



I'd been heavy my whole life and was still getting heavier. Alpha-Fibe<sup>®</sup> was like magic. The weight came off rapidly and without any change in diet or special effort on my part. And the best part is I'm still losing weight.

J.F.  
Windsor, ON



month. I exercised daily and decreased my portion size. I lost 5 pounds in the first month. I was so happy. I knew I had a long way to go but I was encouraged. In Jan of 2006, I broke my ankle badly. I could not exercise for 6 months. I continued to watch my portion size and continued to take the Alpha-Fibe<sup>®</sup> with each meal. Surprisingly, my weight stabilized. I did not gain or lose any weight. Once I received the go ahead to exercise, the weight fell off.

Presently, I have lost 50 pounds and dropped from a Size 16 to a size 10. I feel wonderful and my self esteem has improved greatly. Thank you for your product. I am truly grateful.

I have been over weight for 13 years now. After the birth of my first son, I could not seem to lose the weight. I became more and more frustrated about my weight loss or there lack of, after the birth of my second son. My self esteem was low and I felt very unattractive and unhealthy. I had no energy. I just sat around and watched as I became heavier and heavier

A friend of mine read the article in the Windsor Star about Alpha-Fibe<sup>®</sup> and showed me the article and the brochure. I decided at that point that it was time to try a new product to keep this demon from growing bigger and bigger. I am no different than any other person. I tried all the fad diets and only went so far with them and decided it just was not for me. I started taking the Alpha-Fibe<sup>®</sup> in Sept of 2005. I saw results within a

C.H.  
Amherstburg





I am 13 years old and started using Alpha-Fibe® on and off throughout the end of summer and am now using it readily. I have gone from a pant size H34 to a size 16-18. I have also lost about 15 pounds.

E.G.  
Grosse Pointe Park, MI



They say the last 15 pounds are the hardest. After 11 months and 1000s of km on the Road and Mountain bikes, 4 hour sessions on the stair climber and light weight training routine I had plateaued at 235 lbs. Alpha-Fibe® made it happen. I achieved my goal weight and maintained my strength completing the race without injury.

I would highly recommend Alpha-Fibe® to any athlete who wants to drop a few Kilos before an event or just to maintain His/Her optimum weight in the off season."

Once again, Thank You!

G.F.  
Windsor, ON

"Thanks to Alpha-Fibe® I was able to reach my goal weight and complete one of the hardest mountain bike races in the world.

La Ruta Da Conquistadores is a race from the West Coast to East Coast of Costa Rica .In 3 days we traveled 500 km's of Jungle, mud and sand, over 10,000 meters of climbing followed by hair raising 60 kmph down hills on loose lava rock; not to mention the heat, rain and bugs.

Being 48 years old 6' 3" -274 lbs I knew I had a lot of trimming to do to get to my goal weight of 220lbs. To maintain my strength I had to keep a High Energy Diet which included fat for joint and muscle repair and provided much needed long lasting energy.

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I'm so glad hearing from you! 'cause you guys really help me a lot! I really had a hard time in my life 4 years ago. I had a new boyfriend then, and you know what? I gained 35 pounds in 3 months by eating before going to sleep! I really felt I'm so ugly then, and sometimes I cried for not being able to lose weight. My sister in Illinois heard my mom talking about me through

the phone, and she bought 2 bottles of Alpha-Fibe® for me. After taking Alpha-Fibe® every meal for 3 months, I lost 22 pounds! And I never thought losing weight is that easy! And now I'm still taking Alpha-Fibe® when I eat too much.

The first picture attached is the picture "before", and the second one is the "after". You can see my face, my arm and my hip become much smaller. I'm tall (5 feet 10 inches), so my size is larger than the normal size, and before I took Alpha-Fibe®, I even felt so tight fitting in a men's size XL pants! Now I wear size M in women's size in! And now I can walk confidently when going shopping!

Again, I can never thank you enough for changing my life, and it's my pleasure to be your testimony!

