

Natu VITTA

Simplified Diet with Guaraná and Prodemix / Mix Albumin

- ◆ Prodemix
- ◆ Mix Albumin
- ◆ Resvera-Vitis
- ◆ Guaraná Toffee
- ◆ Guaraná Capsule
- ◆ Guaramel with Cereals
(Guaraná with Honey and cereals)
- ◆ Guaramel (Guaraná with Honey)



NAME

WEIGHT

BLOOD PRESSURE:

AGE:

DATE:

Recomendations

- 1 Chew all food completely
- 2 Do not use diet products.
- 3 **Bread and toast, made from gluten and rye, are totally forbidden.**
- 4 Drink water and tea at will: a good daily average is from 8 to 10 glasses (200ml).
- 5 Use artificial sweetener to taste.
- 6 Seasoning may also be used to taste.
- 7 Milk, fruit juices, and fruits except bananas and grapes, are allowed; however limited to a portion of each, per day.
- 8 **Only eat if you are really hungry.**
- 9 Use salt moderately.
- 10 The objective of this diet is the balanced weight loss. Therefore it is fundamental to re-educate your stomach. Avoid carbohydrates such as: **flour, rice, beans, pastas, deserts, soft drinks, bread, toast, potatoes, cookies, corn, pumpkins, beetroot, peas, lentils, pizzas, pasties, salted snacks and alcoholic drinks.** If you have to drink, drink only distilled drinks, in small doses. Never drink fermented drinks, such as, beer for instance.
- 11 When in doubt, consult your doctor. Follow this diet rigorously until you achieve your ideal weight.

Breakfast

Start your day with a **PRODEMIX** shake. Blend 2 table spoons of **PRODEMIX** with 350ml of Juice or milk, mix well with a spoon or blender. If you chose orange juice, use only 2 oranges, complete the glass with water. You may vary your breakfast by substituting this mixture for coffee with milk (150ml), with any type of cheese.

Snacks

Should you feel hungry in the morning, eat an orange or tangerine, including the pulp, or another equivalent fruit. You can also substitute this for a teaspoon of **GUARAMEL** (Guaraná with Honey) or a dessertspoon of **GUARAMEL WITH CEREALS** (Guaraná with Honey, Fruit Fiber and Cereals), or 2 **GUARANÁ TOFFEES** and 1 or 2 glasses (300 ml) of cold water after any of the above.

Lunch

This is a very important meal that supplies your organism with its daily basic needs. But it demands special attention on your part, so that you do not risk your diet. You can eat "comfortable quantities" of: meat, fish, chicken, green vegetables, raw vegetables and boiled eggs. Season to taste.

Dinner

You may eat any of the food listed for lunch above. **Or you can have a vegetable soup without pasta of any type or a chicken soup without rice,** added 2-3 tablespoons of **PRODEMIX**, you may also substitute dinner for 1 big glass (350ml) of milk or fruit juice, mixed with 2 table-spoons of **PRODEMIX** or **MIX ALBUMIN**

PRODEMIX is a compound of different types of proteins. Its continued use can help the organism recover the volume of the muscular mass and the elasticity of the skin during weight loss diets or during the natural process of aging.

PRODEMIX can provide among other advantages: a reduction in hair loss, strengthen the nails, teeth, bones and tendons, besides offering the sensation of a full stomach after eating.

PRODEMIX is available in the following flavors: Natural, Tropical Fruits, Pineapple, Coconut, Kiwi, Strawberry, Chocolate and Peach.

Directions: Put 1 glass of cold water (350ml), into the liquidizer add two tablespoons of powdered milk, 1 - 3 ice cubes, add 2 tablespoons of **PRODEMIX** and sweetener to taste. You can also use natural milk instead of powdered milk, or the fruit juice of your preference. Beat well; this shake can substitute one meal.

MIX ALBUMIN is a compound especially formulated to correct specific protein deficiencies that can happen during severe dietary regimes or abundant loss of blood. The use of this product, and the close orientation of specialized dietary professionals, can help to correct edemas (cellulites/edemas) in several parts of the body.

MIX ALBUMIN is available in the following flavors: Natural, Tropical Fruits, Pineapple, Coconut, Kiwi, Strawberry, Chocolate and Peach.

Directions: Put 1 glass of cold water (350ml), into the liquidizer add two tablespoons of powdered milk, 1 - 3 ice cubes, add 2 tablespoons of **MIX ALBUMIN** and sweetener to taste. You can also use natural milk instead of powdered milk, or the fruit juice of your preference. Beat well; this shake can substitute one meal.

RESVERA-VITIS contains **Resveratrol** a phenolic compound found largely in the skins of red grapes as Trans-Resveratrol

Studies have shown that Resveratrol:

- Reduces the levels of a harmful molecule linked to Alzheimer's disease
- Has ability to induce apoptotic cell death, it can act as an anti-cancer agent
- Prevents atherosclerosis and prevent cardiovascular diseases
- Helps to prevent of degenerative diseases
- Improves the immunological defenses.
- Help to prolong life, delaying the beginning of degeneration of organs and tissues related with the aging, memory and muscular development
- Inhibits the action Heliobacter Pylori
- Inhibit the replication of simplex herpes

Directions: Take one **RESVERA-VITIS** 585mg capsule daily

GUARANÁ 100% pure has been developed in 4 different formulations, to act in weight loss diets, as an appetite inhibitor, soft stimulant, diuretic and natural laxative. In parallel, the **GUARANÁ** acts as an activator of the organic metabolism, making the body burn more fat in a smaller period time.

Directions: Take 2 to 3 **GUARANÁ CAPSULES** after breakfast; repeat the same dosage in the middle of the afternoon, or eat 2-3 **GUARANÁ TOFFEES**, with 1 - 2 glasses (300 ml) of cold water. **GUARAMEL** (Guaraná with Honey) take one teaspoon, or one dessertspoon of **GUARAMEL WITH CEREALS** (Guaraná with Honey, Fruit Fiber and Cereals), after breakfast; repeat the same dosage in the middle of the afternoon.

International Exporter: **Sea River Corp**
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