

NEW

INTERMITTENT
FASTING MADE
EASY

SLIM ME

GP16:8

A unique programme that celebrates healthy weight loss by combining daily supplements with the 16:8 method of Intermittent Fasting - an effective time restricted eating plan that fits around your lifestyle.

FOR BEST RESULTS

Book your free call with one of our Registered Nutritionists using the link below:

UK Customers:

www.gpnutrition.com/pages/gp168hub

USA Customers:

www.gpnutrition.us/pages/gp168hub



GABRIELA PEACOCK

READ ME

for instructions,
tips & meal advice



GP16:8 AN INTRO TO YOUR PLAN

WHAT IT DOES...



Clinically proven¹ healthy weight loss that you can maintain



SLIM ME Drinks for blood sugar balance and reduced cravings



SLIM ME Capsules to support a healthy metabolism, digestion and energy levels



Live Cultures Capsule* clinically proven to reach the gut alive

*Formerly known as a Probiotic

WHY GP16:8?

The 16:8 Nutrition plan is designed to help you lose weight in a healthy and sustainable way through a unique combination of:

- Time restricted eating – a balanced, simple to follow form of intermittent fasting that involves consuming all food for the day within an 8-hour window and then fasting for the remaining 16 hours.
- A comprehensive programme of supplements, food advice and support - designed to reflect a real visit to a nutrition clinic.
- A free call with one of our Registered Nutritionists for any questions, help and advice. To book, please use the links provided at the front of this leaflet.



WHAT'S IN MY GP16:8 BOX?



THE 16 HOUR FASTING WINDOW CONTAINS

Some helpful tools to support you during your fast



THE 8 HOUR EATING WINDOW CONTAINS

Daily supplements to help you achieve optimum results



= 3 sachets per day



= 1 sachet per day



OptiBac
Live Cultures Capsule
= 1 capsule per day

¹ Each Slim Me Drink contains 1.5g Glucomannan, a natural fibre which has been shown to contribute to weight loss. The beneficial effect of Glucomannan is obtained with a daily intake of 3g in three doses of 1g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet. Glucomannan also contributes to the maintenance of normal blood cholesterol levels - the beneficial effect is obtained with a daily intake of 4g of Glucomannan.

GP16:8 AN INTRO TO YOUR PLAN

WHAT IS THE 16:8 EATING PLAN?

The 16:8 eating plan is a form of intermittent fasting that restricts eating to an 8-hour window. You then fast for the remaining 16-hours of the day, some of which will be whilst you are sleeping.



During the 8-hour eating window you can eat and drink what you want with no calorie counting.

However, **FOR BEST RESULTS** we highly recommend you make **healthy food choices** as per the advice given on pages 17 - 21.



During the 16-hour fasting period you must not consume anything other than water or all natural herbal teas (unsweetened, 0 kcal).

If desired, black tea or black coffee (no milk or sugar) is allowed.

However, be mindful that caffeine can lead to sugar cravings and poor sleep so if you find this happens, try decaf instead.



HOW DOES AN OVERNIGHT FAST HELP YOU TO LOSE WEIGHT?

THE SCIENCE OF FASTING



When we eat more food than we need and more regularly than we need, our body's preferred storage place for excess energy is as easily accessible glycogen in the liver.

However, liver storage space is limited so when it runs out of room, we then store it as fat in our adipose tissue (body fat).

Normally, because we consume food (energy) regularly throughout the day, we don't need to access the fat stores in order to supply our body with energy.

However, by fasting for 16-hours, the lack of food intake during that period means the body is able to access and break down our fat stores.

This use of fat for energy (fat metabolism) helps us to burn body fat stores whilst preserving muscle mass and function.

PLANNING YOUR 8-HR EATING WINDOW

TIP: TRY TO EAT YOUR LAST MEAL OF THE DAY 1 HOUR BEFORE YOUR EATING WINDOW CLOSES

PLANNING YOUR 8-HOUR EATING WINDOW:

Below are some 1 day examples of how you might split your days in to 16 hours fasting and 8 hours eating. However, these are just examples, it is very important you choose an eating window that fits your own schedule and needs.

