Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Special Nutritionals

ARMS#

12713

2 - LABEL SAMPLE

DOSAGE INSTRUCTIONS

Metabolism varies from person to person, so FIT AMERICA is designed to meet the requirements of each individual through dosage adjustment. All programs are to be started at the beginning of your day. The two times when the average person's metabolism tends to slow are 11:00 am and 5:00 pm. These are the recommended times to take FIT AMERICA. However, you need to find the times that best fit your schedule.

Some people need to adjust the times the herbs are taken in accordance with work schedules, sleep or appetite patterns:

•If you are an early riser and your hunger begins early, begin your program in the morning taking one yellow tablet along with your white capsule. Your second dosage for the day will be taken between 5 and 6 pm.

•If you are a late-night individual, take your adosage (yellow and white) at a time that would equate to 1/2 to 1 hour before lunchtime. Your second dosage will be taken prior to your equivalent dinnertime.

Eat within one hour after taking morning capsule.

The yellow tablet is a mineral tablet and is taken only once daily. The white capsules are adjusted to fit the individual requirements of each person. Body size, desired weight loss or gender are not the determining factors in selecting the correct dosage. It is important that you evaluate how you feel at each dosage level. Do not exceed five white capsules per day.

WARNING: Children under the age of 18 are not allowed to take Fit America unless advised in writing by a physician.

DETOXIFICATION PERIOD

The rate at which a person detoxifies and his or her individual tolerance to herbs will determine how they react to the initial dosage. We suggest that you stay at each dosage level until comfortable before advancing to the next level.

Be sure and take your correct dosage daily. If you are not hungry, do not eliminate your next capsule. This program is designed for total metabolic efficiency. It is not just an appetite suppressor. **Do Not Skip Or Save Capsules!**

MAINTENANCE

If you have lost your weight or are using FIT AMERICA to maintain your current weight, follow the dosage indicated on Day 1-2. Because most doctors consider you are "not cured" of your weight problem until the weight has been off for a period of one year, maintenance is highly recommended. If you gain a pound or two during the maintenance period, return to your "diet dosage" for one or two days until the unwanted pounds are gone, then return to your maintenance dosage.

FOR FITNESS ENTHUSIASTS

If you are using FIT AMERICA as an energizer or to increase workout performance, the dosage you will require will be based on your activity and tolerance to herbs. Follow the above dosage instructions indicated for Days 1-4 and evaluate how you feel. Stay at the dosage level most comfortable for you.

DOSAGE ADJUSTMENTS

For the first week on FIT AMERICA, your body will go through a detoxification period. During this period it is important to drink as much water as you can Any discomfort associated with this product will usually occur in the first five days of detoxification and will not persist.

Some important things to note with regard to the FIT AMERICA program :

• Thirst/Dry Mouth: This is intentional to ensure the drinking of adequate amounts of water or liquid. Increase your liquid intake and this condition will go away.

•Warm: If you feel warm the first few days of detoxification, do not be concerned. This is caused by the cleansing process.

•DO NOT SKIP MEALS. This program requires that you eat, even if you are not hungry. FIT AMERICA works in association with protein, so be sure and include low-fat meats in your daily meal plan.

•If you are uncomfortable taking multiple capsules at one time, you may take them throughout the day.

•Headache: If you usually eat a lot of carbohydrates (pasta, rice, potato, etc.) and have decreased your daily intake of these items, you may experience headaches for a few days This is generally caused by a lowering of the blood sugar level due to fewer carbohydrates in the diet (carbohydrate withdrawal) and can be treated with aspirin or Tylenol. To eliminate this occurence, decrease your carbohydrate intake gradually to allow your body time to adjust to less carbohydrates overall

•Do not drink caffeinated beverages, as they tend to cause nervousness in association with FIT AMERICA

•Insomnia/Restlessness: Adjust dosage times by 1 hour earlier for 1 day. If insomnia persists, decrease 1 capsule at night Do not take any capsules less than 4 hours before bedtime Stay on the dosage that prevents sleeplessness

•Diarrhea/Constipation: When going through detoxification, these conditions may occur for a few days, then subside. If condition persists, rotate the dosage as you did for insomnia

•Nausea/Nervousness: If either of these conditions occur, it is usually caused by taking capsules on an empty stomach or too high a dosage at one time. Take capsules with food and drink eight-8 ounce glasses of water or skim milk with each dosage. If the condition persists, decrease your capsule intake for 1 or 2 days Stay on the lower dosage if it is comfortable for you. If you feel you need to raise your dosage again, take your capsules before breakfast, lunch and dinner, rather than the recommended twice daily.

•Weakness/Fatigue: You must eat a well-balanced diet of quality protein, fruits, vegetables and starches. Drink at least eight-8 ounce glasses of water a day and take a multi-vitamin/mineral supplement daily

FINDING YOUR CORRECT DOSAGE

Men and women both begin their Fit America program in the same way. Follow Days 1-2, 3-4 as indicated below. Evaluate how you feel each day. If you are losing weight and are not hungry, you have found the correct dosage for you. If you are not losing or your appetite is not in control, increase your white capsule intake by one.

Women generally lose most of their weight on the Day 5-6 dosage level.

Men generally lose most of their weight on the Day 7 dosage level.

For the first few days you may want to take your first Fit America capsule dosage of the day with food. This will eliminate any possible discomfort you may feel as your metabolism is elevated.

Men may consider staying on Day 1 2 dosage for 3 to 5 days initially because they tend to eliminate fats faster. Fat elimination is through the urinary tract. By staying on a low dosage the first few days, it will prevent any pressure that may be felt initially when urinating.

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DO NOT TAKE CAPSULES AFTER 6:00 PM REGARDLESS OF WHEN YOU EAT DINNER.

Day 1-2 Lunch: 1 yellow 1 white Dinner: 1 white	**Day 3-4** Lunch: 1 yellow 2 white Dinner: 1 white
Day 5-6 Lunch: 1 yellow 2 white Dinner: 2 white	**Day 7 (If Needed)** Lunch: 1 yellow 3 white Dinner: 2 white

NOTE: There is no association with the number of capsules you consume daily and the speed of your weight loss. More capsules will not mean a faster decrease in your weight. The capsule consumption is based on individual tolerances to herbs and your metabolism. Stay at the dosage level you feel is most comfortable for you.

DOSAGE INSTRUCTIONS

Follow the dosage guide as indicated. Evaluate how you feel daily If you are happy with your weight loss and are not hungry, do not increase your herbal capsule intake.