S.F.  
Taiwan



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Last holiday season I happily slipped on my stretchy velvet sweats with the elasticized waistbands every day. I had bought them in four colors and they hid many sins! At the same time, I had quit smoking cigarettes. The combination of holiday goodies and kicking the smoking habit by nibbling on snacks packed 15 pounds on me in no time! Again, I was hidden in yards of velvet and no one noticed! Well, spring arrived. The velvet had to be put away. Out came the shorts and halters and capri pants. NOTHING FIT! I couldn't believe this! I had been a size 8 for over 20 years! I bought a treadmill and started working out and I watched my diet, but nothing seemed to be working. I was so upset! Then my husband showed me an article in our local newspaper, which reported that your natural weight loss product was being overlooked due to no market saturation like other lesser products enjoyed. I decided to try it! It works! I have lost 10 pounds in one month and I feel terrific! Thank you so much for the opportunity to share my story!

All the best,  
B.M.  
North Carolina

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I am a person who has always been overweight in my adult life. When I found out I was diabetic, my whole way of life changed, especially my eating habits. I lost about 80lbs and hit a plateau. A friend of mine suggested I use Alpha-Fibe®. I must admit I was skeptical but started taking Alpha-Fibe® anyway. Within a month I lost another 10 pounds without a change in diet. I will continue to use Alpha-Fibe® until and perhaps after I reach my goal weight. Thanks for such a great product.

Frank M.  
New Brunswick

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My name is Jordan and I am 20 years old. I went a on a low carbohydrate diet 2 years ago and lost a chunk of weight (50 lbs). After maintaining for almost two year, I knew that I had 15 more lbs to lose in order to reach my goal of a visible six pack. I was reading the newspaper a month ago and read an article that fascinated me. A pill with no side effects that actually prevents fat? I decided to trust the publication I read the article in and go buy a bottle. Now, one month after using Alpha-Fibe®, I have lost 6 lbs and my body fat has gone down from 13% to 9%. I did not change my diet at all and was consistent with my exercise, but I know the pill helped me. I recommend and advocate this pill to anyone looking to lose weight. Thank you more then words can explain.

Jordan  
West Bloomfield

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Thank you very much for creating such a GREAT product! I just finished my bachelor's degree, am busy starting a new job, all while trying to plan a wedding. Needless to say, I don't have too much time to spend working out and looking at labels. With Alpha-Fibe®, I can eat what I normally do, and I AM LOSING WEIGHT!!! I've only used about half of the bottle (have been on it about half of a month) and have ALREADY lost about 10 pounds!!!! This is a WONDERFUL product that "fits" every lifestyle!!!!!! This is the much needed "boost" I've been looking for years! Thank you for realizing what people REALLY need in their diets! This product is AMAZING---half of a bottle and already 10 pounds! I can't wait to keep using it!

C.H.  
Ames, IA

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Thank you for Alpha-Fibe® I've been taking for the past two years. My story might be a bit unique in that I'm 68 yrs. old and have stayed the same weight and size for the past 40 years. I have good cholesterol ratio although I take minimal medication for hypertension (family history)."  
"Since being on Alpha-Fibe®, my cholesterol levels have not changed much. BUT, now that I'm retired and not eating veggies and a slice of whole wheat bread and tea for lunch anymore, my diet has changed. I think like most seniors I eat out more often, either in restaurants or at dinner parties. I'm no longer able to control my diet as strictly as when I was working. So, I take Alpha-Fibe® when I eat out or want to splurge. I do not want to start gaining weight and girth now that I'm a senior and I think I'm entitled to a few treats and splurges. Thanks for letting me maintain my healthy lifestyle and weight.