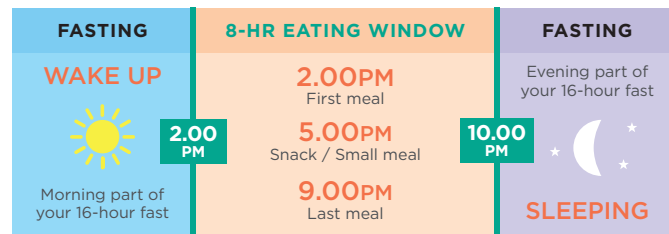
Very Early Starts? If you go to bed early and wake up early, you may choose to start your eating window at 10am and close it at 6pm.



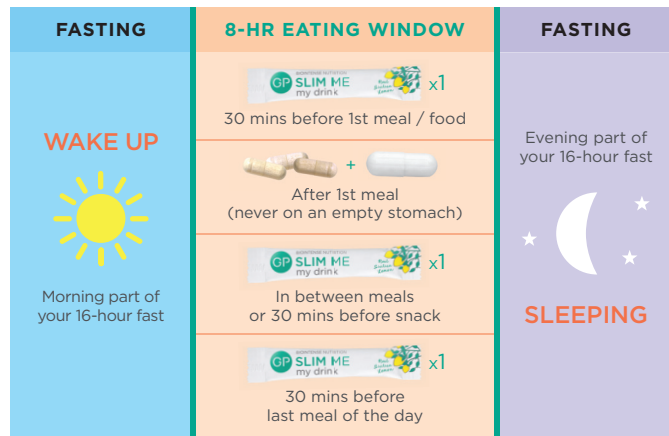
Working 9 till 5? If your typical working day is 9am till 5pm and you have to travel quite far to get to work then this schedule can work well.



Evening Events? If you have an event that means eating/drinking later, you may choose to start your eating window at 2pm and close it at 10pm.



When to take your supplements? Your daily supplements are designed to be taken during the 8-hour eating window as per the example below:







Please see pages 10-16 for full instructions on how to take your supplements.




16:8 SCHEDULE EXAMPLE


SCHEDULE EXAMPLE FAQs

Below is an example of what your 2 week plan could look like.

WEEK 1	 MORNING PART OF YOUR 16-HOUR FAST	 8-HR EATING WINDOW & YOUR DAILY SUPPLEMENTS	 EVENING PART OF YOUR 16-HOUR FAST
MONDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
TUESDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
WEDNESDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
THURSDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
FRIDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
SATURDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
SUNDAY	FASTING	FOOD + SUPPLEMENTS	FASTING


8.00AM
12.00PM
8.00PM

WEEK 2	 MORNING PART OF YOUR 16-HOUR FAST	 8-HR EATING WINDOW & YOUR DAILY SUPPLEMENTS	 EVENING PART OF YOUR 16-HOUR FAST
MONDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
TUESDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
WEDNESDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
THURSDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
FRIDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
SATURDAY	FASTING	FOOD + SUPPLEMENTS	FASTING
SUNDAY	FASTING	FOOD + SUPPLEMENTS	FASTING


8.00AM
12.00PM
8.00PM

Do I have to stick to the same 16:8 eating schedule?

It is best practice to stick to the same eating window each day, however, if you do need to start your eating window earlier or later one day, just remember to make sure you are still fasting 16-hours before and after it.



What if I have purchased more than 14 days?

This is not a problem. Simply just repeat your 14 day cycle again and continue with the programme as many times as you want.



Is it safe to follow this plan for more than 14 days?

This is a lifestyle plan that can be enjoyed as frequently as you like.

However, please contact us or consult your GP if you have any concerns.



When is the best time to exercise?

Exercise at any time that suits you, however, it's extremely important that you listen to your body.

For example, if you start to feel weak or dizzy you should stop exercising and opt for a carbohydrate electrolyte drink immediately and then follow up with a well-balanced meal.

