



# BIO-FORM<sup>®</sup> Essentials

INNOVATIVE SOLUTIONS FOR HEALTH & FITNESS



## Power Tips for ALPHA-FIBE FBCx<sup>®</sup> success!



- ✓ Natural, stimulant-free ALPHA-FIBE FBCx<sup>®</sup> is a fiber, so drink at least 6 ounces of water per tablet
- ✓ Take one ALPHA-FIBE FBCx<sup>®</sup> tablet per meal during the first week you use it
- ✓ Don't use ALPHA-FIBE FBCx<sup>®</sup> with a low-fat diet
- ✓ Don't exercise less or change your diet after starting ALPHA-FIBE FBCx<sup>®</sup>

Each ALPHA-FIBE FBCx<sup>®</sup> used quickly locks away 9 grams of dietary fat—about 80 calories—uniquely favoring saturated fats. Removing saturated fat from your diet promotes better insulin sensitivity, which enhances your healthy burning of stored fat with convenient safety and without stimulants.

When using ALPHA-FIBE FBCx<sup>®</sup>, you do not need to follow a special diet since the body believes it is on a diet. Please use one tablet for every 15 to 20 grams of fat you eat—an average meal contains 30 to 40 grams of fat. Continual use of ALPHA-FIBE FBCx<sup>®</sup> may allow you to eat a normal diet (of 3 daily meals) and lose weight without exercise. For individuals using medication, please consult your medical professional's advice for successfully using ALPHA-FIBE FBCx<sup>®</sup>.



Please don't use ALPHA-FIBE FBCx<sup>®</sup> "as a license to overeat."

Thank you for your purchase, we salute your health!

As seen on ABC TV news - WXYZ channel 7

FBCx<sup>®</sup> technology process—developed by 2 Wayne State University professors  
The latest innovation in weight loss & health—U.S. Patent # 6,890,549



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## Examples of food calories before and after taking ALPHA-FIBE FBCx<sup>®</sup>

Food Examples	Calories	Fat (g)	ALPHA-FIBE FBCx <sup>®</sup> Tablets Used	Fat Calories Bound	Net Cal. After Using ALPHA-FIBE FBCx <sup>®</sup>	% Of Total Calories Bound
1 Cheese Burger	330	16	1	81	249	25
1 Small Steak	412	21.2	1	81	331	20
1 Pork Sausage	344	27.3	2	162	182	47
1 Chicken Sandwich	660	40	3	243	417	37
1 Hamburger	290	12	1	81	209	28
1 Filet-o-fish	470	26	2	162	308	34
1 Slice Of Apple Pie	400	22	1	81	319	20
1 Slice Of Cheese Pizza	270	13	1	81	189	30

Snack Examples	Calories	Fat (g)	ALPHA-FIBE FBCx <sup>®</sup> Tablets Used	Fat Calories Bound	Net Cal. After Using ALPHA-FIBE FBCx <sup>®</sup>	% Of Total Calories Bound
1 Slice Of Cheesecake	346	22.2	1	81	265	23
100 Grams Of Potato Chips	526	33.4	2	162	364	31
100 Grams Of French Fries	507	29.3	2	162	345	32
½ Cup Of Ice Cream	270	18	1	81	189	30
100 Grams Of Chocolate	250	13	1	81	169	32