

# Living Fuel Rx™ for Weight Loss



A reliable, safe, long-term weight-loss solution

- **Achieve** your weight loss goals safely
- **Maintain** your ideal body type over the long term
- **Increase** your stamina and metabolic efficiency
- **Reduce** your cravings, while still meeting your body's nutritional needs

"Living Fuel fills me up, gives me more energy and makes me feel healthier than any other powdered drink or supplement I've ever taken. With Living Fuel, I know I'm getting an all-natural, complete and balanced diet that enables me to maintain my active lifestyle."

-Amber Willey, AVP Professional Volleyball Player

**H**ow many diets have you tried and then abandoned? How often have you dropped a few pounds, only to gain them all back – and then some? How many diets have left you feeling listless and chronically fatigued? Many weight loss programs, including today's popular low-carb diets, may achieve dramatic short-term results. But they fail to address more important health issues related to stamina, essential ratios of Omega 3s and other fatty acids, the quality of food you're eating, and long-term sustainability.

The sure way to lose weight is to reduce calories and enhance nutrition. Living Fuel Rx, a wholly natural meal replacement product endorsed by physicians and tried and tested by hundreds of satisfied clients, gives your body the power to burn excess fat. At the same time it enables you to work harder during workouts by helping to build and maintain muscle tone – all without cravings, hunger, or decreased energy. It's easy to use and even easier for your body to assimilate. In short, it's the world's most perfect food.

## How it Works

*The simplest solution is also your best.*

Designed to be a completely balanced nutritional solution that replaces your body's cells with the finest organic ingredients available, Living Fuel Rx is low-calorie, low glycemic, and hypo-allergenic. Simply mix with 12 ounces of water or juice for:

- A safe and nutritional meal replacement option;
- A daily nutritional supplement for optimal health;
- A performance-enhancing *before workout* drink that helps build and maintain muscle tone while stabilizing blood sugar;
- An energy-boosting *after workout* drink that replenishes and supports your body throughout the day.



**LIVING FUEL Rx™**  
Everything Your Body Needs

## Why it Works

*Results you can measure from top to bottom!*

Living Fuel Rx has set a new industry standard for optimum nutrition that satisfies your goals for a trimmer, healthier body. Living Fuel Rx's wholesome combination of ingredients allows your body to replenish faster and more efficiently, so you lose excess fat, not essential energy. Here are just a few of its amazing benefits:

- **It is a foundational super food . . .** designed for all blood and metabolic types—with vitamins, minerals, herbs, antioxidants, probiotics, enzymes, amino acids and Omega 3&E fish oil
- **It utilizes much higher standards for food choice . . .** whole, raw, and organic
- **It is convenient . . .** the ultimate fast food, Living Fuel is perfect for study breaks, after-workout replenishing, or those mid-afternoon munchies
- **It is balanced and complete . . .** Living Fuel Rx Meal replacements meet all of your body's nutritional needs; they are complete with proteins, carbohydrates, and healthy fats
- **It is safe . . .** perfect for vegetarians and meat-lovers alike, Living Fuel is ideal for those with special health concerns such as diabetes, as well as those who are pregnant or nursing

"I am full and satisfied nearly all day long after my Living Fuel morning shake. Gone are the cravings for sugary sweets. Gone is the mid-afternoon ravenous cupboard search for anything to get me through to dinner. Gone is the post lunch fadeout, which makes a nap a requirement. I am astounded! Because Living Fuel completely meets my nutritional needs, I have been able to eat less; I have more energy in the afternoons; I have lost weight; and I sleep better."

- Shannon Downing



## Everything Your Body Needs

*Living Fuel Rx is grounded in the four fundamental cornerstones of optimal health and nutrition:*

**CRON (calorie restriction with optimal nutrition):** When it comes to calories, the key is to pack as much nutrition as possible into the low-calorie foods you eat. In fact, more than 2,000 medical studies have shown that calorie restriction with optimal nutrition diets such as Living Fuel Rx can increase lifespan by as much as 30 to 50 percent.

**Low-Glycemic Response:** Consumption of high quantities of sugar and foods that quickly convert to sugar is directly related to disease. Sugar provokes an insulin response that leads to numerous health problems and acute energy shortages over time. Living Fuel Rx is low-glycemic, and has no sugar added.

**High-Antioxidants:** Free radicals and oxidation can harm your body and be a roadblock to optimal health and performance. Living Fuel Rx provides the antioxidant fire power to destroy free radicals and restore your vitality and stamina.

**Healthy Fats:** Essential fats such as Omega 3 & E are vital to mental and physical health. Pure, all natural Omega 3 essential fatty acids EPA/DHA/Tocotrienol/Tocopherol/GLA in buffalo gelatin capsules is the most sophisticated Omega 3 supplement on the market. And our CocoChia snack provides additional critical fats necessary for optimum health.

## Help Your Body Reach its Highest Potential

Living Fuel Rx combines all four cornerstones of optimal health into one safe and effective superfood. No other supplement does this! Whether you want to lose a few pounds or maintain your current weight, make sure you give your body the support it needs.

To find out more about Living Fuel Rx contact your local healthcare practitioner or fitness professional.

[www.livingfuel.com](http://www.livingfuel.com)

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