DAY 1: 1 Yellow Tablet and 1 Capsule with Lunch
5-6PM, BEFORE Dinner: 1 Capsule Only
DAY 2: 1 Yellow Tablet and 1 Capsule with Lunch
5-6PM, BEFORE Dinner: 1 Capsule Only
DAY 3: 1 Yellow Tablet and 2 Capsules with Lunch
5-6PM, BEFORE Dinner: 1 Capsule Only
DAY 4: 1/2 to 1 Hour Before Lunch: 1 Yellow Tablet and 2 Capsules
5-6PM, BEFORE Dinner: 1 Capsule Only
Evaluate yourself. If you are not hungry and are happy with the weight loss, continue at Day 4 dosage.
DAY 5: 1/2 to 1 Hour Before Lunch: 1 Yellow Tablet and 2 Capsules
5-6PM, BEFORE Dinner: 2 Capsules Only
DAY 6: 1/2 to 1 Hour Before Lunch: 1 Yellow Tablet and 2 Capsules
5-6PM, BEFORE Dinner: 2 Capsules Only
Evaluate your progress. Increase capsules only if you are still hungry or are not losing.
DAY 7: 1/2 to 1 Hour Before Lunch: 1 Yellow Tablet and 3 Capsules
5-6PM, BEFORE Dinner: 2 Capsules Only
DAY 8: 1/2 to 1 Hour Before Lunch: 1 Yellow Tablet and 3 Capsules
5-6PM, BEFORE Dinner: 2 Capsules Only
DAY 9: 1/2 to 1 Hour Before Lunch: 1 Yellow Tablet and 3 Capsules
5-6PM, BEFORE Dinner: 2 Capsules Only

• Maximum Yellow Tablet Dosage: 1 Daily • Maximum Capsule Dosage: 5 Daily • If You Are Unsure About Your Dosage Level, Consult Your Representative Or Call Our HELP HOTLINE: **1-800-221-1186**

Fit AMERICA™

THE ALL-NATURAL ANSWER TO HEALTH AND WELLNESS

DOSAGE INSTRUCTIONS

For Florida and Ohio Only!

FIT AMERICA was developed by Dr. Dennis Jones, M.A., B.A., Ph.D. a recognized international expert on natural plant products, nutrition and food chemistry.

Having taught nutrition and food chemistry at Cambridge University, Dr. Jones holds degrees in chemistry, pathology and biology.

EPHEDRA SINICA (MA HUANG) CONTAINS SMALL AMOUNTS OF EPHEDRINE AND RELATED ALKALOIDS. EPHEDRINE IS AN INDIRECT-ACTING SYMPATHICO-MIMETIC AGENT WHICH HAS BEEN SHOWN TO STIMULATE LIPOLYSIS AND INCREASE THE RESTING METABOLIC RATE IN SOME PERSONS, THUS INCREASING THE REMOVAL AND OXIDATION OF FAT FROM ADIPOSE TISSUE STORES THIS ACTION IS POTENTIATED BY METHYLXANTHINES, SUCH AS CAFFEINE, PRESENT IN ILEX PARAGUARIENSIS (MATE). **THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

CAUTIONS AND WARNINGS: SEEK ADVICE FROM A HEALTH CARE PRACTITIONER PRIOR TO USE IF YOU ARE PREGNANT OR NURSING, OR IF YOU HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, DIABETES DIFFICULTY IN URINATION DUE TO PROSTATE ENLARGEMENT, OR IF TAKING PRESCRIPTION DRUGS DO NOT TAKE THIS PRODUCT IF YOU ARE TAKING, OR HAVE TAKEN WITHIN THE LAST 3 WEEKS AN MAO INHIBITOR DO NOT TAKE THIS PRODUCT IF YOU ARE TAKING APPETITE SUPPRESSANTS OR PRODUCTS CONTAINING EPHEDRINE OR PSEUDOEPHEDRINE. REDUCE OR DISCONTINUE USE IF NERVOUSNESS, TREMOR SLEEPLESSNESS SEVERE LOSS OF APPETITE OR NAUSEA OCCUR

LOT/ EXP 251702 09/99

Fit AMERICA®

Natural Weight Control Aid

SERVING SIZE IS ONE (1) CAPSULE. PROVIDES 20 MG EPHEDRINE ALKALOIDS PER CAPSULE. WARNING! THE EPHEDRINE ALKALOIDS ARE STIMULANTS NOT FOR SALE TO, OR USE BY, PERSONS UNDER THE AGE OF 18 KEEP OUT OF THE REACH OF CHILDREN!

DIETARY SUPPLEMENT

180 CAPSULES

DIRECTIONS: TAKE CAPSULES WITH 8 OZ. (240 ML) WATER 1 HOUR BEFORE MEALS. COMMENCE WITH A LOW DOSAGE (ONE OR TWO CAPSULES PER DAY) FOR 2-4 DAYS AND THEN GRADUALLY BUILD UP TO THE MOST COMFORTABLE DOSAGE LEVEL DO NOT TAKE MORE THAN ONE CAPSULE EVERY 4 HOURS, OR EXCEED A MAXIMUM OF 5 CAPSULES PER DAY THE PRODUCT SHOULD NOT BE USED IN THE EVENING; IT WILL KEEP YOU AWAKE! DO NOT EXCEED A DOSAGE OF 5 CAPSULES PER DAY, IMPROPER USE OF THIS PRODUCT MAY BE HAZARDOUS TO HEALTH THE MAXIMUM RECOMMENDED INTAKE OF EPHEDRINE ALKALOIDS FOR A HEALTHY HUMAN IS 100 MG IN A 24-HOUR PERIOD FOR NOT MORE THAN 12 WEEKS

INGREDIENTS: EACH WHITE CAPSULE CONTAINS 470 MG OF PROPRIETARY BLEND OF: EPHEDRA SINICA (MA HUANG, STEM, EXTRACT 1:4) ILEX PARAGUARIENSIS (MATE, LEAF), ARCTOSAPHYLOS UVA-URSI (BEARBERRY; UVA URSI, LEAVES), ASTRAGALUS MEMBRANACEUS (BAI CHI, ROOT), POLYGONUM MULTIFLORUM (FO TI, ROOT), VALERIANA OFFICINALIS (VALERIAN, ROOT) CRATAEGUS OXYACANTHOIDES (HAWTHORN, BERRY) LAWSONIA INERMIS (HENNA, LEAF), RHAMNUS PURSHIANA (CASCARA SAGRADA, BARK), GLYCYRRHIZA GLABRA (LIQUORICE, ROOT).

