

# 5-Day Plan

Rapid Weight Loss



## Key Facts

- The Easy Body 5-Day Plan is a **revolutionary** plan designed to get any woman who wishes to lose weight on the fast track to weight loss in only a short **5 days**.
- The 5-DAY PLAN is a complete nutrition **program** composed of key formulas that will help anyone to **easily** start their new diet the right way.
- If a person is looking to lose weight but **doesn't know where to start**, the 5-Day Plan is a guaranteed way to get that person **started** on the right path.

## Each 5-Day Plan contains a complete 5 day supply of:

- **Lipitek** which is a scientifically developed formula from the US, which contains the clinically researched ingredient **Capsimax Plus**. *Capsimax has been proven to help the body burn 12 times more calories above normal and unwanted fat for energy. (For further product information, refer to the Lipitek discussion).*
- In addition, the 5-Day Plan comes with **Water-Less**, a blend of natural herbs and vitamins that help you to tone and firm your body by reducing excess water from problem areas such as the hips, thighs and waist. *(For further product information, refer to the Waterless discussion).*
- Finally, the plan comes with our delicious **Appetite Control bar**, a nutrition bar high in protein and fiber designed to help you control your appetite and reduce your calorie consumption throughout the day. *(For further product information, refer to the Appetite Control bar discussion).*
- And the 5 Day Plan comes with **the 5 Day Rapid Weight-Loss Plan nutrition & exercise program**, which is a very simple but extremely effective program that will jump start the metabolism and get the body to start losing body fat as it builds muscle tone.

## Use :

<b>MORNING</b>	Take 3 capsules of <b>Lipitek™</b> with water
<b>MIDDAY</b>	Take 3 capsules of <b>Lipitek™</b> with water
<b>1-2 HOURS BEFORE DINNER</b>	1 <b>Appetite Control™</b> bar with a large glass of water
<b>AT BEDTIME</b>	Take 3 capsules of <b>Water Less™</b> with a large glass of water

