benefit is not only in looking great, but feeling terrific and having the vitality to enjoy life to the fullest.

With a support team, coaching material, and frequently scheduled conference calls, we're with you every step of the way on your journey to good health!

Meal Replacement

The F.I.T.T. Meal Replacement smoothie is an excellent source of nutrients without the added calories. The F.I.T.T. meal replacement was developed according to Health Canada's strict standards that define the essential components that are mandatory for a healthy and complete meal substitute. All three macronutrients - proteins, carbohydrates and lipids are contained at optimal levels. Low in calories, you'll find this a tasty and nutritious way to fill up!

Given our reliance on fast food as well as regularly skipped meals, anyone – whether on a mission to lose weight or not – can benefit from this meal replacement.

To be enjoyed in good health!

Product Description

F.I.T.T. Meal Replacement is a convenient and delicious smoothie that can substitute for a meal or serve as a satisfying snack. It comes as a powder that can be added to 1% milk for full nutritional value.

Complementary Products

The F.I.T.T. System

Immunocal. Immune system support

Thermal Action. Energy to burn!

PNT 200. Don't stress about it

Naturally Sourced Calcium from Milk.

An overlooked part of any weight-loss program

Highlight Ingredients

Whey Protein Concentrate for top biological value protein

Inulin and FOS (fructo-oligosaccharides) as excellent prebiotics to support healthy intestinal microbes (good bacteria)

Features

- Great-tasting and convenient easy-to-mix powder
- Available in two delicious flavors, Dutch Chocolate and French Vanilla
- Full meal replacement but with less than 230 calories
- Carefully-selected 24 vitamins and minerals
- Quality protein and carbohydrates
- Low cholesterol and no trans-fat
- Excellent source of dietary fiber
- PreBiotics included!

Benefits

- Get all the macronutrients you need in a low-calorie package
- Vitamins and minerals ensure protection against diet-related deficiencies
- Natural fiber and prebiotics to help optimal intestinal function
- Fill you up without filling you out!

Daily Usage:

Once or twice daily.

F.I.T.T. system

Weight loss—the elusive puzzle

How Immunotec “F.I.T.T.s” in

You’ll hear the same opinion from both sides of the fence; those people trying to lose weight and those who counsel on weight loss – no single strategy is effective for everyone. Some people swear by cutting out carbs, some by exercise and some others have discovered a “magical pill”. These people are all sincere about their experiences, but when the same approach is used by yourself, it didn’t work! In fact, any responsible health professional will tell you that the vast majority of people need a combination of approaches. Weight is a function of many factors – eating calories, burning calories, your genetics, and more. What works for one person may not work for another.

Most conservative advice combines a mixture of caloric restriction and exercise, sounds simple and makes sense, but in reality not that easy to stick to. Cutting-edge researchers are looking at determining an individuals’ genetic make-up to tailor a unique approach for each individual, and this will happen as the human genome project develops over the next few decades. Currently, the most effective strategy uses a multi-directional approach, taking fullest advantage of the evolving science of weight control. This is the foundation of the F.I.T.T. system, a system that will stack the odds in your favor to both take weight off, and even more importantly, keep it off!

F.I.T.T. – Future in Thinning Technology

F.I.T.T. solves the weight-loss puzzle using six pieces, all designed to address different aspects that may be contributing to weight control.

- Immunocal
- F.I.T.T. Meal Replacement
- Thermal Action
- PNT 200
- Lifestyle Enhancement
- Naturally Sourced Calcium from Milk

F.I.T.T.’ing the Pieces Together

To solve a puzzle, all the pieces need to be there. Immunocal’s F.I.T.T. system addresses the solution using a safe and scientific multi-faceted approach to ensure your success.

For more detailed information on any of the individual components, contact your Immunotec Distributor today.

