

Not all fibres are created equal!

"FibreLife, the result of years of intensive laboratory testing, is a unique and effective dietary supplement that can help people enjoy all the benefits of increased fibre including lowering the chances of heart disease and diabetes, as well as the effective management of body weight."

Paul Kramer, R.N.C.P.,

Author of international bestseller, *Fighting Body Pollution*

How FibreLife works:

FibreLife's revolutionary soluble fibre blend was developed to fight illness and disease by:

- Helping you fight body pollution and detoxify more effectively
- Acting as an inside sponge to absorb and move toxins out of your body
- Lower the number calories your body absorbs from a meal
- Prevent carbohydrates from being stored in your body as fat

Want a happy body? Think FibreLife.

Open your newspaper on any given day and you'll read of a host of different illnesses that seem to be sweeping the nation and the world. Health problems like obesity, heart disease, and diabetes are killing an increasing number of people every year.

The worst part? It seems like there's nothing you can do about it. You can't fight heart disease or diabetes, right?

Wrong! This may surprise you, but getting enough fibre each day has been proven to help people fight illnesses like **obesity, heart disease, and diabetes.**

FibreLife and Intra®: enhancing each other

For years, **Intra** users have enjoyed the "gentle detoxification" experience that **Intra's** 23 botanical extracts offer.

Many of these same **Intra** users also report what years of testing have shown us: that the detoxification effect of **Intra** is enhanced with the addition of a daily intake of **FibreLife**.

**Take FibreLife. Take Intra.
Live Better. Every Day.**

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FibreLife is manufactured in accordance with the Good Manufacturing Practices (GMP), as outlined by the Canadian Natural Health Products Directorate. **FibreLife** has been rigorously tested to ensure that it is both safe and effective.

FibreLife has also been rigorously tested to increase your income. **FibreLife** can only be purchased from a Lifestyles Distributor or direct from Lifestyles by a registered Distributor. Spread the word on **FibreLife** and you will benefit with both your health and your income.

Contact your local Lifestyles office for more information about the benefits of **FibreLife** and all our products.

Lifestyles is a leading global network marketing company providing health and wellness solutions to help people live better every day. Lifestyles develops and manufactures premium quality, natural source nutritional supplements, healthy eating and weight loss formulations, sold through an independent Distributor network throughout North America, Asia, and Europe.

www.lifestyles.net

Source: The World Health Organization 2007, Obesity and Overweight,
<http://www.who.int/dietphysicalactivity/publications/facts/obesity/en/>

Source: The World Health Organization; The Burden of Mortality Attributable to Diabetes
- Realistic estimates for the year 2000; Gojka Roglic, MD; Nigel Unwin, DM, MFPH; Peter H. Bennett, MB, FRCP; Colin Mathers, BSC, PHD; Jaakko Tuomilehto, MD, PHD; Satyajit Nag, MRCP; Vincent Connolly, MD, FRCP; Hilary King, MD, DSC; <http://www.who.int/diabetes/publications/DiabetesMortalityArticle2005.pdf>

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For more information on Lifestyles and our products,
contact your Lifestyles Independent Distributor.

Lifestyles™
Live Better. Every Day.

Incredible!

Fantastic!

Amazing!

That's what your
body is saying about
FibreLife™
from Lifestyles.

Lifestyles™
Live Better. Every Day.



Why should your body be so excited about using FibreLife?



Because Fibre has been proven to **reduce the risk** of:

- **HEART DISEASE**
- **DIABETES**
- **OBESITY**

It's as easy as

ABC



A – Appetite Control

Hi, I'm your stomach.

I recommend that you use FibreLife every day. According to the World Health Organization there are currently over a billion overweight individuals worldwide. That's a billion stomachs like me that are unhappy. **Help me spread the word that FibreLife can help.**

FibreLife can:

- Maintain and control a healthy body weight
- Control your appetite by creating a feeling of fullness
- Lower the number calories your body absorbs from a meal
- Prevent carbohydrates from being stored in your body as fat

That's a lot of good stuff.... but there's more.



B – Blood Sugar

Hi, I'm your Pancreas.

I'm here to talk to you about Diabetes. Did you know that Diabetes has become one of the world's top killers? The WHO estimates that diabetes was the fifth leading cause of death worldwide. It's all because of the peaks in your blood sugar levels that are created when you eat poorly forcing me to produce more insulin than I want to. **So, I would be thrilled if you would change your diet AND take FibreLife!**

FibreLife can:

- Support and regulate your blood-sugar levels. Help control the daily peaks and valleys.
- Lower your levels of C-reactive protein and reduce the risk of type 2 diabetes

You should be impressed by now... but there is even more.



C – Cholesterol

Hi, I'm your Heart.

I have noticed that you are eating foods that are high in fat and cholesterol. That makes it a lot harder for me to do what I need to do. Please do something about this problem.

Use FibreLife every day!

FibreLife reduces the risk of heart disease by:

- Lowering the levels of cholesterol and C-reactive protein in your body. Doing so has been proven to lower the risk of heart and cardiovascular disease
- Acting like an inside sponge, by binding cholesterol and toxins in your food before it is absorbed. FibreLife helps flush these out of your body

You now understand the benefits of taking FibreLife everyday!

