

# Shape-Fast<sup>®</sup> Ultra

PEAK ENERGY FORMULA



## Energizing your weight loss efforts

So, you're ready to lose weight. This time you are going to do everything right—eat a healthy diet, stay strong during your potato chip and sugar cravings, and exercise. You can see yourself doing all of it right now, as you stand in the dressing room at the mall staring at three pair of the same style pants you want to try on. One pair in hopes you have gone down a size since your last visit, one pair that will probably really fit and the third pair for, well, let's not even go there.

Successfully managing weight is a growing challenge faced by more than 60 percent of the U.S. population. Even worse, recent studies report that obesity is quickly on its way to becoming the leading cause of death in Americans. Culprits contributing to this emerging epidemic include high-calorie, high-fat, convenience food; sedentary lifestyles; lagging metabolic function and an overall lack of energy needed to achieve your ideal body shape.

Now you can experience the energy and vitality that comes with good health and an active, lean body with the dietary support of Shape-Fast Ultra. Shape-Fast Ultra utilizes the principle of thermogenesis to provide safe and effective metabolic system support as well as the patented Transfer Factor E-XF ingredient for superior immune support. It synergistically combines the proprietary ingredient ForsLean with guarana, chromium, ginseng, green tea and cocoa almond extract to promote appetite control, increased energy and enhanced fat burning capability.

## Key Points

- **Thermogenesis:** Thermogenesis is your body's main fat-burning mechanism. Proven to be both safe and effective, thermogenesis works by creating heat within the body and naturally increasing the metabolic rate. This in turn helps the body burn more of the calories you consume and the calories you have stored as fat. Small safe increases in thermogenesis can mean large changes in the number of calories you burn each day.  
  
ForsLean is a proprietary ingredient that has been patented for its use in promoting lean body mass. It is made up of the active compound Forskolin, which is known for its ability to stimulate metabolic function and thermogenesis.
- **Appetite Control:** The ingredients in Shape-Fast Ultra have been shown to help lessen hunger instincts and support a healthy appetite. Ginseng and chromium have both been shown to balance glucose levels, which can help diminish food cravings and unhealthy eating. In addition, Guarana is an herb that has been shown to aid in promoting thermogenesis in the body and helping to reduce food cravings.
- **Energy:** In addition to many other tremendous benefits, guarana, ginseng, chromium, green tea and cocoa almond extract are included in Shape-Fast Ultra to help promote energy and improve stamina. Increased energy is said to be a critical element to beginning and maintaining an exercise program as well as preparing healthy meals and improving overall attitude.

## Did you know?

Obesity has been linked to viruses that compromise the immune system. Researchers at the University of Wisconsin in Madison found that a common virus increased the amount of fat in infected animals. They have also discovered that the same virus is more prevalent among overweight people, a strong indication that it may also cause obesity in humans. After several months, animals infected with the virus weighed only seven percent more on average than those without the virus, but their bodies contained more than twice as much fat.<sup>1</sup>

Maintaining or improving lean body mass while shedding extra pounds of fatty tissue has been advocated by the Centers for Disease Control. Lean body mass is important because it has been recently recognized as an independent, positive predictor of one's cardiovascular health and overall health.

## Technical Point

- Two studies have reported promising results when supplementing with the ingredient ForsLean. The results showed that after supplementing with ForsLean weight loss was significant after four and eight weeks, the average weight loss was 4.3 pounds and 9.2 pounds respectively. Importantly no adverse health affects were seen, with no increase in blood pressure or pulse rate.

1. N.V. Dhurandhar, B.A. Israel, J.M. Kolesar, G.F. Mayhew, M.E. Cook, R.L. Atkinson, "Increased Adiposity in Animals Due to a Human Virus." International Journal of Obesity 24, 989-996: August 2000.



**DIRECTIONS:** Take one (1) capsule before breakfast, lunch and dinner (if desired), with 8 oz of water. Do not take more than four (4) capsules per day.

**Serving Size:** One (1) Capsule  
**Servings Per Container:** 100

## Supplement Facts

Amount Per Serving		%DV*
Niacin	10 mg	50%
Vitamin B (as pyridoxine hydrochloride)	61 mg	50%
Vitamin B12 (as cyanocobalamin)	20 mcg	300%
Selenium (selenomethionine)	18 mcg	25%
Chromium (glycinate-nicotinate)	25 mcg	21%
Guarana (40% caffeine)	170 mg	**
ForsLean <sup>®</sup> Coleus forskohlii Extract (20% Forskolin)	40 mg	**
Acetyl-L-Carnitine	100 mg	**
Alpha Lipoic Acid	25 mg	**
<b>Proprietary Blend</b>	247 mg	**
Transfer Factor E-XF <sup>™</sup> A patented concentrate of transfer factors and other natural components from cow colostrum and egg sources.		
Cocoa-Almond Extract		
White Willow (bark)		
Green Tea Extract (90% epicatechin)		
Potassium		
Cayenne		
Panex Ginseng (24% ginsenosides)		
Ginkgo biloba (24% / 6%, glycosides / terpenes)		

\* Reference Daily Intakes (RDI)

\*\*Daily Value (DV) not established

Other Ingredients: gelatin capsule.

## Ordering Information

Item # 27555 – 100 ct blister pack