

Douglas Directives

Weight Loss Protocol

A Suggested Nutritional Protocol for Weight Management*

7-Keto™:

The 7-Keto™ metabolite of DHEA is a natural, non-steroidal molecule that is produced in the body from DHEA. Studies indicate that 7-Keto may be useful in promoting weight loss without the use of stimulants while following an exercise program and healthful diet.†

Product Code: 99246

Suggested Usage: One vegetarian capsule twice daily

CLA (Conjugated Linoleic Acid):

Recent studies have demonstrated CLA has the ability to reduce body fat mass of overweight or obese individuals while maintaining muscle mass.

Product Code: 98336

Suggested Usage: Two to four softgels daily

Nature's Diet Caps® + Herbs:

This product combines a special formula of *Garcinia cambogia* and chromium, in a base of herbs, specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.

Product Code: 7442

Suggested Usage: One capsule with 8 ounces of water ½ to 1 hour before each meal

Tri-Amino™:

This product contains a combination of L-ornithine, L-arginine, and L-lysine. These amino acids help to maintain proper growth hormone metabolism, which in turn helps to regulate proper weight control.

Product Code: 7510

Suggested Usage: Four capsules before bedtime

Relora-Plex:

Stress related eating over a prolonged period of time can lead to weight gain. This unique, patent-pending mixture of two herbal extracts is specifically designed to support normal mental functioning during stress and anxiety.

Product Code: 98739

Suggested Usage: Two capsules daily

If Additional Support Is Needed

Super Hydroxy Max:

A unique, synergistic and comprehensive combination of vitamins, minerals, herbals, and other nutrients, carefully formulated and specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.

Product Code: 81091

Suggested Usage: One tablet daily

Complete Weight Management Support

Metabolic Management Pack:

A comprehensive combination of essential minerals, vitamins, herbs, and other nutrients designed to support a healthy weight management program. Each packet contains: one Organic Flax Seed Oil softgel, two Nature's Diet Caps™+Herbs capsules, two Conjugated Linoleic Acid softgels, two Relora-Plex vegetarian capsules, and one Phosphatidyl-SERINE capsule.

Product Code: 63157

Suggested Usage: One packet daily

*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

