

- **Here is some information on the product:**

**Skinny Fiber is changing lives!**

**Skinny Fiber is unlike any weight loss supplement out there because not only is it all-natural and stimulant free, you will you lose weight and reap the benefits of becoming healthier!!**

**What is Skinny Fiber?**

Skinny Fiber is a pure, **all natural** nutritional weight loss supplement that comes in the form of a capsule. It is a super detox on a cellular level! It has no nasty side effects, unlike other dietary supplements that make your heart pound and make you feel jittery. Skinny Fiber is **STIMULANT FREE**.

**What is in Skinny Fiber?**

It contains 3 main plant ingredients:

**Glucomannon**

- a unique all natural soluble dietary fiber that expands 50 times its size in your stomach helping you overcome the #1 enemy of weight management ... overeating. In addition to the amazing support for your weight loss goals, on its way through the body, glucomannan supports the colon, thereby supporting the digestive system.\*

**Caralluma**

- a plant, in the cactus family, that has been used as a natural appetite suppressant and thirst quencher in India for centuries, particularly in times of famine.\* Caralluma fimbriata is also believed to help support weight management.\* It is believed to block certain enzymes that form fat in the body.

**Chá de Bugre**

- a small tree found in Brazil- very successful in suppressing the appetite and believed to fight cellulite. Can be roasted and made into a coffee substitute and is a good heart tonic that stimulates circulation. It's also used in Brazil and Haiti as a tea to help relieve cough, regulate renal function, reduce uric acid, and externally to heal wounds.

As well as 7 digestive enzymes and antioxidants:

Beyond supporting digestion, certain Digestive Enzymes can play a major role in weight management.\*Enzymes are responsible for every single chemical reaction in every single cell of your body. The enzymes found naturally in raw foods are very sensitive to heat (cooking) and most processed foods are completely void of the enzymes your body desperately needs to properly digest your meal. If you cannot get enough nutrition from the food you take in, your body just wants more.

### **Amylase**

- an enzyme that helps digest carbohydrates. Breaks down starch and turns them into a natural sugar which gives the body energy. Also found in the pancreas and the glands that make saliva.

### **Protease**

- a digestive enzyme needed to digest protein. It liberates amino acids needed by the body. Used as therapy for benefits in oncology, inflammatory conditions, blood rheology control, and immune regulation.

### **Lipase**

- a digestive enzyme needed to digest a healthy amount of fat our bodies need. It hydrolyzes lipids, the ester bonds in triglycerides, to form fatty acids and glycerol. Dissolves fat throughout the body, improves metabolism, and aids in overall detoxification process.

### **Glucoamylase**

- also turns starch into sugar for easy digestion

## **Papain**

- a protease enzyme found in the papaya plant and is used to treat gastrointestinal problems such as stomach ulcers and indigestion. Breaks down heavy proteins to make them easy to digest and absorb into the body and works well against Celiac disease, shingles, and herpes. It also shortens the healing time of some injuries and surgery.

## **Cellulase-**

sustains blood sugar, maintains good level of cholesterol, supports cell membranes to keep them healthy from free radicals, toxic chemicals, and breaks down biofilm to help detoxify the intestinal tract as well as major organs.

## **Bromelain**

- enzymes found in pineapples, used for digestive support. It treats inflammation following surgery primarily of the ear, nose, and throat as well as other infections and injuries. Aids heartburn when used with amylase and lipase and reduces diarrhea.

The ingredients in Skinny Fiber:

block 20-30% of all calories eaten from being absorbed by the body

help your body absorb vitamins and minerals

suppresses appetite and help you eat less while still feeling satisfied - it expands 50 TIMES its size in your belly when you drink your water!

block the absorption of fat from the foods you eat

burn fat and boost metabolism naturally - NO JITTERY FEELING...EVER!

flush fat from the colon wall

remove parasites from the intestines (this is often times a cause of weight gain that people never think about!)

