

A MISCONCEPTION ABOUT WEIGHT LOSS

Most people who want to lose weight, wants to see changes immediately, without any effort. This is one of the main misconceptions about slimming aids and products.

Dr Greg's No Diet Dreamzzz Product Range, should be used to ASSIST you with your weight-loss journey. It should help you cope with consuming less food while you adjust your eating habits and lifestyle, it can also help you, with muscle toning, while enjoying your new Lifestyle, which should include physical activity for effective results.

Most people do not realise how important regulated sleep is, not only to your weight-control, but to your overall general well-being. You need to go to sleep at a specific time and wake-up at a specific time each day. Should you go to sleep later than normal, stick to your regular wake-up schedule, even on weekends, as it gets your body in a healthy, consistent sleep rhythm.

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DREAMZZZ PRODUCTS

Weight Control & Loss
Maintenance/Muscle Toning

ARE YOU TIRED OF: -

- Always trying to lose those extra kilos?
- Being overweight and feeling unhealthy?
- Struggling to stick to diets?
- Battling with water retention?
- Emotional eating and always feeling hungry?
- Exercising but not getting the results you want?
- Losing focus of your goals?

DR GREG'S NO DIET DREAMZZZ PRODUCT RANGE COULD BE THE SOLUTION FOR YOU!

Dreamzzz Products are suitable for adults who are interested in living a healthier and happier life by maintaining and achieving their body's ideal weight, without any harsh side-effects, (please see *insert* for contra-indication for persons with certain medical conditions and those using chronic medication). If experiencing symptoms or health problems, seek the advice of your healthcare provider.

ONLY EFFECTIVE WHEN USED IN COMBINATION WITH A KILOJoule-CONTROLLED EATING PLAN, T'S & C'S APPLY.

Disclaimer: The information provided is not intended to represent or guarantee that everyone will achieve the same or similar results.

DREAMZZZ



*Take back control of your body
for a happier,
healthier Lifestyle
and
Stay in control of your body and
your health*

A Medically Supported Programme

DREAMZZZ PRODUCTS

AMINO ACID DRINK

800grams @ R700.00 per container

While you sleep, your body searches your system to find specific amino acids to assist your metabolism!

This product provides all the missing amino acids and nutrients, in perfect balance to your body. It all comes down to proper nourishment and reconstruction of your body's cells.

Dreamzzz Amino Acid Drink is especially designed so your body can use the amino acids instantly for immediate effectiveness! It assists with the production of enzymes and growth hormone.

Best of all, one serving contains 46 Calories and nearly, NO fats or carbohydrates (and minimal amounts of lactose, when served with water).

Dreamzzz Amino Acids promotes the release of your *natural Human Growth Hormone*, which assists with: -

- Weight loss
- Muscle toning
- Reducing the effects of aging
- Regulating sleeping patterns

This product comes in 3 (three) FLAVOURS: -

- **STRAWBERRY & LIME**
- **ORANGE & CHOCOLATE**
- **CARAMEL & VANILLA**

APPETITE REGULATOR

400grams @ R950.00 per container

To reduce your weight you need a global approach by reducing calorie intake, increase physical activity, in brief, what is required is to: -

CHANGE YOUR BEHAVIOUR!

This product is specifically designed for weight control and reduction of calorie intake. Its unique formula gives you a sense of fullness and satisfaction.

It is a Super-High concentrated molecule, which swells and expands to 200 times its original weight! It is therefore prudent, to drink at least 2-3 glasses of water directly after having a serving, to activate its FULL potential.

Dreamzzz Appetite Regulator is unique as it is a Water-soluble Dietary Fibre and is activated by your bodies gastric fluids.

Which then goes on to: -

- Regulate Appetite
- Regulate Extra Calorie Absorption
- Regulate Cholesterol Absorption
- Improve Metabolism
- Delay Gastric Emptying Time
- Enhance Intestinal Health
- Enhance Immune Capacity

Natural

APPETITE CONTROL

30 Capsules @ R350.00 per container

Dreamzzz Caps is a complementary natural medication and was designed to help make any weight-loss and dieting process more tolerable, simple and doable; a non-scheduled supplement, which aids with suppression of hunger, and with extra weight control benefits.

You feel like you have better control of your appetite.

You will feel like you have more control when you change from harmful eating habits and routines to healthier choices and options.

You will not feel like your every waking moment is focused on food.

Dreamzzz Caps also assists with the following: -

- Decreases consumption of calories
- It stimulates the breakdown of stored fat cells
- Increases and restores your metabolic rate and assists to utilise calories faster (thermogenic)
- Restores and enhances your taste senses giving you quicker satisfaction when eating. (Palliative Sensitivity)
- Speeds up the transit of food when eating
- Mild diuretic

ALWAYS REMEMBER TO DRINK PLENTY OF WATER!

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MD (UCL Belgium)
NO DIET™

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