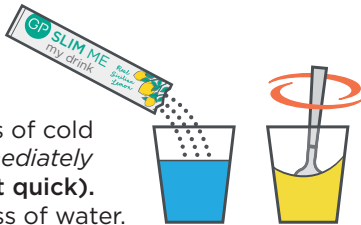


TAKING YOUR DAILY SUPPLEMENTS

HOW TO TAKE:

SLIM ME Drinks

Mix powder in half a glass of cold water - *stir and drink immediately (it thickens fast so drink it quick)*. Follow with a second glass of water.



IMPORTANT: Slim Me Drinks are highly absorbent so to avoid bloating, it's essential to drink plenty of water throughout the day. Aim for at least 10-15 cups.

HOW TO USE:

SLIM ME Drinks

1. To aid portion control at mealtime

Slim Me Drinks are most effective when taken 30 minutes before meals/snacks as they are designed to help promote the feeling of fullness, **enabling you to reduce your portion size by up to 50%** depending on your weight loss goals.



30 MINS BEFORE SNACK



30 MINS BEFORE MEALS



x3 SACHETS PER DAY

2. To reduce cravings in between meals

Having a Slim Me Drink between meals will help to regulate blood sugar levels and keep cravings for sugary and starchy food or drink at bay.

With 2.3g of natural soluble fibre per drink, you will also be increasing your fibre intake - helping you feel fuller for longer, slowing digestion and aiding healthy weight loss.



HOW TO TAKE:

SLIM ME Capsules + OptiBac Probiotic



Take x1 Slim Me Capsules Sachet plus x1 Probiotic Capsule per day with food

= 4 capsules in total per day



IMPORTANT:

Do not take the Slim Me Capsules or Probiotic on an empty stomach, they must be taken with a meal or substantial sized snack, ideally before 3pm.



WITH FOOD

More Info >>>

DAILY SUPPLEMENTS FAQs

Can I have a Slim Me Drink during my 16-hour fasting window?

As the Slim Me Drinks contain naturally occurring sugars from the Sicilian lemon powder, it does technically count as breaking your fast.

That said, healthy weight loss is all about being balanced and realistic so you stay on track.

Therefore, if you do find that having a Slim Drink helps you to manage your hunger during the fasting period then it's better to have a high fibre Slim Me Drink than a sugary biscuit!



How else can I manage my hunger during my fasts?

It's normal to feel hungry during your fasting periods, especially if you're used to eating breakfast or snacking before bed.

So here are some tips on combating hunger:



Stay Hydrated. We often confuse thirst for hunger so drink water, black decaf tea / coffee or zero calorie herbal teas.



Distraction. Any activity that's calming and not too strenuous can help to keep your mind engaged and distract you from hunger. Try taking a bath, reading a book, listening to a podcast, meditating or completing the enclosed GP Activity Book.

What if I don't use all 3 Slim Me drinks every day?

We recommend that you have at least (minimum of) 2 x Slim Me Drinks each day 30 minutes before your 2-3 main meals.

They will help you to reduce or control your portion size, balance blood sugars and reduce cravings.

If you forget or are unable to take one before your meal, you can still take a Slim Me Drink as stand alone snack, or you can save this spare sachet for another day for when you are feeling particularly hungry.



Do any of the capsules contain caffeine?

The metabolic support capsule (aka Thermo blend) in your Slim Me Capsule Sachet contains caffeine from Green Coffee Extract and Green Tea Extract.

This is roughly 20mg of caffeine:

For comparison, a standard cup of coffee contains roughly 100mg of caffeine.



Do any of the supplements contain laxatives?

No. None of our supplements contain laxatives.

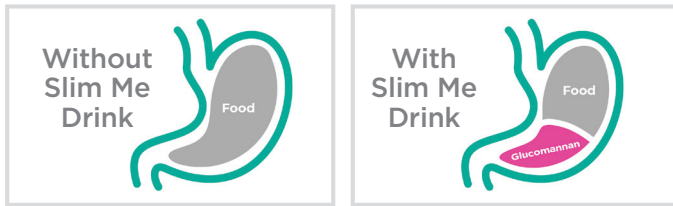
The Slim Me Drinks contain a natural soluble fibre called Glucomannan, so it's important to drink plenty of water alongside taking this plan.