Manufactured For & Distributed By.
FIT AMERICA, INC. Deerfield Beach, Florida 33441
No Preservatives. Recycle This Container.
Printed In Canada Product Of Canada

Fit AMERICA®

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DIRECTIONS:

As a dietary supplement, take 1 tablet 1/2 hour before lunch. Take tablets with 8 oz. of water. Do not give this product to children under 12 years of age.

FIT AMERICA should not be taken by pregnant women or nursing mothers. If you have heart disease, high blood pressure, or are taking medication for an existing medical condition, consult your physician before taking this product.

LOT/ EXP 705132 08/99
PROD OF CANADA

Fit AMERICA®

Natural Weight Control Aid

45 TABLETS

Fit America's All Natural, Herbal Approach To Aid Weight Control contains a carefully selected blend of healthful herbs. It is not a drug, nor does it claim to have any therapeutic or curative effects.

INGREDIENTS:

Yellow Tablet Contains: Dicalcium Phosphate, Magnesium Oxide, Bladderwrack, Beta Carotene, Magnesium Gluconate, Microcristalline Cellulose, Magnesium Stearate & Corn Starch.

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Fit AMERICA®
Keep Out Of Children's Reach

AE#12713, Cplt.#NYK-3416
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PACKAGES

#1. PERFECT PACKAGE

Jar Quanitity of Herbs
180 capsules, 45 minerals

Fit Fats 120 capsules

Optimizer 30 capsules
Package will last 8-10 weeks.
Cost:$201.00

#2. PACKAGE

Jar Quanitity of Herbs
180 Capsules, 45 mineral

Fit Fats 120 capsules
Package will last 2months
Cost:$173.00

#3 PACKAGE

Jar Capsules, 45minerals
Package will last 2 months
Cost:$135.00

#4 PACKAGE

Starter pack of herbal capsules.
Package will last 1 week to 10 days.
Cost:$29.95

VIGOR FIT *for* MEN

Vigor Fit is getting rave reviews from men. It's significantly helping as a stress reliever, energizer and an enhancer of sexual performance and pleasure by:

1. REDUCING STRESS

2. GIVE YOU EXTRA ENERGY

3. GIVE MEN A BOOST IN THE BEDROOM

HOW:

1. IMPROVES PERFORMANCE

2. INCREASES STAMINA

3. INCREASES SENSITIVITY

Vigor Fit is for all men who would like to enjoy sex to the maximum

Starter Pac (60 capsules) $39.95
Jar (180 Capsules) $90.00

Ingredients: Each capsule contains 480 mg. Panax Ginseng(Ginseng Root), Turnara Diffusa (Damiana Leaf), Serenoa Serrulata (Saw Palmetto Berry), Liriosma Ovata (Miura-Puama Root), Centella Asiatica (Fo To Tieng Leaf), Smilax Aristolochifolia (Sarsaparilla Root), Pausinystalla Johimbe (Yohimbe Bark)

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EATING PLAN GUIDELINES

The following guidelines are recommended to insure a complete nutritional daily intake of food. This guideline does not require calorie counting or the weighing of portions:

- You may eat all the "Low Fat" protein you desire daily: broiled, baked, grilled not deep fried.
- If you eat red meat (High Fat Protein), limit these items to 3 times per week and only 1 meal each day. (If you have a steak for dinner, do not have a burger for lunch.)
- You may eat all the fresh vegetables you desire daily. Try not to prepare canned or frozen vegetables due to the salt and preservative content.
- Select 1 item from the "Dairy" category for 1 meal daily. (If you have eggs for breakfast, do not have cheese for lunch.)
- Select one item from the "Starch" category and have it for 1 meal daily or split your starches into 2 half portions. Lite popcorn may be used as a snack. Microwave style popcorn is preferred because you can control your portions and fat content.
- You may eat unlimited amounts of the first fruit group. The "Limited Fruits" category should be eaten only 3 times per week in maximum servings of 1 cup per item. Do not eat fruit after 6:00 pm due to the large sugar content.
- Drink all the decaffeinated beverages you can daily.
- If you have a sweet tooth, stock your freezer with diet desserts like Popsicle's Fudge Pops (30 calories) or Crystal Light's Creamsicle Bars (30 calories). Even eating 4 or 5 of these low-cal treats is better than a 1/2 cup serving of frozen yogurt and more satisfying!
- DO NOT DENY YOURSELF YOUR FAVORITE FOODS. Limit them to small quantities one time each week. If you must eat high calorie items, limit them to when you go out for dinner and avoid the leftovers or purchase a single serving to be taken home.

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The Weight Control Formula Consists Of The Following Herbs:

Research by Dr. Dennis Jones, BA, MA, PhD. Reference: Vitamin Bible, Earl Mindella; Todays Herbal Health, Louise Tenney.

BAI-CHI - Is used as an appetite suppressant by the Chinese in cases of overweight. It is unique in that no tolerance can be built against its appetite suppressing effects.

BETA CAROTENE -Is a water soluble form of vitamin A. This vitamin keeps the skin, hair, bones and outer layers of your organs healthy.

BLUE FLAG - Is claimed to increase the rate of fat catabolism, and has been used for this purpose for nearly 5000 years.

CALCIUM PHOSPHATE - Is found in all the body's tissues and cells. An import component of gastric juice is made from this substance which helps digest food.

CASCARA SAGRADA HERB - Is one of the best mild plant laxatives. Its cleansing action affects the intestines, liver and gall bladder. When fat is metabolized, the toxins that are stored in fat cells are liberated. Aids in restoring the natural tone of the colon.

FO-TI - Is an excellent rejuvenating tonic that will restore energy fertility, and prevent pre-mature aging. Fo-Ti, is used as a strengnthener of the kidneys, liver and blood.

HAWTHORNBERRY HERB - Is used as an antispasmodic and vaso dilator. It helps normalize blood pressure and is recommended for cleansing the blood.

HENNA - Mainly known as a natural dye, extracts of henna leaves have been known to have an antihypertensive activity and has been used since antiquity in some parts of the world to prevent obesity.

LICORICE ROOT - Acts as a stabilizer in herbal formulas to eliminate unwanted properties of some herbal combinations.

MAGNESIUM GLUCONATE - Is essential for effective nerve and muscle function.

