



Do you want to lose weight, feel better, and experience increased energy?

You can achieve this through Lifestyles LIFeshape program!

The LIFeshape Program has been designed to offer four great Lifestyles products that work better together to compliment a healthy diet and exercise to help you lose weight, feel better and more energized.

This is achieved through:

- Detoxifying and cleansing your body
- Burning fat for energy
- Suppressing your appetite
- Enjoying the benefits of high fibre
- Coordinating the LIFeshape Program to fit within your busy schedule and to compliment your healthy meal plan and exercise program

Detoxifier

Q: What is LIFeshape Detoxifier?

Detoxifier is a herbal formula that protects the liver, aids the natural digestive process and cleanses the body to promote a healthy body weight.

Q: What are the primary benefits of Detoxifier?

Detoxifier helps to support healthy liver function, neutralize metabolic toxins, aid the natural digestive process, promote formation of healthy intestinal flora, help maximize metabolism of fats, carbohydrates and proteins, and support weight management.

Q: Why is protecting my liver important?

Your liver plays a major role in metabolism. It performs more than 500 functions of the human body and one is detoxification. Without a healthy liver, toxins will accumulate and harm the body.

Q: Will Detoxifier improve my bowel movement?

LIFeshape Detoxifier contains an ingredient called Cascara; it is a laxative that helps to remove toxic waste from the colon in less time. The insoluble fibre also helps to promote regular bowel movements.

Q: What's the difference between LIFeshape Detoxifier fibre and FibreLife fibre?

The fibre in Detoxifier is insoluble fibre, while FibreLife contains a high amount of soluble fibre.

Benefits of insoluble fibre:

- Promotes regular bowel movements
- Prevents constipation
- Helps to prevent colon cancer

Sources of insoluble fibre:

- Vegetables
- Whole wheat products
- Oats
- Corn bran



LIFeshape Detoxifier capsules are part of a 7-day program designed to assist in your body's natural weight loss processes.

Detoxifier

LIFeshape Detoxifier contributes to your body's natural detoxification and cleansing by assisting in the body's natural weight loss process and increasing energy as your major organs work more efficiently.

Key Ingredients:

- Oat fibre
- Milk thistle extract (80% Silymarin)
- Artichoke extract (2.5% cynarin)
- Cascara sagrada extract (8:1 ratio)
- Fenugreek Seed Powder

LIFeshape Detoxifier cleanses your blood, liver, intestines, lungs and kidney. Fenugreek seed powder is for cleansing blood sugar and lipids ¹; Milk thistle extract is for liver protection²; artichoke extract is for kidney health³; oat fibre is for cleansing of colon and small intestine ⁴; and cascara helps to remove the toxins by its mild laxative effect ⁵.

A herbal formula that protect the liver, aids the natural digestive process and cleanses the body to promote a healthy body weight, allowing your body's major organs to work more efficiently, resulting in increased energy. This formula combined with a regular exercise program, will have you feeling leaner, younger, and more energized in no time.

Milk Thistle

Milk thistle is traditionally used for promotion of a healthy liver. In current researches, it is also reported as a liver protectant. The active components Silymarin in milk thistle has a protective effect against liver toxic actions ⁶. In LIFeshape Detoxifier, the milk thistle extract contains 80% Silymarin to help promote a healthy liver and relieve mild digestive disorders associated with the liver.²

Oat Fibre

Dietary fibre can be soluble or insoluble. Insoluble fibre is believed by some health professionals to act as a cleanser of the digestive tract. It is largely resistant to break down when it passes through the intestines; the insoluble fibre tends to increase bowel contraction. In LIFeshape Detoxifier, Oat fibre contributes a good source of insoluble fibre, which help to remove the stray particles in your digestive system from the body with normal bowel movements. ⁴

1. Fenugreek Monograph (2009). Natural standard Monograph. (www.naturastandard.com)

2. Milk thistle Monograph (2007). Health Canada Natural Health Product Department Compendium of Monographs.

3. Ahmed H, Eman F. M. El-Sayed Deutsche Lebensmittel Rundschau. 2008Vol.104(No.1) Ameliorative Effect of Artichoke (Cynara scolymus L.) Extracts on Creatine Monohydrate-induced Renal Dysfunction in Male Rats.

4. Peterson. "What is Insoluble Fiber?": wiseGEEK. Conjecture Corporation. 2009-03-01. <http://www.wisegeek.com/what-is-insoluble-fiber.htm>.

5. Cascara Sagrada Monograph (2006). Health Canada Natural Health Product Department Compendium of Monographs.

6. Eminzade S., Uras F. and Izzettin FV. Silymarin protects liver against toxic effects of anti-tuberculosis drugs in experimental animals. Nutrition & Metabolism 2008, 5:18.