SLIM ME Drinks

HOW IT WORKS: Our delicious Sicilian Lemon Drink contains Glucomannan - a natural, healthy and highly absorbent soluble fibre that has water attracting properties and can therefore swell up to 70 times its weight when mixed with water.

This forms a soft gel that partly fills your stomach to help you feel fuller faster, as shown in the example illustration.



Research has demonstrated that this can enhance weight loss results by:

1. Promoting the feeling of fullness, thus aiding portion control and reducing appetite.
2. Increasing the fibre content of every meal, helping to keep blood sugar levels balanced and cravings at bay.



DON'T FORGET. DRINK IMMEDIATELY. AND STAY HYDRATED.

SLIM ME Capsules

HOW IT WORKS: Slim Me Capsules are designed to help metabolism, digestion and energy levels whilst providing the body with comprehensive, multi-nutrient support.

- B Vitamin B Complex:**
Help to reduce tiredness and fatigue
- Mn Manganese:**
Helps metabolism of fat and glucose
- Artichoke, Fig and Prune Extract:**
For digestive health
- ★ Green Tea Extract:**
A natural energy booster, rich in antioxidants
- I Iodine:**
Supports metabolism through regulation of thyroid hormone production
- +** Many more active nutrients designed to nourish you from the inside out





OptiBac Live Cultures Capsule

1 capsule per day

OptiBac's Live Cultures Capsule contains high quality strains of natural bacteria which have been scientifically proven to survive through stomach acidity to reach the gut alive.

Created for those seeking a high quality, daily supplement of good bacteria, while avoiding the sugars, artificial flavourings or colourings added to yoghurt drinks containing live cultures.

GUT HEALTH & WEIGHT MANAGEMENT

Here at GP are strong believers in 'Healthy Gut, Healthy You'.

Supporting your gut with a daily friendly bacteria supplement is thought to help to improve digestive function, meaning you are better equipped to break down food, absorb enough of the right nutrients and remove waste products from the body.

Improved digestion can be beneficial to many bodily functions including those that assist with weight management.



FOR BEST RESULTS: We highly recommend you make healthy food choices as per the tips given below.

MEAL ADVICE:

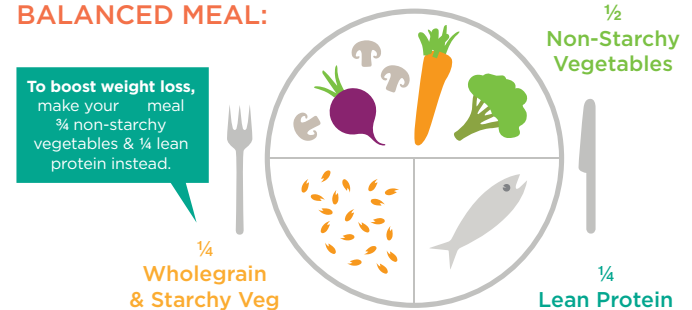
The right meal composition is crucial for blood sugar balance and appetite control whilst stabilising energy levels. For every meal, a $\frac{1}{4}$ of your plate should contain a portion of protein, and the remaining $\frac{3}{4}$ should come from healthy carbohydrates.

HOWEVER, the source of carbohydrate is key...

Most of your carbohydrates intake should come from non-starchy vegetables - taking up $\frac{1}{2}$ your plate.

This leaves the last $\frac{1}{4}$ of your plate as wholegrains / starchy vegetables.

BALANCED MEAL:



PROTEIN:

It is important that you have protein with every meal as it improves the blood glucose response, helping cells to use energy and maintain lean body mass.

EATING WINDOW - HEALTHY EATING TIPS

PROTEIN: (CONTINUED)



Animal proteins include: Eggs, lean meat, chicken, turkey, fish and dairy.



Plant proteins include: Tofu (soya), nuts, seeds, beans, pulses and quinoa.

CARBOHYDRATES:

Fibre rich (aka complex) carbohydrates are important because they make you feel fuller for longer, slowing digestion and therefore promoting healthy weight loss. Carbohydrates can be divided into fruits, vegetables and wholegrains.



