

NUPRO™

Total Body Fitness System

Feel Good ...



**Look
Great!**

**A complete program to help you take charge
of your body and your health today!**

Lose Weight ... Gain Willpower

Congratulations....

for starting this remarkable program, and don't worry; even if you have tried everything, it is okay to get your hopes up. **THIS TIME CAN BE DIFFERENT.**

DIETS HAVEN'T WORKED FOR EVERYONE!

Over the years, millions of people, like yourself, have tried starving themselves. Once they discontinue starving themselves, the weight comes back; sometimes they even get heavier. The science of Thermogenesis explains why - NUPRO V² Day Time and V² Night Time formulas are state of the art thermogenic formulations.

STRENUOUS EXERCISE HURTS!

"No Pain, No Gain" is great if you are planning to win a weight lifting competition, but for most of us, it is inconvenient; plus, health club memberships are expensive.

There are compelling studies that show moderate exercise is more beneficial to a weight management program due to the way the body uses stored fat when producing energy. Moderate exercise will help you achieve your objectives.

OLD HABITS ARE HARD TO BREAK!

Indeed, they are; however, a combination of common-sense eating, moderate exercise and NUPRO supplements can help you change the habits of a lifetime, creating a positive, permanent change.

This program is not magic. There are no miracles in a bottle. Your mind, your body, your habits and NUPRO can work together to help make the change you imagine.

You've taken the first step---selecting the NUPRO ThinRite™ weight management system. The final step, changing habits, can have you watching your reflection in store windows, with great pleasure.

THERE ARE FOUR THINGS TO REMEMBER WHEN FOLLOWING ANY WEIGHT MANAGEMENT PROGRAM:

U Think before you eat

U Drink plenty of water

U Use the products

U Be patient

SUGGESTED USE

V² Day Time Weight Management:

2 capsules mid morning

1 capsule mid afternoon

Do Not Take V² Day Time after 3:00 p.m.

V² Night Time Weight Management:

3 caplets 10 minutes before you are ready to sleep.

Herbs affect people differently

Be patient. You didn't put on the extra weight overnight - it is unrealistic to take it off overnight.

Herbs affect people differently

2 caplets, if you are still restless another (up to a total of 4) until you feel relaxed.

DRINK AT 8 GLASSES OF WATER DAILY.

**REMEMBER, YOU DID NOT GAIN THE WEIGHT OVERNIGHT,
YOU WILL NOT LOSE IT OVERNIGHT.**

HOW THE THINRITE™ SYSTEM WORKS

V² Day Time helps to:

- Increase your metabolism, so that you naturally have more energy, burning more calories.
- Suppress your appetite, so you eat less
- Reduce your cravings between meals
- Balance your blood sugar, so you do not crave sweets
- Increase your mental alertness to improve performance
- Break down fat and build lean muscle, which burns more calories

V² Night Time helps to:

- Release growth hormones, which use stored fat while you sleep
- Break down fat and build lean muscle
- Relax you to relieve stress, helping your body rejuvenate as you sleep
- Provide your body the amino acids it needs to function properly the next day
- Improve digestion, water balance and detoxification process

Daily use of both products provides your body the extra boost it needs to break-down stored fat and helps re-establish your body's balance when used in conjunction with sensible eating and moderate exercise.

Questions or comments about the products:

Nutraceutical Products Company
735 N. Park St., Suite L
Castle Rock, Colorado 80109-1527

Consumer Help Line:
(800) 704-8910
(303) 660-0562

STEP 1

THE TALE OF THE TAPE

Individuals vary in how they respond during the first few weeks using NUPRO. Many people report a noticeable drop in inches before they see a big difference on the scale. Others see a change on the scale right away. Some people may not notice any change at first, but during the second month experience sizeable success.

In any case, be patient. You did not gain all your weight overnight, so you are not going to shed it overnight. The success log will help you keep track of the changes as you begin to achieve your weight management goals.

