

# 30 days™

LOSE 1 TO 2 SIZES



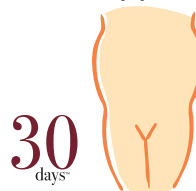
# THE DIFFERENT BODY SHAPES

## The Pear Shape



**Targets cellulite, hips, buttocks and thighs**

## The Apple Shape



**Targets belly fat**

## The Hour Glass Shape



**A body in balance**

### The mechanism of 30days™ HBT in brief

- The herbs CtoX™ and beta glucans 1.3/1.6 targets at the stagnation and accumulation of fat in the lower half of the body.
- It energizes the body to enable the different organs to perform their tasks at a more optimal level.
- It supports and facilitates digestion.
- It supports internal cleansing of the body by preventing metabolite wastes, fat and water accumulation.
- It prevents constipation and normalizes bowel transient time.
- It activates and supports the natural immune system.
- It reduces inflammation and its resultant fat accumulation.
- It balances the blood sugar level, reducing hunger pangs.
- It helps the body to optimize and normalize metabolism.

### The mechanism of 30days™ Waistline in brief

- The herbs DtoX™ and beta glucans 1.3/1.6 targets at the stagnation and accumulation of fat at the belly.
- It energizes the body to enable the different organs to perform their tasks at a more optimal level.
- It supports and facilitates digestion.
- It supports internal cleansing of the body by preventing metabolite wastes, fat and water accumulation.
- It prevents constipation and normalizes bowel transient time.
- It activates and supports the natural immune system.
- It reduces inflammation and its resultant fat accumulation.
- It balances the blood sugar level, reducing hunger pangs.
- It helps the body to optimize and normalize metabolism.

- The ideal body shape is the hour glass shape where the shoulders are in line with the hips. In order to maintain this figure, it is necessary to keep a healthy diet and to exercise 2-3 times a week or to take a 30- minute walk every day.
- It is also necessary to keep a well-functioning digestive system since imbalances in this system are directly and indirectly involved in almost every disease and weight problem.
- Imbalances in the digestive system are often caused by stress and emotional blockades.
- A poor diet and unhealthy lifestyle accelerates and boosts the imbalances.

## PILLS CAN MAKE YOU FAT

Many people suffer from diseases that forces them to use medication every day and many of these medications cause weight gain. The excess kilos gained by medication tend to stick and it is hard to get rid of them. However, as soon as one stops taking the medications the excess weight will be reduced, but it may not disappear as quickly as desired.

## STRESS CAN LEAD TO WEIGHT GAIN

Scientists claim that studies have shown that repeated stress in combination with a sugar rich diet increases the secretion of the appetite hormone and may result in undesired belly fat. Several American studies show that the betaglucans in 30days™ reduces the level of stress in the body

## NUTRIENT CONTENT

**Dosage:** 4 tablets a day. 2 in the morning and 2 in the evening. Once desired results are reached continue with a maintenance dose of 2 tablets per day.

**Shelf life:** 3 years when stored at maximum 25°C

**Pack Size:** 120 tablets

**Storage:** Keep in a dry place, out of sight and reach of children. Store at maximum 25°C.

**Cautions:** Seek professional advice before using if you are under medical supervision, pregnant, breast-feeding. Food supplements should not be used as a substitute for a balanced diet.

Each tab contains:	Label claim per tablet
Herbal extracts	1800 mg
Beta 1.3/1.6 glucans	400 mg
Magnesium	600 mg
Iodine	150 mcg
Chromium	50 mcg



“Oestrogen often leads to water retention in the body while progesterone may lead to a weakened intestinal peristalsis that in turn may result in constipation.

Dr. Roald Strand

# 30 days™

## 30days™ WAISTLINE

**30days™ WAISTLINE is a food supplement with herbals extracts, DtoX™, beta glucans and minerals.**

A patented health supplement for waistline reduction; reduces the accumulation of abdominal fat. It boosts energy level, supports the immune system and kidneys, and aids in detoxification of the liver. It is a revolutionary slimming product.

It contains a special combination of beta glucan 1.3/1.6 and botanical extracts that help the body fight inflammations and infections that distort cellular metabolism and may contribute to the accumulation of abdominal fat.

The clinical study showing the efficacy of 30days™, was presented at the International Obesity Congress, demonstrated significant effects in reducing the abdominal and waistline circumference within just 30 days.

### Star Ingredients

**Beta glucan 1.3/,1.6 from bakers yeast**  
Strengthens the immunity.

**Artichoke extract (Cynara scolymus)**  
It improves fat metabolism and digestion; stimulates bile secretion and has protective effect on liver cells.

**Milk Thistle (Silybum marianum)**

An excellent liver detoxifier; Reduces blood sugar, fat, total cholesterol and LDL.

**Dandelion (Taraxacum officinalis radix)**

An excellent liver detoxifier; antioxidant; aids in fat digestion; reduces water retention; anti-inflammatory; positive effect on skin conditions like eczema.

**Schisandra (Schisandra sinensis)**

Liver protector; normalizes blood sugar and blood pressure; reduces high cholesterol; and prevents infections.

**Roseroot (Rhodiola rosea)**

Increases the body's ability to resist physical, chemical and environmental stress; increases energy, endurance and mental capacity; strengthens the immune system.

**Licorice (Glycyrrhiza glabra)**

It has anti-viral and bacterial function; supports the liver and adrenal glands; increases the uptake of other botanical extracts in the product.

**Iodine**

Supports the normal functioning of the thyroid gland; involved in energy-yielding metabolism

**Chromium**

It regulates carbohydrate metabolism by enhancing insulin function.