Fruits: Focus on fruits with a low GI (Glycaemic Index) e.g. berries, apples, apricot, kiwi, citrus fruits. Limit to a maximum of two cupped handfuls a day, with / after your meal.



Vegetables: Focus on high fibre vegetables e.g. bok choy, broccoli, brussels sprouts, cabbage, cauliflower, collard greens, kale.

For starchy vegetables e.g. potatoes, sweet potato, beetroot, parsnips, peas, sweetcorn. **Limit your portion to a ¼ of your plate** as they tend to be higher in calories.



Wholegrains: Focus on natural, non-processed grains e.g. Brown / Black / Red Rice, Rye Bread, Spelt, Buckwheat, Bulgar, Millet, Quinoa.

FATS:

To maximise results, you should focus on fats that provide you with Omega 3 Essential Fatty Acids (EFA's), something our body cannot produce by itself.

These types of fats are beneficial to this plan because they help to balance blood sugar levels by enhancing insulin sensitivity which inhibits fat storage and improves fat burning in muscles.



Omega 3 Essential Fatty Acids

can be consumed through both animal and plant sources...



Animal sources;

egg yolk and oily fish (e.g. salmon, mackerel, herring, sardines, anchovies) should be enjoyed as the ¼ protein part of your plate (as often as you like).



Plant sources;

walnuts and seeds (e.g. pumpkin, sunflower, flax, hemp, chia) should be enjoyed as toppings on your meals.

We suggest 2 tbsp for seeds and 1 tbsp for walnuts as they are higher in calories.

EATING WINDOW - HEALTHY EATING TIPS

SNACKING:

High protein snacks such as the GP Super Protein Shake, 2 boiled eggs, Greek yogurt, or 10 raw almonds are best as they provide energy without throwing blood sugar levels out of whack which can then lead to further sugar cravings.



PORTION CONTROL:

Apart from vegetables, which should take up half your plate, you should **aim to reduce your portions by up to 50%** depending on your weight loss goals - using the Slim Me Drinks to help you achieve this.

PORTION CONTROL EXAMPLE	IF YOUR CURRENT PORTION IS:	AIM FOR A PORTION THAT IS:
FIRST MEAL POACHED EGGS ON BROWN TOAST SALAD / VEG HOT DRINK		
SNACK GREEK YOGURT HONEY BERRIES		
LAST MEAL SALMON JACKET POTATO SALAD / VEG		

HYDRATION:

We often confuse thirst for hunger and when you are dehydrated, the body retains water making you feel bloated.



On this plan you should aim to drink 2-3 litres of water each day (10-15 cups).



In addition to the above, it is essential you drink a large glass of water after each **Slim Me Drink** as the glucomannan is highly absorbent.

STIMULANTS:

CAFFEINE

During your fasting window - Try to have a maximum of 1 cup of caffeinated black tea or black coffee. You may have unlimited decaffeinated black tea or coffee providing it is still without milk or sugar.

During your eating window - Try to stop drinking caffeine by 3pm as it can impact sleep which affects weight loss.

ALCOHOL

For weight loss we recommend you reduce your intake as much as possible as it can slow down progress due to its high calorie content and adverse effect on; sleep, cravings and blood sugar.

NUTRITIONALS & INGREDIENTS

SLIM ME CAPSULES NUTRITIONAL INFORMATION:

A daily serving of 1 capsule sachet provides:

	AMOUNT	% EU RI
Vitamin A (Palmitate)	400µg	50%
Vitamin D (VitaShroom D®)	20µg	400%
Vitamin E (D Alpha Tocopherol)	9.6mg	80%
Vitamin C (Ascorbic Acid)	160mg	200%
Thiamin (Vitamin B1)	2.75mg	250%
Riboflavin (Vitamin B2)	2.5mg	179%
Niacin (Vitamin B3)	20mg	125%
Vitamin B6 (Pyridoxine HCl)	3mg	214%
Folic Acid (Methylfolate B9)	300µg	150%
Vitamin B12 (Methylcobalamin)	3.75µg	150%
Biotin (Vitamin B7)	75µg	150%
Pantothenic Acid (Vitamin B5)	8mg	133%
Magnesium	93.75mg	25%
Zinc	12mg	120%
Copper	1mg	100%
Manganese	1mg	50%
Selenium	150µg	273%
Chromium	179µg	447.5%
Molybdenum	50µg	100%
Iodine	180µg	120%
Green Coffee Extract	200mg	n/a
Fig Powder	100mg	n/a
Alpha Lipoic Acid	50mg	n/a
Green Tea Extract (Phytofare®)	50mg	n/a
Prune Extract	150mg	n/a
Kelp Extract	15mg	n/a
Bioperine® Black Pepper Extract	5mg	n/a
Cayenne Extract	2.5mg	n/a
Artichoke Extract	100mg	n/a