MEASUREMENTS ARE IMPORTANT!

Take your measurements and fill in the progress chart. The measurements won't lie and they will show your success.

Chest Measure around the fullest part of your chest, holding the tape firmly.

Waist Measure around the narrowest point, just below your rib cage.

Abdomen Measure around the fullest part of your stomach.

Hips Measure around the widest part.

Upper Arms Measure midway between the elbow and armpit. Keep the arm relaxed and straight.

Be sure to take your measurements only once each week, at the same time of day at the beginning of the week. Weigh yourself only once per phase. Do not be preoccupied with normal daily weight fluctuations. Expect to invest 3 to 4 months in your personal weight management program and in changing your habits. You will receive dividends the rest of your life.

Phase 1

Weight: _____ lbs.					
	Chest	Waist	Abdomen	Hips	Upper Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					

Phase 2

Weight: _____ lbs.					
	Chest	Waist	Abdomen	Hips	Upper Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					

Phase 3

Weight: _____ lbs.					
	Chest	Waist	Abdomen	Hips	Upper Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					

Phase 4

Weight: _____ lbs.					
	Chest	Waist	Abdomen	Hips	Upper Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					

STEP 2

DAILY CALORIES

The simple fact is: **calories that are not burned are stored as fat.** However, this trap leads people into ineffective starvation diets. Nutritionists believe that there are minimum caloric requirements for maintaining healthy bodies: Women - no less than 900 calories; Men - no less than 1,200 calories. Further, personal life styles affect individual calorie requirements; therefore, it is important to calculate your personal requirements.

Determine your personal calorie requirements by completing the following blueprint to success.

A. List your goal or ideal weight (Chart 1)	
B. Multiply your ideal weight (A) by: Female,10; Male,11. Write the result in the column.	
C. Determine your activity level (Chart 2). Circle one:	1 2 3 4
D. Multiply your current weight times the number circled in C. Weight ___ x (C) ___ = _____. Write the number in the column.	
E. Subtotal	A+B+D =
F. Multiply 6 times your age. 6 x _____ = _____	
G. Subtract F from E	-
H. Total: personal calorie requirement to maintain current weight, assuming the calories are a result of a nutritionally balanced diet.	
I. If you wish to lose weight, use the following formula to determine your new daily calorie intake.	
1 pound each week. Subtract 500 calories from G.	-
2 pounds each week, subtract 1000 calories from G.	-
Total H - I	

Chart 2
Daily Activity Level

1. Light Activity

Sitting, sleeping, standing, watching TV, dusting, cooking, supervising, etc.

2. Moderate Activity

Driving, laboratory work, teaching, caring for children or elderly, secretarial work, etc.

3. Active

Housework, carpentry, walking, gardening, door-to-door sales, deliveries, packaging, farming, etc.

4. Very Active

Sports, training, construction, digging, heavy labor, etc.

1 Pathways, 1984

Now you have it! The tale of the tape and your personal calorie chart describe the current facts. In order to change the way things are, you must change the things you are doing.

Typically, this is where most people begin making

unreasonable commitments: "I will eat carrots for one month", "I will go to the gym 2 hours, 3 days a week". I will ..., I will ..., I will

Sadly, these commitments are soon broken due to the demands of living. The truth is, you must develop a plan that you can accomplish while maintaining the responsibilities of your job, your family and so on. From this point on, you will be planning your individual program by determining reasonable changes in your life style to accomplish your goal.