We have many reports from our customers of it also helping with: GERD, acid reflux, bowel inflammation, joint inflammation, joint pain, joint dysfunction, fibromyalgia, chronic fatigue, arthritis, erectile dysfunction, infertility, renal dysfunction, compromised liver function, edema, gout and a host of other health issues. Skinny Fiber will enhance the inside. These results differ and you may not see the same results!

### **FAQ: What is the cost of Skinny Fiber**

One bottle is good for 1 month. 1 bottle is \$59.95 but I also have some great deals going on. Buy 2 get 1 free \$120(saving \$60) or the best deal buy 3 get 3 free \$180 (saving \$180). I always suggest everyone commit to the 90 day challenge...that is when you get your best results! If you know a friend or family member that wants to do the challenge with you, the Buy 3 get 3 is your best option...it would only be \$90 for each of you.

### **FAQ: When is the best time to take Skinny Fiber?**

You can take Skinny Fiber in different doses at the times of the day that suit you best. It is recommended that you take 2 Skinny Fiber capsules, twice daily, 30 minutes before your 2 largest meals of the day – typically lunch and evening meal. However, we are all different and some people will find that a larger dose of 2 capsules 3 times a day or 3 capsules twice a day will make a huge difference to their results. Here are some suggested routines:

4 capsules a day:

2 x capsules before lunch and 2 x capsules before dinner

6 capsules a day:

3 x capsules first thing in the morning and 3 x capsules early evening or

2 x capsules before breakfast, 2 x capsules before lunch and 2 x capsules before dinner

You can alter the times that you take Skinny Fiber to suit you. For example, if you are very hungry mid-morning and mid-afternoon then take yours then. If you are a late night snacker, take your dose mid-evening to curb those cravings. The important thing is to be consistent and make sure you take them regularly every day.

### **How should I take Skinny Fiber?**

With plenty of water! This is a fiber product so you may experience bloating if you are not drinking enough water with it. Ensure your water intake is at least 2 liters a day or even more if you can manage it. I can't stress how effective this is as many of us don't get our required intake

of water even without taking the extra fiber. Many people find taking the capsules with lukewarm water and lemon first thing in the morning also boosts their results (please make sure the water is lukewarm and not hot so that the capsules don't dissolve in your mouth).

### **Does everyone experience a detox effect?**

Depending on your current state of health and the number of capsules you take, you may experience different levels of detox when you first start taking Skinny Fiber. Some people need to go through this detox stage before they start to see the weight coming off. Skinny Fiber works hard to improve your health from the inside out. Just keep up the high water intake you will soon start seeing the benefits.

### **How long does it take Skinny Fiber to work?**

Skinny Fiber is not a quick fix weight loss product and it can take several weeks to start seeing results for some people. This is perfectly normal and varies from person to person depending on your state of health before you started taking Skinny Fiber. If you have digestion problems or other underlying health issues, it will take a while to restore your body's balance. Fat can be stored as a way of protecting the body and once your overall health improves, the weight loss will follow. Yet we have seen quite a few people who start seeing the inches coming off in a matter of days....every "body" is different.

### **Do I have to diet and/or exercise to get results from Skinny Fiber?**

The answer to this question again will depend on your body. We have many customers who have not changed their diets and have never exercised 1 day while on it and are getting amazing results. Unfortunately, this is not the case with everyone! Just for the purpose of becoming healthy, if you need to lose weight and/or have health issues, you should begin to make healthy lifestyle changes by watching what and how much you eat as well as trying to move your body everyday.

### **I still feel hungry even when I take Skinny Fiber as directed, what should I do?**

This may be happening for a couple of reasons. Firstly, you may be dehydrated. Dehydration can cause us to feel a false hunger and since you are taking a fiber supplement it is even more important to ensure you have plenty of water / fluids. Drinking plenty of water will ensure that the Glucomannan expands to full capacity in your stomach.

Another reason is that your digestive health may not be good when you first start taking Skinny Fiber. Be patient and be consistent, every day this supplement is having a positive effect on your

health and once more healing has taken place, your appetite should reduce and you should start to see your weight dropping.