M.A.  
Sarnia, ON

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Alpha-Fibe® is a product that I started using before the Christmas 2004 holidays. I wish this product was available to me sooner because several years ago I had my gall bladder out and found that certain foods would process much quicker after having the surgery. With Alpha-Fibe® I have noticed the difference immediately in the way my body processes food. I have also lost weight, without severely changing my diet, since using Alpha-Fibe®. "My husband is now also taking Alpha-Fibe® because of its ability to reduce the amount of fat that his body will absorb while eating fatty foods. We both have not experienced any side effects by taking Alpha-Fibe® but are enjoying the weight reduction benefits and more.

I highly recommend the use of Alpha-Fibe® to anyone who wishes to lose weight sensibly and lower the fat content in their blood.

Thank you so much for creating Alpha-Fibe® because it really works!"

Sincerely,  
S.W.  
Livonia, MI

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My fiancé and I live a very busy lifestyle. She works full time and is a full time nursing student. While I have a full time job during the day and a cleaning job during the evening. Our hectic schedule leaves us eating our meals late at night. As if that is not bad enough, we usually end up dining out or bringing home fast food. As you might have guessed, this eating routine didn't take long to affect our weight. We seen Alpha-Fibe® on a local Detroit news station and she was desperate to try it. To our surprise, it worked. In just a few short months, I watched her go down 2 pants sizes. Keeping in mind that we did not make any changes to our diet. After seeing her loose weight and easily maintain her current weight, I decided that I too would start using Alpha-Fibe®. I was having a difficult time fitting into any of my pants, but after just 2 weeks of Alpha-Fibe®, they fit better than before. We have been recommending Alpha-Fibe® to everyone we know. It is hard to believe, but it really does work. Just a few short months ago, we were concerned about fitting into the wedding gown and tuxedo we ordered for our big day, but now she is having her size 8 wedding gown taken in and my size 32" pants are a perfect fit. I will continue to use Alpha-Fibe® as a way to maintain my current weight and I know that my soon to be wife is going to do the same. Alpha-Fibe® is a wonderful product! Not only do you really get results, there is no effort and no side effects.

R.V.C.  
Brighton, MI

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I am 22 years old and love to eat. I am satisfied with my current weight, but in order to maintain this weight I obviously can't eat whatever I want. Watching what I eat makes me downright miserable! I took Alpha-Fibe<sup>®</sup> for a 6 week period around Christmas time last year in hopes that I could eat whatever I wanted during the holidays without gaining weight. I ate non stop for the six weeks and did not maintain my weight, I actually lost 7 pounds!!! I went off of Alpha-Fibe<sup>®</sup> until about two months ago when I found myself watching what I was eating again. Again my plan was to maintain my weight by taking Alpha-Fibe<sup>®</sup> with dinner and when I wanted to splurge. Last weekend I put on an old junky pair of jeans to garden in, then realized that I grabbed the wrong pair. The pair that I was wearing hadn't fit me since I was 18! I never thought I would ever wear pants from high school again. This made me think that I will either have to lay off of the Alpha-Fibe<sup>®</sup> for a while or invest in a collection of belts. Thank you Alpha-Fibe<sup>®</sup> for letting me maintain my weight without having to watch what I eat."

Sincerely,  
B.A.A.

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My wife and I heard about your product while visiting Windsor from Plymouth, Michigan. Although neither of us are obese, we both could stand to lose about 20 lbs to attain our most optimum healthy weight. I am an avid cyclist and hoped to complete my first 100mile one-day tour this June and my wife wanted to lose weight to fit in to her original wedding dress for our son's wedding. Thanks to Alpha-Fibe<sup>®</sup>, we both achieved our weight-loss goals in 10 weeks! My lovely wife looked even better than on our wedding day and I rode my bike 100 miles in 6 hours on father's day! Needless to say, Alpha-Fibe<sup>®</sup> made believers out of both of us!

J.C.  
Plymouth, MI

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I have been using your product (Alpha-Fibe<sup>®</sup>) for about a month now and it has done absolute wonders for me.

4 years ago at the end of my high school career I was in great shape as I was very involved in athletics, mainly swimming. Also I was (and still am) working at a gym as a personal trainer. However I soon started University, and as I became involved in clubs on campus, as well as my hours of homework every day, my fitness fell by the wayside.

