

# Herbal Lite Weight Loss Dosage Recommendations

Congratulations on purchasing one of the most scientifically advanced and most effective weight loss and energy programs on the market today! Taken daily, the BioTreasures Weight Loss Xtreme is formulated to be an overall approach in attaining healthy weight loss and increasing natural energy.

## Herbal Lite®

The recommended dosage is 2 caplets 1 ½ to 2 hours before lunch and again before your evening meal. This should decrease your appetite and help eliminate the need for snacks between meals. If this schedule does not fit your life style, **Herbal Lite®** is flexible, try taking your caplets first thing in the morning and before your afternoon meal.

**Herbal Lite®** takes a little time to build up in your system to be fully effective. The appetite suppressants will kick in within 1-2 days; however, it will also take up to 2 weeks before your blood sugar is completely stabilized and your cravings for sweets and fatty foods begin to disappear. It is important that you consistently maintain **Herbal Lite®** in your system to achieve levels that are effective. Remember, consistency is the key to success and the longer you take **Herbal Lite®** the more effective it will become!

## Super Booster™

**Super Booster™** is designed to enhance **Herbal Lite®** to further increase energy, burn off body fat faster, decrease hunger and cravings, and burn more calories. **Super Booster™** works by increasing your body's ability to absorb both **Herbal Lite®** and **Hoodia Liquid Veggie Caps** by 40% - 60% more. In fact, you'll find that **Super Booster™** will help your body absorb more nutrients from the foods you eat as well. It is the "one-two punch" for that really stubborn metabolism! The recommended dosage is 1 caplet twice a day. When using the **Super Booster™** make sure to take it at the same time as the **Herbal Lite®** for maximum benefit.

Like **Herbal Lite®**, **Super Booster™** takes a few days to build up in your system to be fully effective. The natural ingredients used in the products are different from each other and play their own unique role in the weight loss package. Therefore, if you run out of one of the products, increasing the dosage of the others will not give you the same effect as taking all the products together.

## Hoodia Liquid Veggie Caps

**Hoodia Liquid Veggie Caps** should be taken twice daily with your **Herbal Lite®** and **Super Booster™**. **Hoodia Liquid Veggie Caps** are the most powerful natural appetite suppressant on the market. Where **Herbal Lite®** works to stabilize your blood sugar to control appetite, **Hoodia Liquid Veggie Caps** work by tricking your brain into thinking your body is full even though you haven't eaten anything! Also, like **Herbal Lite®** and **Super Booster™**, you can increase your daily dosage safely, if you find that your metabolism is a bit sluggish or you need an extra boost to jump-start your weight loss program.

**Hoodia Liquid Veggie Caps** also work best after it's built up in your system. The combination of **Herbal Lite®**, **Super Booster™** and **Hoodia Liquid Veggie Caps** will provide your body with the tools it needs to really enhance your weight loss program!

**NOTE:** Most people see and feel significant results within the first 15 to 20 days without making any major changes to their lifestyle. However, in rare cases it can take up to 90 days before the BioTreasures weight loss products can effectively change your metabolism and bring about the desired weight loss.

Allowing the products the time they need to work for you is worth the investment, considering the potential benefits. Remember, you can always save money on your favorite products by signing up for the Automatic Re-Order Program (ARP). Your favorite products will ship automatically each month, and you can cancel anytime. Signing up for the ARP is a great way to avoid running out of your favorite product, and you will receive significant savings on all your orders. Plus all ARP customers receive free shipping & handling.

1-888-811-2112

[www.BioTreasures.com](http://www.BioTreasures.com)

“We Treasure Your Health®”

*Your Success is Our Goal*

At **BioTreasures®** we realize that everyone is different, and what works for one may not necessarily work for all. We included specific **dosage recommendations** for each of the individual key products, to which we would like to add “**Good choice**” recommendations:

**What you eat and when you eat can play a major role in weight control.**

**“Good choice” breakfast recommendations:** Eat something! Don't skip breakfast! The sooner you eat something after waking, the sooner your metabolism will become active and start burning off those extra calories. Avoid high sugar or highly processed foods.

**“Good choice” lunch recommendations:** Don't run out to the local fast food place to grab a quick bite. Empty and useless calories abound in almost every offering. Instead, bring something from home. It's quicker, cheaper and a great deal better for your waistline.

**“Good choice” supper recommendations:** Call it dinner or supper, either way it's usually or biggest meal of the day and the one we rarely skip. Remember to eat slowly. It takes upwards of 15-20 minutes for the signals between the brain and stomach to trigger feeling full. Another of the key points to losing weight is making sure to eat at least three hours before bedtime. Unfortunately, any food not digested or burned off by the time we sleep has a better chance of being stored on the body.

For further “**Good choice**” recommendations and troubleshooting tips, please visit our website:

[www.biotreasures.com](http://www.biotreasures.com)

**Enhance your weight loss program:**

- ⇒ **Drink plenty of water!**
- ⇒ **Exercise**
- ⇒ **Sleep**
- ⇒ **Don't Skip Meals!**

**Most of all, allow the products time to work!**