

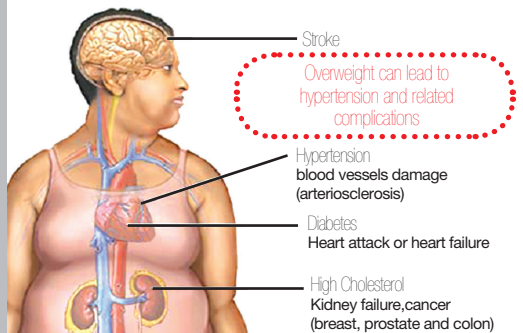
TRO**S**

KETOESSENTIALS®

Weight Management Programme

EN

Benefits at a Glance



Being overweight and obesity are not just an appearance problem, they are also risk factors leading to non-communicable diseases.

Ministry Of Health, Malaysia 2003

- ✓ Lose up to 3 kg in just 8 days
- ✓ Enjoy more than 3 meals a day until full and satisfied
- ✓ Improve body composition (lean body mass vs fat mass ratio)
- ✓ Get rid of excessive fat deposit in body
- ✓ When slim down, no wrinkles or skin sagging problem (eyes, chin, arms, breast, tummy, buttocks and thigh)
- ✓ Fairer, glowing and radiant skin
- ✓ Improve softness and elasticity of skin
- ✓ Increase daily energy level
- ✓ Improve High Blood Sugar Level (Diabetes), High Blood Pressure (Hypertension) and High Cholesterol (Hypercholesterolemia)
- ✓ Maintain, enhance and protect Gastrointestinal and body internal organs.
- ✓ Improve blood circulation and immune system
- ✓ Delay aging process
- ✓ Proven effective for all ages and blood types

Have you ever thought that weight management is a Mission IMPOSSIBLE? If you have tried all sorts of methods (low fat, low calorie, blood types, low carbs, high protein, etc) to get rid of the excessive stubborn fat, yet ended up with ineffective or unsatisfied results, or abnormalities found in health check report, please **DO NOT GIVE UP!**

KetoEssentials® Weight Management Programme will be your ideal solution in weight loss!

This is a new discovery in weight loss by a group of dedicated British and American scientists who have contributed to research and experiments towards this new diet theory since 1960. It is currently the most supported weight management theory worldwide that has shown to reduce excessive body fat without any side effects ...if done correctly! In the previous 10 years, these astonishing results have been published in many prestigious and renowned Medical Journals worldwide.

Sounds exaggerated? This was the initial reaction by thousands of satisfied testimonials. From young to elder generation, from men to women, all came primarily looking for solutions for their accumulating and worsening obesity associated health problems. These people failed through different diet programs but they have kept their hopes and dreams alive with KetoEssentials® Weight Management Programme!

With **KETOESSENTIALS**® Weight Loss becomes ...**Mission I'm POSSIBLE!**

Starting the 8 days On-going Weight Management Program



STEP 1

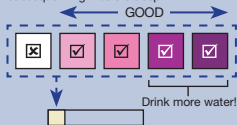
Mix a sachet of KetoEssentials® with 250ml of cold water. Stir and consume immediately. You are recommended to consume KetoEssentials® half an hour before meal; breakfast, lunch and dinner. Drink at least 8 glasses of water (which is equivalent to not less than 3 litres of water daily) throughout the day.

STEP 2

During the 1st and 2nd day of program, you are strongly recommended to go on meal as indicated on the right. You can eat eggs, prawns and fish as much as you like until you are satisfied. The food can be cooked in your own preferred style.

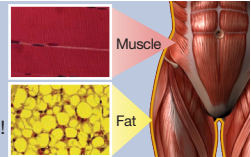


3rd day morning (before breakfast) and subsequent night before sleep.



STEP 3

In the morning of 3rd day, use Ketostix to test your urine. If the ketostix turn pink or purple, Congratulations! Fat Burning Is In Progress!



Symptoms

Indicating ...

Headache, Dizziness, Nausea, Fatigue

- Insufficient water consumption. Ketostix will indicate purple color.
- Drink more water (at least 3 litres a day) , ensure you have sufficient rest/sleep.
- May take medication to relieve symptom but not more than recommended dosage.

Stomach Discomfort, Excessive Gastric Gas

- Colon cleansing and detoxification in process. Go to toilet more often.
- If problem persists after 8 days, kindly consult your doctor.