Going into this summer (middle of my 4th year), I was weighing in at 223lbs. As my last semester of school was fairly laid back as far as classes go, so I committed to myself that I would get back into decent shape before starting my masters degree in September (when I will probably not have any time to keep in shape again).

Over the summer I have started working out, jogging and playing basketball. Over the first month I saw very few results. However I then saw the article in the Windsor Star about your product and began doing research on it.

Having worked at a gym and seen the range of supplements out there and the side effects, I had come to have a stand against the majority of supplements, as most people who take them don't know what they are putting into their bodies. Also the effects some of the diet pills have on the heart is very scary.

My mom and I agreed that we would try your product after I had come to the conclusion that it was extremely safe.

Since that time (roughly one month) I have lost 10-15lbs (depending on when I weigh myself), and am now able to see (somewhat) 4 of my abs again! [I should mention that I don't always take the prescribed 2 per meal. If I cheat and have fast food, or other high fat meals I will have 2-4 pills, but at times like breakfast where I have no fat I don't take any).

I have since begun recommending your product to my friends and customers at the gym where I work.

The major reasons I truly believe in your product and am not afraid to recommend it are:

- It forces users to take note of how many grams of fat and how many calories they are taking in. I feel this is VERY important for anyone trying to become healthy, as it makes them be conscious of what they are putting in their body. Whereas other supplements (such as xxxxxxxx) are just taken every day normally with no thought process.

- It focuses on reducing fat. After seeing the coming (and now going) of the Atkins fad, and the sometimes rough side-effects that are associated with it, I have taken a strong stand against "cutting out carbs". Since carbs are the main energy source of the body, I feel cutting them out is a very poor way of dieting. However the fat contents in our average daily diets are currently too high (I feel) and your product fixes that.

- It allows users to still feel full, which other diets do not allow.

- It's a natural product that doesn't affect other parts of the body (whereas other supplements are absorbed first and then processed).

Overall I am extremely satisfied in your product and would like to congratulate you on your success. Please continue your great work; you are making a positive difference in the lives of many of your users.

Hopefully by the end of the summer, I'll be back into the shape I was in in high school!

Thank you for your time.

S.S.

Windsor, ON

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Well, let me say that my bowels have never worked the way I would like them to work, which would be everyday. And for the last 2 yrs, it has gotten worse, constipation all the time. And as you know, this makes you feel bloated, fat, and miserable. Since taking these pills in June, my bowels move almost everyday, and I feel great! They started to work immediately. I don't really have a weight problem, I work out at the gym, and try to keep in good condition, but I always felt bloated! Now, my belly feels great!!! Thanks again!!!!

M.B.  
LaSalle, ON

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I am a Nurse Practitioner who works with patients with diabetes and other endocrine disorders. I have been using Alpha-Fibe<sup>®</sup> myself since June 2005 to help manage my weight and cholesterol levels. I take a medication that causes substantial weight gain, but with Alpha-Fibe<sup>®</sup> I have been able to keep the weight gain to about 5 pounds. I have not experienced any side effects. I recommend Alpha-Fibe<sup>®</sup> to my patients who are trying to lose weight as well.

Thanks for a great product!

L.A.  
Bloomfield Hills, MI

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I'm a senior person, not over weight, and generally my every day home diet is modest in fat. However, when I go out to have a nice dinner or party I usually will gain 1-2 pounds next morning. I do enjoy dine out. Since I'm having more and more outings I get more and more uncomfortable for that. When I heard from my friend about Alpha-Fibe<sup>®</sup> for its ability to reduce the amount of fat absorbed in one's body system. I decided to have a try. I started to take the pills while I'm eating out. I only take two during the meal. I have a habit to weigh myself every morning for many years and it gives me an excellent way to measure the immediate effect of this pill for weight control. After a month, I definitely notice the gradual reduction in the next morning weight gains after a night out. I felt pretty good to see that my weight is much more stable than before. On the other hand, it seems that the number of pills taken for each meal should be proportional to the amount of fat food one consumed to even more effectively to control the weight gain. Should I take more pills when I have a heavy meal such as a big steak? What is the maximum number of pills you recommend one can take for each meal? Is there a limit number for a whole day?