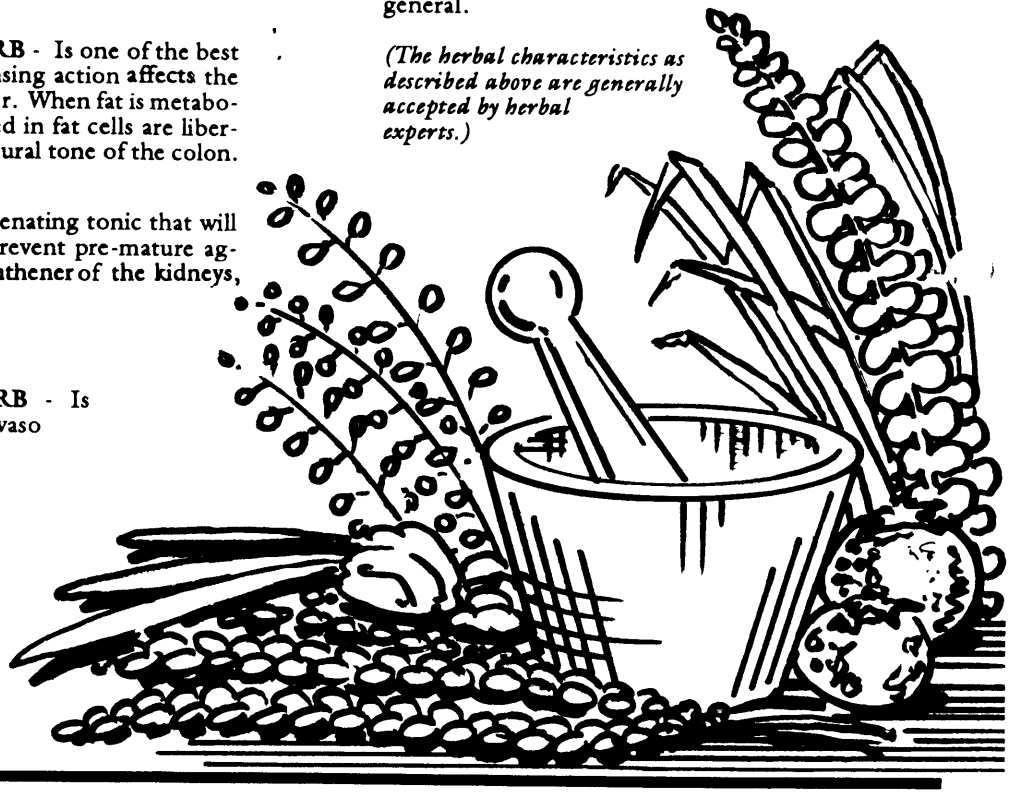
MA-HUANG - Acts as a natural appetite suppressant.

MATE- Has an enervating and stimulating effect, and reinforces the mood elevation effect of the ma-huang

UVA-URSI - Is an effective diuretic that cleanses the urinary tract and kidneys.

VALERIAN ROOT - Has a remarkable influence on the cerebro-spinal system. It prevents nervousness associated with appetite suppressants or dieting in general.

(The herbal characteristics as described above are generally accepted by herbal experts.)



Menu Selections

PROTEIN ENTREES

(Beef or High Fat)
Arm Roast
Chuck Roast
Rump Roast
Ground Sirloin
Club Steak
Flank Steak
Round Steak
Sirloin Steak
Lamb Loin Chops

(Meat-Medium Fat)
Veal chop
Veal cutlet
Veal Rump
Ground Turkey

(Meat -Low Fat)
Chicken Breast
Chicken Liver
Turkey Breast
Calves Liver
Beef Liver

(Sea Food-Low Fat)
Cod
Crab
Dolphin
Flounder
Grouper
Haddock
Halibut
Lobster (5 oz.)
Orange Roughie
Salmon
Scallops
Scrod
Shrimp
Sole
Swordfish
Fresh Tuna
Tuna (water packed)
Whitefish
*Egg Beaters

VEGETABLES (Fresh)

Asparagus
Bean Sprouts
Broccoli
Cabbage
Cauliflower
Carrots
Celery
Chard
Cucumbers
Eggplant
Green Onions
Scallions
Lettuce
Mushrooms
Mustard Greens
Peppers (green & red)
Radishes
Rhubarb
Spinach or Kale
Summer Squash
String Beans
Tomatoes
Turnip Greens
Zucchini

FRUITS

(Unlimited Fruit)
Apple
Orange
Grapefruit
Cantaloupe

(Limited Fruit)
Apricot
Blueberries
Cherries
Grapes
Papaya
Peach
Pineapple
Raspberry
Strawberries
Tangerine
Watermelon
Banana
Honeydew

DAIRY & EGGS

Eggs
Egg Beaters*
Cottage Cheese
Milk
Yogurt
Butter
Margarine
Cream Cheese
Bleu Cheese
American Cheese
Swiss Cheese
Cheddar Cheese
Parmesan Cheese

Dairy products are high in fat content. Eat low-fat products whenever possible.

STARCHES

(Limited Quantities)
Diet Breads
Bran
Cereal
Akmak Crackers
Melba Toast
Rice Cakes
Tortillas
Rice
Pasta
Potato
Pretzels
Pancakes
Waffles
Corn

SNACKS

Lite Popcorn
Microwave Style

BEVERAGES

(Decaffeinated Only)
Diet Soda
Crystal Light
Tea
Coffee
Grapefruit Juice

FIT AMERICA was developed by **Dr. Dennis Jones,** M.A., B.A., PhD and recognized international expert on natural plant products, nutrition and food chemistry.

Having taught nutrition and food chemistry at Cambridge University, Dr. Jones holds degrees in chemistry, pathology and biology.

"TEN HELPFUL HINTS FOR DIETERS"

1. Eat breakfast.
2. Drink 8 8oz. glasses of water daily.
3. Take a water soluble vitamin and mineral supplement daily.
4. Eat well balanced meals consisting of high quality protein, fruits, vegetables, starches and dairy products.
5. Do not skip meals.
6. Cut down on alcohol, sugar and fats.
7. Do not keep foods you should not eat easily available.
8. Stock your freezer with low-cal desserts.
9. Exercise
10. Once you feel satisfied at mealtime... STOP EATING.

Fit AMERICA

The All Natural Herbal Approach To Aid Physical Fitness and Weight Control

[redacted]

See your distributor for product or business opportunity information.