### **Does Skinny Fiber give you the jitters?**

Skinny Fiber contains all natural, pure ingredients that work to restore your body's digestive health, reduce your appetite and gently increase your metabolism to promote natural weight loss over time. Skinny Fiber does not contain caffeine or any other ingredients that are known to give users the 'jitters'.

### **Can I take Skinny Fiber while I am Pregnant or Breast Feeding?**

Since no formal clinical trials have been conducted, it is advised that you stop taking Skinny Fiber once you discover you are pregnant and whilst breast feeding. Your Skinny Fiber intake can be resumed afterwards as a great supplement to help get your post baby body back in shape. Consult your Dr. if breast feeding we have many that have been cleared to use Skinny Fiber while still breastfeeding and is usually safe for mom and baby.

### **I am going through menopause, can I take Skinny Fiber?**

Oh yeah and you will thank your lucky stars you found Skinny Fiber if you experience hot flashes. Many of our customers report either less hot flashes or none at all!! Wouldn't that be wonderful!?

### **Is Skinny Fiber gluten free?**

Yes, this all natural product is gluten free.

### **Does Skinny Fiber have other health benefits?**

Sooooo many.....\*We have received many testimonials from customers who say that Skinny Fiber has helped a whole host of other health issues such as IBS, cholesterol, blood sugar, insulin levels, fibromyalgia, acid reflux, ED, low energy, PCOS, arthritis, constipation, low thyroid, Lupus, energy, menopause, migraines, fertility issues due to Polycystic Ovarian Disease just to name a few. It appears to have a very effective regulating effect on the body including blood sugar and hormones. These results differ and you may not see the same results!

### **Does Skinny Fiber have any side effects?**

To date we have not discovered any reports of negative side effects due to the use of Skinny Fiber. Some individuals may notice increased bowel movements, bloating and gas at first due to

the increase in fiber and detoxifying effect on the body depending on the state of their digestive health when they start taking the supplement. If this happens, we suggest increasing your water intake. These effects are usually short lived once the body gets used to the increased fiber and your digestive health starts to improve.

### **Do I need to follow a particular diet or eating plan while taking Skinny Fiber?**

It is not essential to follow a particular plan but you do need to listen to your body. Many of us eat large portion sizes out of habit and continue eating past being full. If you aim to reduce your portion sizes and choose more natural unprocessed foods then this will of course increase the benefits and results you get from Skinny Fiber.

If you prefer the structure of following a certain diet then Skinny Fiber may compliment it well and boost your results even further. Its unique blend of ingredients may help you stick to a certain eating plan through feeling satisfied with smaller portions and reducing cravings.

What will not work is if you take Skinny Fiber and continue to overeat to excess regardless of how full you are feeling – continuing to binge on unhealthy processed foods and sugary foods and beverages expecting Skinny Fiber to be a miracle cure isn't going to get you results you want as the supplement will be fighting a losing battle with your continued unhealthy eating habits.

### **After I am done taking Skinny Fiber, will I gain my weight back?**

NO. Although, many people stay on Skinny Fiber after they have met their weightloss goals due to the health benefits they personally experienced while taking SF. The longer you have been on SF the better. Why? Because SF detoxed your body, cleaned out the toxins and rebalanced your hormones creating a body that was “ready” to lose weight. However, with skinny fiber or any weight loss regiment- if you go back to eating junk and drinking calories you WILL gain back weight. You cannot go back to bad eating and drinking habits and think that the weight is going to stay off. After being on Skinny Fiber for awhile, it should have retrained your brain to become intune to your body's needs- into only needing smaller portions at meal times, and eating more throughout the day in order to keep your metabolism going and your blood sugars level.

SO if you continue to maintain the good eating habits you learned while on SF then you will be fine. Also to remember to keep moving- Go for a walk, ride a bike, Swim, dance or chase the kiddies or animals around the park.