Migraine, Acute Gout

- Have medication in hand.
- If problem persists after 3 days, kindly consult your doctor.

Leg Cramps, Hair Loss

- Invariably indicates that you have skipped one or more KetoEssentials® in between and cause rapid loss of essential nutrients during the program.

Corrective Diet Regime

From 3rd day morning onwards, you will be following a Corrective Diet which allows you to eat any food containing the combination of protein and fat; as long as there is no refined-carbohydrate and/ or sugar content. You should eat until you feel satisfied when you are hungry; but don't get stuffed!

Corrective Diet Regime is not going to be your lifetime regime! Its primary purpose is to correct your imbalanced metabolism within the shortest time possible during the weight management program and to increase nutrients absorption by body cells.

On the 3rd day morning (before breakfast) or at night (before you sleep), you must monitor your urine via Ketostix. Ketostix should turn pink or purple in colour.

If Ketostix remains white, this indicates that most probably you have skipped one or two sachets of KetoEssentials® or unconsciously consumed refined-carbohydrate or sugar-containing food. Should this happen, stick to the diet regime and ensure the food consumed are allowed in the corrective diet regime. The Ketostix test result should be pink or purple on the following day and night.

If Ketostix turns pink repeatedly on each subsequent day and night until the 8th day, you will be surprised that you would have lost an average of 1 to 3 kg of fat within the first 8 days of the program!

You are encouraged to continue until your ideal or intended body weight target is achieved.

Dieters who follow this diet regime **WITHOUT** consuming KetoEssentials® as instructed may risk getting health complications and common “fad diets” negative side effects!



FOOD ALLOWED



FOOD TO AVOID

Carbohydrate, sugar food and beverages



Important Reminder : Foods to AVOID are strictly forbidden throughout the on-going weight loss period.

Nutrients and Functions

Nutrients	Weight Loss
Fiber (soluble & insoluble)	Gastrointestinal Cleansing <ul style="list-style-type: none"> • Get Rid of Excessive Fat/ Cholesterol from Food Intake • Normalize Blood Sugar Level, Reduce LDL-Cholesterol
Aloe Vera Extract	Lowers Body Temperature <ul style="list-style-type: none"> • Relieves Gastritis • Relieves Sore Throat
Probiotics	Aid Digestion , Improve Appetite and Nutrients Absorption <ul style="list-style-type: none"> • Eliminate Pathogenic Bacteria in Intestine
Prebiotics	Nutrients for Probiotics <ul style="list-style-type: none"> • Restore Intestinal Flora
Polyunsaturated Fatty Acids (Omega 3 & 6)	Breakdown Stubborn Fat (also known as White Fat) <ul style="list-style-type: none"> • Eliminate Plaque Accumulation in Arteries • Normalize Blood Pressure • Reduce Frequency of Migraine • Relieve Arthritis
Isolated Soy Protein	Highly Digestible Protein to Enhance Body Firming
Spirulina	Spirulina's Phenylalanine Helps Resisting Hunger
Colostrum	Prevent Protein Breakdown in Body <ul style="list-style-type: none"> • Promote Protein Synthesis
Seaweed Calcium	Essentially Supply Calcium Loss During Program

Other related vitamins, minerals and enzymes: All these nutrients in the KetoEssentials® formulation work synergistically to ensure optimum absorption, assimilation and utilization by the body. KetoEssentials® is formulated with essential nutrients required by human to support growth, development, metabolism and health. Deficiency of any nutrient will result in malfunction of body organs. The optimum functioning of human body possesses unique healing function which prevents us from illness and early-aging.

Malnutrition of today will cause clinical illness tomorrow ... Slowly ... But Certainly!

We Are Always Here With You!

Your Beauty & Health, **Your Wealth!**

Congratulations! We believe that you have experienced the success brought to you by KetoEssentials® Weight Management Programme, from the achievement of your ideal external norms to internal nutrients intake. The newborn you is now fully-charged with confidence and good health, at the same time, transforming to be a fashion chic by putting on new clothes and enjoying life with glorification!

When you have achieved your ideal body weight, is that THE END of it? We truly understand that maintaining a life-long quality beauty and health is everyone's dream, thus, TROIS presents to you BeautyEssentials™ Wellness Programme. Taking 1 to 2 sachets of BeautyEssentials™ in accordance with balance diet will ensure wellness and weight maintenance.



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