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Fit

THE ALL NATURAL PLAN TO AID FITNESS & WEIGHT CONTROL

Fit AMERICA

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2

EATING GUIDELINES & INGREDIENTS LIST

Cplt. #NYK-3416
EXHIBIT 3

EATING PLAN GUIDELINES

The following guidelines are recommended to ensure a complete nutritional daily intake of food. This guideline does not require calorie counting or the weighing of portions:

- You may eat all the "low-fat" protein you desire daily: broiled, baked, grilled, not deep fried.
- If you eat red meat (high-fat protein), limit these items to three times per week and only one meal each day. (If you have a steak for dinner, do not have a burger for lunch.)
- You may eat all the fresh vegetables you desire daily. Try not to prepare canned or frozen vegetables due to the salt and preservative content.
- Select one item from the "dairy" category for one meal daily. (If you have eggs for breakfast, do not have cheese for lunch.)
- Select one item from the "starch" category and have it for one large meal daily or split your starches into two meals. Lite popcorn may be used as a snack. Microwave-style popcorn is preferred because you can control your portions and fat content.

  You may eat unlimited amounts of the first fruit group. The "limited fruits" category should be eaten only three times per week in maximum servings of one cup per item. Do not eat fruit after 6PM due to the high sugar content.

  Drink all the decaffeinated beverages you can daily. Water is best to flush fats from your body.

  If you have a sweet tooth, stock your freezer with diet desserts like Popsicle's Fudge Pops (30 calories) or Crystal Light's Creamsicle Bars (30 calories). Even eating four or five of these low-cal treats is better than a half cup serving of frozen yogurt and more satisfying!
- DO NOT DENY YOURSELF YOUR FAVORITE FOODS. Limit them to small quantities one time each week. If you must eat high-calorie items, limit them to when you go out for dinner. Avoid leftovers or purchase a single serving to be taken home.

DOSAGE INSTRUCTIONS

Metabolism varies from person to person, so Z-4 is designed to meet the requirements of each individual through dosage adjustment. All programs are to be started at the beginning of your day. The two times when the average person's metabolism tends to slow are 11AM and 5PM therefore, these are the recommended times to begin your Z-4 capsules.

The rate at which a person detoxifies and his or her individual tolerance to herbs will determine how he or she reacts to the initial dosage. We suggest you stay at each dosage level until comfortable before advancing to more capsules. Some people need to adjust the times the herbs are taken in accordance with work schedules, sleep or appetite patterns. Eat within an hour of taking your first dosage, no matter what time of day that may be. If you are an early riser and your hunger begins early, begin your program at breakfast. If you are a late night individual, take your first dosage at a time that would be the equivalent to your "lunch".

You may take one to three capsules one to three times daily. Begin with a low dose and increase as needed. If you are not hungry and/or you are seeing a weight loss, you have found the correct dosage for you.

DO NOT SKIP OR SAVE CAPSULES! This program is designed for total metabolic efficiency and regular consumption must be maintained during weight loss. Do not exceed nine capsules per day.

INGREDIENTS

Each dosage contains 480 mg. of a proprietary blend of citrus species of natural herbs in specialized extract form. Citrus aurantium (Seville orange, whole fruit, extract 1:10; Zhishin™), Paullinia cuppana (Guarana, seed, extract 1:4, Panax ginseng (Ginseng root, extract 1:25), Ginkgo biloba (Ginkgo leaf extract 1:100).

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DOSAGE ADJUSTMENT

For the first week on Z-4, your body will go through a detoxification period. During this period it is important to drink as much water as you can. Any discomfort associated with this product will usually occur in the first five days of detoxification and will not persist. Some important things to note with regard to the Z-4 program:

- **Thirst/Dry Mouth:** This is intentional to ensure the drinking of adequate amounts of water or liquid. Increase your liquid intake and this condition will go away.
- **Warm:** If you feel warm the first few days of detoxification, do not be concerned. This is caused by the cleansing process.
- **DO NOT SKIP MEALS.** This [redacted]ogram requires that you eat, even if you [redacted]e not hungry. Z-4 works in association [redacted]th protein, so be sure and include low-[redacted] meats in your daily meal plan.
- If you are uncomfortable taking [redacted]ultiple capsules at one time, you may take them throughout the day.

MAINTENANCE

If you have lost your weight or are using Z-4 to maintain your current weight, follow the dosage indicated on day 2-4. Because most doctors consider you are not cured of your weight problem until the weight has been off for a period of one year, maintenance is highly recommended. If you gain a pound or two during the maintenance period, return to your "diet dosage" for one or two days until the unwanted pounds are gone, then return to your maintenance dosage.

Note: There is no association with the number of capsules you consume daily and the speed of your weight loss. More capsules will not mean a faster decrease in your weight. The capsule consumption is based on individual tolerances to herbs and your metabolism. Stay at the dosage level you feel is most comfortable for you.

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MENU SELECTION

PROTEIN ENTREES

(Beef or High Fat)
Arm Roast
Chuck Roast
Rump Roast
Ground Sirloin
Club Steak
Flank Steak
Round Steak
Sirloin Steak
Lamb Loin
Chops

(Meat-Medium Fat)
Veal Chop
Veal Cutlet
Veal Rump
Ground Turkey

(Meat-Low Fat)
Chicken Breast
Chicken Liver
Turkey Breast
Calves Liver
Beef Liver

(Seafood-Low Fat)
Cod
Crab
Dolphin
Flounder
Grouper
Haddock
Halibut
Lobster (5 oz)
Orange Roughie
Salmon
Scallops
Scrod
Shrimp
Sole
Swordfish
Fresh Tuna
Tuna (water packed)
Whitefish
*Egg Beaters

VEGETABLES (Fresh)

Asparagus
Bean Sprouts
Broccoli
Cabbage
Cauliflower
Carrots
Celery
Chard
Cucumbers
Eggplant
Green Onions
Scallions
Lettuce
Mushrooms
Mustard Greens
Peppers-
(green & red)
Radishes
Rhubarb
Spinach or Kale
Summer Squash
String Beans
Tomatoes
Turnip Greens
Zucchini

FRUITS

(Unlimited Fruit)
Apple
Orange
Grapefruit
Cantaloupe

(Limited Fruit)
Apricot
Blueberries
Cherries
Grapes
Papaya
Peach
Pineapple
Raspberry
Strawberries
Tangerine
Watermelon
Banana
Honeydew

DAIRY & EGGS

Eggs
Egg Beaters*
Cottage Cheese
Milk
Yogurt
Butter
Margarine
Cream Cheese
Bleu Cheese
American Cheese
Swiss Cheese
Cheddar Cheese
Parmesan Cheese
Dairy products are high in fat content. Eat low-fat products whenever possible.