SLIM ME DRINKS NUTRITIONAL INFORMATION:

A daily serving of 3 drink sachets provide:

	AMOUNT	% EU RI
36 kcals (12 kcal per sachet)		
Glucosmannan	4500mg	n/a
Lemon Powder	500mg	n/a

Total Fibre = 6900mg (6.5g)

RI = Reference Intake N/A = No RI

ALLERGEN ADVICE: May contain trace amounts of soy.



SUITABLE
FOR
VEGANS



NATURALLY
GLUTEN
FREE²



DAIRY
FREE



NO
ADDED
SUGARS³

SLIM ME INGREDIENTS:

Multinutrient Capsule: Magnesium Malate, Ascorbic Acid, VitaShroom D® (UV treated mushroom powder; Agaricus bisporus), Zinc Citrate, Selenomethionine Preparation, Nicotinamide, D-Alpha Tocopherol Acid Succinate, Calcium D-Pantothenate, Copper Sulphate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Manganese Sulphate, Vitamin A Palmitate Preparation, Riboflavin, L-5-Methyltetrahydrofolate Calcium, Chromium Picolinate, Potassium Iodide, Sodium Molybdate, Biotin, Methylcobalamin. Inactive Ingredients: Capsule Shell (Hypromellose), Processing Aids (Rice Bran Extract, Rice Hulls, Gum Arabic, Sunflower Oil).

Digestive Support Capsule: Magnesium Malate, Ascorbic Acid, Fig Powder, Alpha Lipoic Acid, Prune Extract, Artichoke Extract. Inactive Ingredients: Capsule Shell (Hypromellose).

Thermo Blend Capsule: Green Coffee Extract, Phytofare® Catechin Complex Green Tea Extract, Kelp Extract, Bioperine® Black Pepper Extract, Cayenne Extract, Chromium Picolinate. Inactive Ingredients: Capsule Shell (Hypromellose)

GP Drink Blend: Konjac Konjac Glucosmannan, Natural Sicilian Lemon Oil Flavouring, Inulin, Oligofructose, Sweetener (Xylitol), Lemon Powder, Acidity Regulator (Citric Acid), Sweetener (Steviol Glycosides).

OptiBac LIVE CULTURES FOOD SUPPLEMENT:

Each capsule guarantees **4 billion live cultures**.

Ingredients:

Live cultures: *Lactobacillus rhamnosus* Rosell-11, *Lactobacillus acidophilus* Rosell-52; anticaking agent: magnesium stearate; antioxidant: ascorbic acid. Stabiliser: potato starch; vegetarian capsule: hydroxypropyl methylcellulose, titanium dioxide.

Those with serious medical conditions should consult a doctor before use.

IMPORTANT:

Do not exceed stated dose. Food supplements must not be used as a substitute for a balanced diet and a healthy lifestyle. If you are pregnant, breast feeding, taking any medications or under medical supervision, please consult a medical practitioner before taking this supplement as this product may not be suitable for you. Not to be used by children under 12 years old.

STORAGE:

Store in a cool, dry place, away from sunlight. Store out of reach of young children.

GP NUTRITION LTD: 24 Hills Road, Cambridge, CB2 1JP, UK.

² While our formulations do not use gluten-containing ingredients, cross contamination is possible.

³ Contains naturally occurring sugars.

Feel your best,
fast.

Fabrizia

Got any feedback?
enquiries@gpnutrition.com

Join the community

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