

LOSE UP TO 10 POUNDS EVERY TWO WEEKS\*



## EVOLUTION WEIGHT MANAGEMENT PROGRAM OPTION 2: MODERATELY RESTRICTED ACTIVE-LIFESTYLE PROGRAM

Thousands of patients have achieved weight-management success through the original Calorie-Restricted Lean Body Program (*Evolution Weight Management Program* Option 1). This successful program is geared toward providing rapid and sustainable improvement in body composition for patients with substantial weight-loss goals who are more focused on caloric reduction than physical activity.

DesBio has introduced a range of products, including *hA2cg Evolution, OptimaLean* (a functional food supplement,) and *EquolSLIM* (a nutritional with proven weight-management benefits) that open the door for an exciting new 1,000-calorie weight-management option that combines caloric reduction with moderate physical activity.

The Moderately Restricted Active Lifestyle Program (*Evolution Weight Management Program* Option 2) was designed to support patients who lead active lifestyles but are still struggling to lose a few extra pounds of fat. It is also an ideal weight-management option for patients with smaller weight-loss goals who want to start or maintain an active lifestyle.

### Who Is This Diet For?

This program is optimized to provide significant weight loss (up to 5 lbs per week) for individuals who:

- Have a BMI of 25 or less
- Are moderately active (or healthy enough to begin a moderate exercise regimen) or whose vocation requires significant physical activity
- Want to build muscle while losing fat

Other individuals who may benefit (with less significant weight loss) include those who:

- Are unable to control hunger and cravings with Option 1 (Calorie-Restricted Lean Body Program)

### The Diet Protocol

The basic diet is nearly identical to Option 1 (which only allows 500 calories daily). The same foods are included or excluded and the three-week maintenance period is still required (see DesBio's Patient Guide for more information).

There are only four major differences:

- There is no "fat-loading" phase
- Dieters are allowed 1000 calories daily including 6 oz (rather than 3.5 oz) of lean protein for two meals per day
- Dieters are required to drink an *OptimaLean* (functional food supplement) shake each day
- Dieters supplement with *EquolSLIM* twice daily

Dieters over 50 may add *HGH Vitality* to the regimen, and women who are near or past menopause should also consider *Hormone Combination*.

### Exercise is Key

One of the key aspects of the diet is physical activity. Dieters must exercise to see maximum benefit. Exercise should consist of 20-25 minutes of light to moderate cardio and 15 minutes of light weight training (or equivalent activity, e.g. in a job that requires manual labor,) five times a week (no more than 40 minutes of exercise per day).

See page 2 for a daily breakdown and additional notes.



\*Individual results may vary

Option 2: Moderately Restricted Active-Lifestyle Program

# Day At A Glance

## Notes



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8	
9	<b>hA<sup>2</sup>cg Evolution Drops</b>
10	<b>EquolSLIM</b>
11	<b>OptimaLean Shake: YUM!</b> 200 calories ☺☺
12	
1	<b>hA<sup>2</sup>cg Evolution Drops</b>
2	<b>Lunch</b> 400 calories
3	
4	<b>Exercise</b> — 20 min cardio — 15 min weights
5	<b>hA<sup>2</sup>cg Evolution Drops</b>
6	<b>Dinner</b> 400 calories
7	<b>EquolSLIM</b>
8	
9	Specific times are not important, but <b>hA<sup>2</sup>cg Evolution</b> should be taken 15 minutes prior to any meal, and <b>EquolSLIM</b> should be taken within 15 minutes of eating (before or after)
10	
11	

DesBio's full-body **Detox** program should be started one week before the diet and continued throughout.

Dieters 50 and older may take **HGH Vitality** at the same time as the **hA<sup>2</sup>cg Evolution** drops.

Women at or near menopause may also consider **Hormone Combination**.

Postponing the first meal (the **OptimaLean** shake) until late morning may reduce hunger and cravings.

Exercise can be completed at any time during the day.

**hA<sup>2</sup>cg Evolution** drops may be increased to 10 drops 6 times daily if experiencing hunger or weight loss plateaus.

As with any diet, consult your healthcare practitioner before beginning the Moderately Restricted Active-Lifestyle Program