STARCHES

(Limited Quantities)
Diet Breads
Bran
Cereal
Akmak Crackers
Melba Toast
Rice Cakes
Tortillas
Rice
Pasta
Potato
Pretzels
Pancakes
Waffles
Corn

SNACKS

Lite Popcorn -
Microwave Style

BEVERAGES

(Decaffeinated Only)
Diet Soda
Crystal Light
Tea
Coffee
Grapefruit Juice

RECOMMENDED Z-4 DOSAGE INSTRUCTION

Follow the dosage guide as indicated. Evaluate how you feel daily. If you are happy with your weight loss and are not hungry, do not increase your herbal capsule intake.

DAY 1:	1/2 hour BEFORE Lunch:	1 Capsule
	5-6PM, BEFORE Dinner:	1 Capsule
DAY 2:	1/2 hour BEFORE Lunch:	2 Capsules
	5-6PM, BEFORE Dinner:	1 Capsule
DAY 3:	1/2 hour BEFORE Lunch:	2 Capsules
	5-6PM, BEFORE Dinner:	1 Capsule
DAY 4:	1/2 hour BEFORE Lunch:	2 Capsules
	5-6PM, BEFORE Dinner:	2 Capsules
DAY 5:	With Breakfast:	1 Capsule
	1/2 hour BEFORE Lunch:	2 Capsules
	5-6PM, BEFORE Dinner:	2 Capsules
DAY 6:	With Breakfast:	1 Capsule
	1/2 hour BEFORE Lunch:	3 Capsules
	5-6PM, BEFORE Dinner:	2 Capsules
DAY 7:	With Breakfast:	2 Capsules
	1/2 hour BEFORE Lunch:	3 Capsules
	5-6PM, BEFORE Dinner:	2 Capsules

If you do not eat breakfast, you may adjust your capsule intake to lunch and dinner only.

DO NOT exceed nine capsules per day.

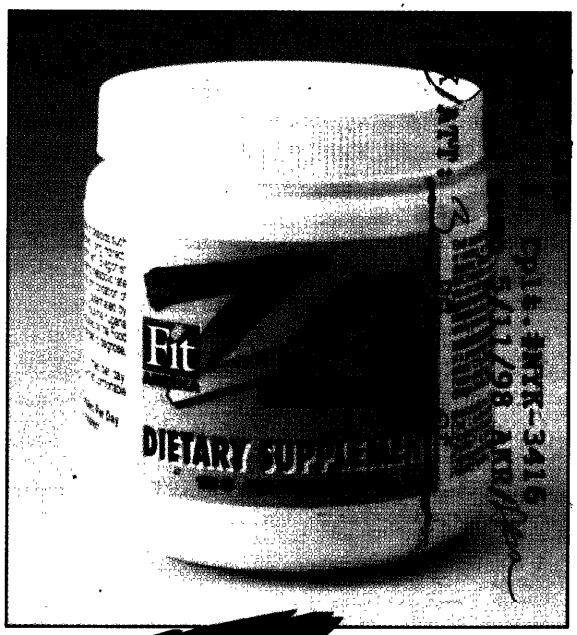
- We strongly recommend you take Z-4 with Fit America's daily mineral tablet.
- Do not take any capsules after 6PM, even if you eat dinner at a later hour!
- If you are unsure about your dosage level, consult your representative or call our Help HOTLINE:

Fit AMERICA 000008

[redacted]

Fit AMERICA

The All-Natural Plan For Health & Wellness

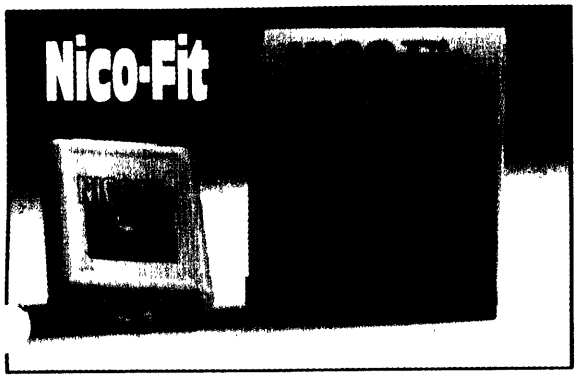


Z-4

EATING GUIDELINES & INGREDIENTS LIST

Fit America's "NO DIET" Weight-Loss System

You Don't Need To Quit...



But smoking in public places is becoming more and more difficult. If you work in a nonsmoking facility, travel or dine out, Nico-Fit is the 100 percent natural answer for you. Simply take one capsule whenever there is the urge to smoke, and the craving will quickly subside. The combination of carefully ·cted herbs actually ...akes cigarette smoke distasteful to your body and retards nicotine absorption, which eliminates the physical craving for cigarettes.

Smokers who wish to stop are excited about Nico-Fit because it is simple, effective and all natural. The physical dependency on cigarettes often eliminates the willpower to sustain the psychological commitment. Nico-Fit reduces the physical need for cigarettes and, in so doing, provides the willpower needed to finally stop smoking.

The decision is yours. You don't need to quit... just stop smoking the easy way when you have to... Get Nico-Fit! Starter $9.95 and Economy Jar $48.

Keep Up A Good Face With...

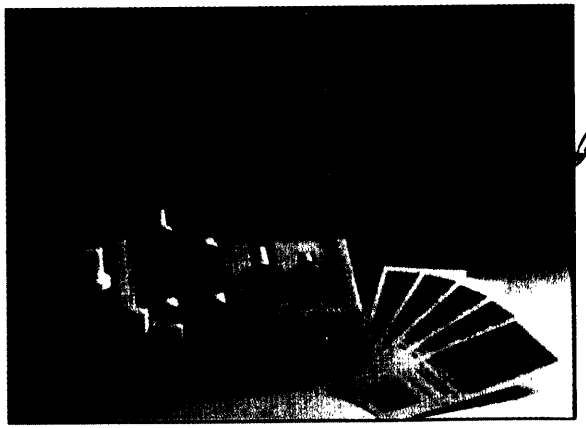
Derma-Fit

Now You Can Achieve The Same Results As Cosmetic Surgeons, Right In Your Own Home!

Derma-Fit is a medically proven skin-care system, developed, tested and prescribed by medical professionals around the world, for both men and women. One hundred percent natural, Derma-Fit provides results by imitating the natural process that takes place in young, healthy skin.

