

# 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, immune booster, and detoxifier!

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

F.I.T.T. Meal Replacement is an excellent source of nutrients without the added calories. 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 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, or with your favorite healthy beverage.

### Complementary Products

**The F.I.T.T. System**

**Immunocal.** Immune system support.

**Thermal Action.** Energy to burn!

**PNT 200.** Don't stress about it.

**Pure Milk Calcium.** 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.

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## 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 doesn'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
- Pure Milk Calcium

### F.I.T.T.'ing the Pieces Together

To solve a puzzle, all the pieces need to be there. Immunotec'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.