D.C.  
Bloomfield Hills, MI

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I simply wanted to take a moment to let you how impressed I am with Alpha-Fibe<sup>®</sup>. I believe you have created an incredibly effective product. When I first heard about Alpha-Fibe<sup>®</sup>, on a local news station, I was quite skeptical, but fortunately, I tried it anyway. I have been taking Alpha-Fibe<sup>®</sup> for about 4 months now and to my surprise it really works. I was amazed to experience that your product does everything you promise. I do not know how many pounds I have lost, but I can happily tell you that I went down 2 pants sizes. My weight has always fluctuated. I can lose, but then I quickly regain. However, I have noticed that when I take my Alpha-Fibe<sup>®</sup> as prescribed, I am able to easily maintain my weight. I work full time and attend college full time, so my hectic schedule often leads to fast food and unhealthy snacks. When I eat foods that are high in fat, I simply take an extra pill or two to help sustain my current weight. Along with the physical benefits, Alpha-Fibe<sup>®</sup> also helps me deal with the feelings of guilt associated with unhealthy eating habits. Plus, I have not had a single side effect when taking your product. I was so impressed with Alpha-Fibe<sup>®</sup>, that I bought a bottle for my dad to help with his weight loss following an open-heart bypass operation. I sincerely believe that your product would benefit nearly everyone. Even people that are not over weight often struggle to maintain their weight. Everyone likes to splurge on occasion and that is when we need Alpha-Fibe<sup>®</sup>. I can tell you from personal experience that your product is an excellent tool for success! I have struggled with my weight for most of life and for the first time, I am finding it possible to maintain a healthy weight without unrealistic lifestyle changes. I have tried countless weight loss products and until now, the only thing I had lost was my money. You really have created a successful product! Not only will I continue to use Alpha-Fibe<sup>®</sup>, I will recommend it to everyone I know!

Thanks again,

P.B.  
Brighton, MI

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After many unsuccessful attempts to lose the weight I had gained in college, I tried Alpha-Fibe<sup>®</sup>. Over the course of a year and a half, I was able to lose 20 pounds without making any changes to my diet or exercise routines. It truly is a remarkable product that has the potential to change the obesity crisis.

E.L.  
Pasadena, CA

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I am writing to request a bottle of Alpha-Fibe<sup>®</sup> and to tell you why I want it. Last year I took Alpha-Fibe<sup>®</sup> to lose some weight and then to protect myself against fat consumed during occasional non-healthy meals. I stopped taking it in the fall and have found that I have gained back ten of the thirty pounds I had lost. I have decided to start using Alpha-Fibe<sup>®</sup> to help me shed those extra pounds and after I have lost it I will know enough to keep some extra Alpha-Fibe<sup>®</sup> on hand so that this doesn't happen again!

Thanks for your help.

L.B.  
Tecumseh, ON

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I started taking Alpha-Fibe<sup>®</sup> about 3 months plus ... ago. I cut hair for a living and one of my clients ranted and raved about this new product. So, with her confidence, I tried Alpha-Fibe<sup>®</sup>. At first, I wanted to give up because I didn't see a difference.

Then, suddenly, I lost ten pounds, it seemed instantly. I was giving up on "working out" and I still lost weight.

As I continued to "try" to work out more & eat better, the more I lost. I lost 23 pounds ... it keeps coming off.

C.M.  
Denver, CO

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Neither the FDA nor the FTC evaluated these statements. This product is not intended to diagnose, cure, treat or prevent any disease. Regular exercise & proper nutrition remain fundamentally beneficial for achieving your weight-loss goals. Individuals have been remunerated. Results not typical. As individuals vary, so will results.

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