It is a well-recognized fact that the skin rejuvenates itself by a process of exfoliating the outer layers of old cells, then replacing them with healthy ones. As we age, the rate of exfoliation slows down, allowing old, dry cells to accumulate on the surface of the skin. When these cells become darkened, they result in wrinkling. By removing the outer layer of dead cells, the underlying younger, healthy cells are exposed. This results in a striking improvement in the appearance and texture of the skin because it returns the skin to its younger condition.

Derma-Fit is a four-part exfoliating and moisturizing process that is made of 100 percent natural ingredients. Just a couple of steps, once or twice daily, are all that is needed to see dramatic improvements in the condition of your skin. You may experience a fresher, glowing appearance, a smoother feel, reduction of wrinkles, more even skin tone and a reduction in pigmentation (age spots). Whether your face is dry, oily, rough, acne-prone or sun-damaged, you may customize the Derma-Fit system to meet your personal skin-care needs. Available in Travel Pak for $39.95 or Monthly Kit of $99.95.



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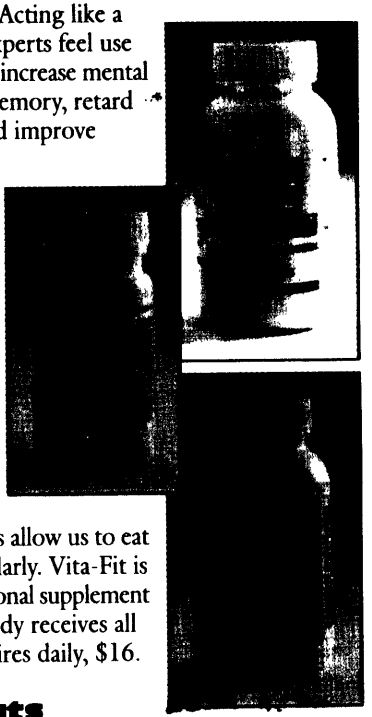
Herbal Answers Are Healthy Answers

"An Ounce Of Prevention Is Worth A Pound Of Cure"

Fit Forever

Antioxidant Rejuvenation Formula

Our Antioxidant Rejuvenation Formula has been designed to fight the natural reactive substances we are all exposed to every day, like exhaust gases and ultra-violet radiation (sunlight). Acting like a body tonic, herbal experts feel use of an antioxidant will increase mental alertness, improve memory, retard the aging process and improve circulation, $38.



Vita-Fit

Multi-Vitamin Complex

This perfectly balanced daily multi-vitamin will provide the body with all the essential vitamins and minerals it requires. The demands of today's lifestyle do not always allow us to eat balanced meals regularly. Vita-Fit is a high-quality, nutritional supplement that ensures your body receives all the nutrients it requires daily, $16.

Fit Fats

Essential Fatty Acid Supplement

Essential Fatty Acids (EFAs) are necessary nutrients for the body, yet they are often neglected because they are found in high-calorie foods (like nuts) which most people eliminate from their daily food intake. Lack of EFAs may result in hair loss, dry skin, frequent stools, impaired healing and other physical disorders. A single daily dosage of Fit Fats provides all the necessary EFAs your body requires, for only 20 calories. It would take more than 300 calories of food containing essential fatty acids to duplicate this supplement's nutritional value, $38.

MAO Inhibitor

Fit AMERICA™

A Word About Fit America

Fit America is recognized as the all-natural answer because our products are, in fact, all natural and because they answer many of the specific needs of our customers.

The high rate of obesity in the U.S., the overall failure of diets, pressure for smoke-free environments, increased skin damage due to sun, chemicals and other factors all contribute to our quest for unique and practical products.

Our programs are designed to meet the needs of individual lifestyles and are easily adaptable for everyone. We are a realistic approach to natural health care.

Each item in the Fit America product line is manufactured to the highest pharmaceutical standards, using only the finest ingredients. Our highly informed and dedicated Distributors are genuinely committed to the success of their clients.

Whether it's weight loss, control of smoking, skin care or general nutrition, our tens of thousands of successful customers prove daily that:

Natural Answers
Are Healthy Answers...
Get Fit America!

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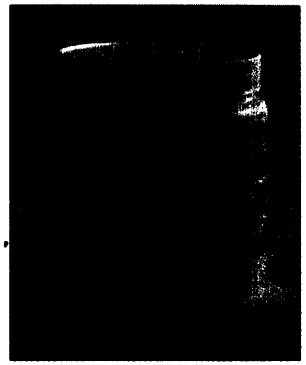
Get Renewed Vitality With...

Vigor-Fit

This 100 percent natural herbal product for men was originally developed to help physical male impotency. The carefully selected blend of healthful herbs has been used since antiquity for their invigorating and energizing properties. Vigor-Fit increases activity and diminishes the effects of stress fatigue or dietary imbalances, $90 per jar.



Natural Answers
Are Healthy Answers...
Get Fit America!

Fit AMERICA™

Your Fitness Consultant Is:

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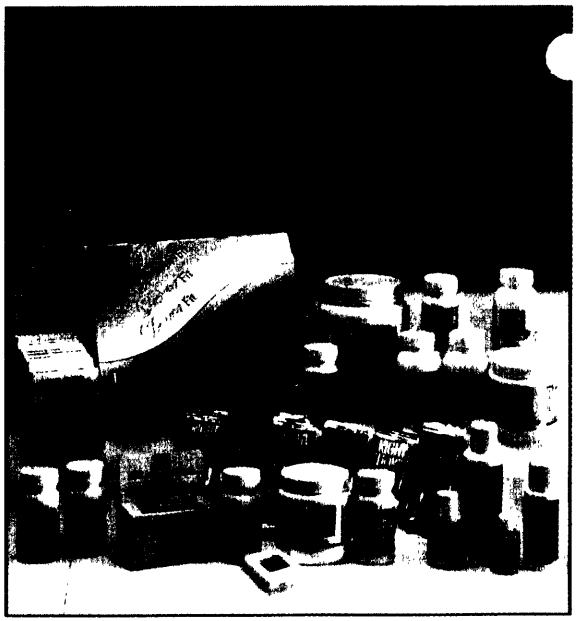
Fit AMERICA™

The All-Natural Answer for

Weight Control
Smoking Control
Aging Control
Health & Wellness



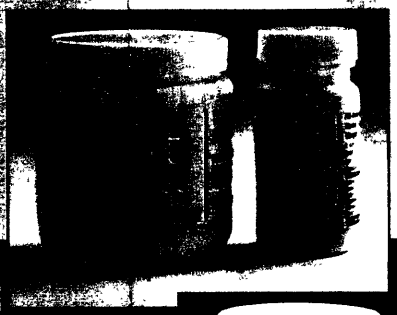
Fit America's "NO DIET" Weight-Loss System

How To Make The Fit Plan Work:

Fit America is more than just an herbal weight-loss capsule. For instance, the Metabolic Optimizer is critical for long-term herbal weight-loss success. Items like Fit Forever and Fit Fats (Essential Fatty Acids) provide you with some of the nutrients that are difficult to get eating regular foods. It is not an option to eliminate the nutrition you need if you want the program to be successful. Many people cannot eat 10 ounces of protein (meat) daily, no matter how hard they try. In cases such as this, Fit America's Protein Powders, Proti-Bars or Candy Bars are necessary additions to assist weight loss on our program.

