



Skin Blends FAT Burning Drops are to be used in conjunction with the Low Calorie Diet Protocol.

You can expect weight loss of 1/2 - 1 lb per day by eating a diet of a variety of lean protein, vegetables and fruit while using your weight loss drops

For best results place 10 drops under your tongue (sublingual) about 15 minutes before you eat a meal, 3 times a day.

Skin Blends FAT Burning Drops are encoded with the electronic signature of HCG with Leptin and Hoodia in a colloidal mineral water base for adrenal, liver and thyroid support.

Phase 1 Day 1 & Day 2	Take Drops per bottle instructions 3x a day. Drink up to ½ gallon of water per day	Eat as many of your favorite foods as you can, especially high fat foods. The goal is at the end of day 2 to feel like <i>“am I glad I don’t have to eat tomorrow”</i> .
Phase 2 Day 3 and onward	Take drops per bottle 3x a day for 3 to 6 weeks . Continue to drink ½ gallon of water per day	Eat a diet of between 700 - 900 calories . Eating a diet of a variety of lean protein, vegetables and fruit
Phase 3	End the Diet, Stop taking drops	Maintain with a healthy South Beach type diet.

During phase 1 it is very important to gorge on all you favorite foods especially high fat foods.

During phase 2 - Day Three Onward - This begins the low calorie diet. This phase is a minimum of 3 weeks, maximum of 6 weeks. We recommend a diet of between 700-900 calories, depending on your activity level.

We recommend: Weigh yourself every morning. Keep a daily record. Measure yourself weekly. Keep a record of the inches you lose. Take your drops as directed on the bottle.

Eat the following during Phase 2: You may divide the portions into as many, or few, meals as you wish. We recommend a **minimum of 2 meals and up to 5 meals per day**. 200-300 grams (4 oz. each serving, for a total of 8-12 oz. in a day) of lean protein: including lean meat (veal, beef, chicken breast), seafood (white fish, lobster, crab, or shrimp) soy based protein (tofu, soy based “meat” protein), beans (1/2 – 2/3 c), eggs (2).

Remove all visible fat, boiled or grill without additional fat. **When you eat Fatty foods your body will pull from the fat you eat instead of your fat stores.**

10 cups of vegetables: Preferably 3-4 cups of **leafy greens** with 1-2 cups additional vegetables. Vegetables include leafy greens- spinach, chard, lettuce, kale- tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage, sprouts, green beans, zucchini, squash, peppers, peas, broccoli, cauliflower, mushrooms, etc... No corn, potatoes, avocados due to starch and fat content.

Two breadstick (grissino) or one Melba toast (optional). 1-2 servings of fruit or berries, approximately 1-2 cups You may use a variety of broths, herbs/spices, lemon/lime juice, stevia, apple cider vinegar, balsamic vinegar, and Braggs Liquid Aminos. Dairy is allowed in coffee.

Take this time to do good things for your body - Taking a good multivitamin with minerals., use some probiotics, vitamin E, D3, Lecithin. Moderate exercise and stretches. On this diet you will feel very little hunger so you have to remember to eat very nutritious food or you could become malnourished very quickly.

During Phase 3 - Ending the Diet, Maintenance - We recommend more of a South Beach style diet, incorporating healthy proteins, vegetables, fruits, complex carbs, and healthy fats and oils while restricting processed foods. If more weight loss is desired, then you may do additional rounds, matching the maintenance phase with the low calorie diet phase (for example 3 weeks on/3 weeks off).

Before beginning the Fat Burning Drops, it is recommended that you consult your physician to be certain you are healthy and ready for this weight loss plan.

All things in moderations, eat well, exercise and soon you will be on your way to feeling great and looking great too!

Purchase products, find support and hear what others have to say at:

HCSdesigns.com/wt-loss-drops

You welcome to email questions to:

webmaster@skinblends.com

Mary Howard RN

