



FORM™ FACTS

POWERED by
FOREVERGREEN
HEALTH. KINDNESS. OPPORTUNITY

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This product is not intended to treat, diagnose, cure or prevent any disease.

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What is FORM™?

FORM is a simple swelling agent that works with your body to help you optimize caloric intake.

Like we said... revolutionary.

FORM FACT:

FORM is a crosslinked polyacrylic acid hydrogel. It is 99.9995 percent pure, which is purer than most drinking water. It is certified on the GRAS list (generally recognized as safe), and has been in a number of our daily food products for over a decade. I know, why didn't we think of it sooner?!

How does FORM work?

It's simple! Taken 30-60 minutes before a meal, FORM allows your body to recognize that it is fuller sooner, which allows you to eat fewer calories. The simplest rule in weight loss is that if you eat less, you weigh less.

FORM FACT: When your stomach is empty, it emits a hormone signal to your hypothalamus gland called Ghrelin; when its full it sends another hormone called Leptin.

How fast will FORM work?

Let's face it, everyone's body is different. Some people have long stretched their stomach to the max, and others have relatively small stomachs. People differ greatly, metabolisms, diets and

routines are different. **FORM** is a **TOOL** for portion control, not the "fairy godmother" that waves a wand and drops you 10 sizes. So, as with anything else, listen to your body!



Experiment with FORM for the first couple of weeks. Try it before a meal. Try it between meals. Try it to suppress those inescapable evening/nighttime snack cravings! Just listen to when your body tells you it's working. Some people need two FORM capsules before a big meal, and some people are full all day from one capsule. Some need six ounces of water, and others need 10 ounces.

FORM FACT: Clinical trials have demonstrated that 80% of people who tried FORM have felt the effects in under an hour.

Log onto the O3 website and click on Stories link to see how many pounds people have lost, and how they used FORM to do it!

Is FORM safe?

FORM is bio-inert, meaning it doesn't interfere with your body's natural chemistry; in fact it doesn't interact with your body on a molecular level at all. Instead of using harsh stimulants, it works naturally with your body. The molecules are very slippery and won't bind or bulk in your intestines. Once they create volume in your stomach and allow you to feel the effects of being in control, FORM exits naturally with your normal digestive process.

FORM FACT: FORM's molecular structure is too large to negatively interact with your body, allowing it to pass through your body naturally, much like corn and lentils. FORM also doesn't cause flatulence or bloating.



Clinical DATA Study Design: Multi-site, prospective, open-label

CLINICAL SITES: 4

Primary Endpoints:

- Overall Effectiveness in Controlling Hunger Documentation of Safety (side effects & adverse events)

- Secondary Endpoints: Portion size reduction, Weight Loss

- Average Reduction in Portion Size: 21.0%

- Doses Administered: >1500

- Average Rating of Hunger Control Effectiveness: 88.9%

- Average Time to "feel" Fullness Effect: 36 minutes

- Average Duration of Effect: 2.1 hours

- Average Weight Loss: 4.6 pounds over two-week period

- Side-effects or Adverse Events Reported: 0

FIXX™ FACTS

Your body naturally craves what it needs to be healthy. You'll find that by using FIXX while taking FORM you'll see even better results in weight loss because it is such a powerful meal replacement. Take a look at the ingredient deck to see the wonderful things you're doing for your body by taking FIXX. The best news is that FIXX is a complete meal replacement, so use it as you see fit, for breakfast, lunch, dinner or a healthy snack between meals.