When you understand how each of the Fit Products works, both individually and together, you will achieve maximum success obtaining your weight-loss goals.

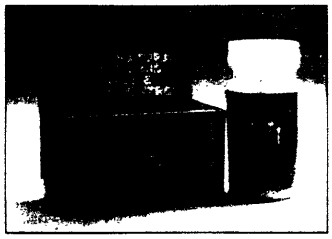
Fit America Herbal Weight-Loss Capsules: The very best and most practical 100 percent natural weight-loss program available today. The 13 herbs and minerals in this product help suppress appetite, regulate the bowels and kidneys and stimulate the metabolism so the body utilizes the foods consumed more efficiently. Fit America requires a high-protein (chicken, seafood, lean red meat) low-carbohydrate (bread, rice, potato, pasta) eating plan with unlimited fruits and vegetables added in daily. With the correct balance of foods and adequate water consumption (six to eight 8-ounce glasses daily) you can expect to lose between 10 and 18 pounds monthly. 7 to 10-Day Starter Pac, $29.95. 45-Day Jar, $135.



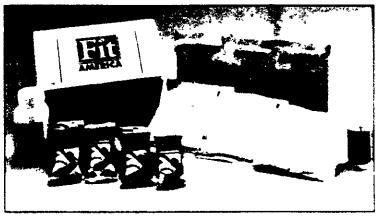
Herbal Accelerator: (Ma-huang free) You now have a 100 percent natural weight-loss alternative WITHOUT MA-HUANG. This product may be taken alone or can be used in small dosages with Fit America as an additional energy and metabolic booster. Contains guarana, whole fruit extract, nutmeg, nicotinic acid and ginko. Available in a Starter Pac, $29.95 or 180-jar $125.

Metabolic Optimizer: Replaces your Fit America dosage every 30-45 days. This one-week stabilization/cleansing period is designed to revitalize and restore body energies while eliminating any herbal build-up that may occur with the utilization of our weight-loss formula. Taken for seven days, the Metabolic Optimizer will reduce weight plateauing and eliminate a potential tolerance to long-term use of the Fit America product. $27.95.

Fit Yellow Minerals: The yellow mineral tablet that is provided with your Fit America supply may be purchased separately. Depending on the dosage of gray capsules taken daily, some people run out of yellow mineral tablets and still have plenty of herbs. 45-day supply, $22.



Sampler: This value pack one of each of our specialty products to try prior to committing to individual purchases. Sampler value is $95 and you pay only $75. Sampler includes one each of the following: Packet of Spaghetti Bolognese, Hearty Stew and Old Time Chili, Vanilla, Chocolate and Strawberry pudding/shake packets. Chocolate Mint, Peanut-Butter, Fruit and Oat, Chocolate Fudge candy bars, Herbal Accelerator Starter Pac and Fit Fats, $75.



Fit Fats: Essential Fatty Acids (EFAs) are necessary nutrients for the body, yet they are often neglected during weight-loss programs because they can only be found in items usually not associated with weight-loss goals: things like nuts (very high in calories) or dried beans (difficult to prepare). Lack of EFAs may result in hair loss, dry skin, frequent stools, impaired healing and other physical disorders. In addition, when the body is deficient in a nutrient it needs to be healthy, it will store excesses that you would otherwise like to eliminate - like FAT! Fats are a necessary part of a healthy diet, but there are different kinds of fats. If you do not get enough EFAs in your daily diet, your body will not eliminate the excess fat you carry, even though that fat has been broken down. Fit Fats will provide you with the recommended daily allowance of EFAs and allow your body to eliminate the fat you're trying to remove. THIS PRODUCT IS FOR EVERYONE! 120 gel caps (one-month supply) $38.

UNDERSTAND PROTEIN SUPPLEMENTS

Fit America would prefer you eat balanced nutritious meals and minimize food supplements. When eating right is difficult or if you are looking for high-protein snack items, our protein supplements are simply the best.

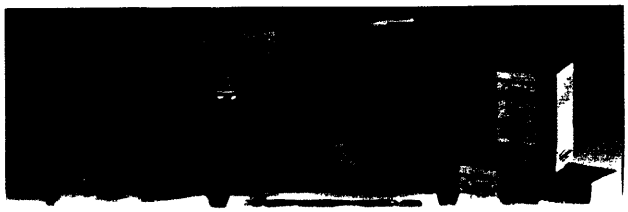
Candy Bars: Sometimes you'll have a sweet tooth that is best satisfied with our delicious, high-protein candy bar assortment. Each gift box comes with two Chocolate Mint, two Chocolate Fudge, one Peanut-Butter and one Fruit and Nut Bar. Excellent! Box of six, $15.

Pudding/Shake Mix: Our protein powder comes in easy, pre-measured packets and can be used to make creamy shakes, (eight ounces of liquid) or pudding (four ounces). Three great flavors: Chocolate, Vanilla and Strawberry are rich and delicious while delivering 15 grams of all vegetable, lactose-free milk and soy bean protein. Box of six, $12.

Proti-Bars: Chocolate covered meal replacement bars available in Black Forest, Honey Peanut and Honey Almond. Box of six, $12.

Meals-On-The-Go: The perfect solution for those who find themselves unable to go out for lunch or dinner. Eight to twelve grams of protein in each pre-measured serving packet are easily mixed with water. When meal packet is added to ground turkey or sirloin, protein value can double or triple! Three entree choices include Spaghetti Bolognese, Hearty Stew and Old Time Chili. Each with the taste of meat but 100 percent vegetable proteins, these Meals-On-The-Go make meal planning easier for your vegetarian customers too. Box of five, $12.

Creamy Soups: Made with all-vegetable protein. Our high-protein soup assortment includes Chicken, Mushroom and Onion. Box of six, $12.



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