Chart 1: Ideal Weight Female

Height		Small	Med	Large
Feet	Inches	Frame	Frame	Frame
4	10	102-111	109-121	118-121
4	11	103-113	111-123	120-134
5	0	104-115	113-126	122-137
5	1	106-118	115-129	125-140
5	2	108-121	118-121	128-143
5	3	111-124	121-135	131-147
5	4	114-127	124-138	134-151
5	5	117-130	127-141	137-155
5	6	120-131	130-144	140-159
5	7	123-136	133-147	143-163
5	8	126-139	136-150	146-167
5	9	129-142	139-153	149-170
5	10	132-145	142-156	152-173
5	11	138-148	148-159	155-176

2 Metropolitan Life Insurance Co., 1983

Chart 1: Ideal Weight Male

Height		Small	Med	Large
Feet	Inches	Frame	Frame	Frame
5	4	132-138	135-145	142-156
5	5	134-140	137-148	144-160
5	6	136-142	139-151	146-154
5	7	138-145	142-154	148-168
5	8	140-148	145-157	152-172
5	9	142-151	148-160	155-176
5	10	144-154	151-163	158-180
5	11	146-157	154-166	161-184
6	0	149-160	157-170	164-188
6	1	152-164	160-174	168-192
6	2	155-168	164-178	172-197
6	4	162-176	171-187	181-207

3 Metropolitan Life Insurance Co., 1983

STEP 3

EXERCISE

Most of us cannot dedicate 2 hours from our busy schedules to exercise - some try, most fail. We have joined health clubs, bought equipment and made resolutions - memberships go unused, the equipment collects dust. Why? Simple. It is a matter of time. The demands on our time do not allow a spare two hours; however, it is imperative that your personal program include changes in activity.

One certain way is to use your daily activity to increase physical exercise.

For example:

1. Most offices have elevators; try walking 2 or 3 flights of stairs instead of riding the elevator.
2. Most shopping malls provide ample parking for their patrons; park at the end of the lot and walk to the mall instead of circling for the nearest parking space.
3. Walk to a park for lunch or walk after lunch. Lunch time is an important break from your day's activity anyway; use it to relieve stress and to increase your exercise.
4. If you use public transportation, get on and off one stop early.
5. All movement is a form of exercise; therefore, simply exaggerate your normal activities. For example, when you walk, take bigger steps and move your arms more actively. This is easy once you think about exaggerating what you already do.

Stretching and flexing exercises are easy to include in your daily activities. You can do them on the telephone, while watching TV or anytime you aren't using all of your body.

For example:

1. Stand erect with your hands at your side and your feet shoulder-wide. Reach up with both hands, fingers pointing upward while standing on your toes. Once you feel a tingling in your fingers, slowly bend at the waist until your fingers touch the ground, relaxing completely. Repeat several times.
2. Stand erect with your arms stretched wide apart, feet shoulder-wide. Slowly touch your right hand to your left foot, return to the upright position, slowly touch your left hand to your right foot. Repeat several times.

3. Stand erect with your hands clasped behind you. Slowly arch your back pushing your hands down. Slowly bend at the waist moving your head forward toward your knees, reaching upward with your clasped hands.
4. Stand erect with your hands on your hips and your feet shoulder-wide. Slowly twist at the waist moving your left elbow to the right, return to center. Slowly twist at the waist moving your right elbow to the left, return to center. Repeat several times.
5. Sit erect with your arms raised. Slowly bend at your hips, reaching to touch your toes. Return to the original position. Repeat several times.
6. Lie on your back with your legs extended but together. Slowly touch your knees to your chest. Twist at your hips to touch your knees right. Return to center, twist at your hips to touch left. Repeat several times.

Combining 15 minutes of activity from each of these categories could burn up to 250 calories each day. That is enough to move up one category on your personal calorie chart. It can only help you achieve your personal goal.

But, there is more. Exercise will improve your overall well-being as well.

For example:

1. Exercise will increase your resting calorie need by 25% for 15 hours after exercise and 10% for 48 hours.
2. The muscles you use burn fat. Using more and different muscles increases your metabolic rate and burns fat.
3. Active people digest their food more quickly.

Athletes: 4 to 6 hours
Average person: 24 hours
Obese person: 48 hours
Elderly: 72 hours

4. Increased breathing rate adds more oxygen to your system.

When you have time, take a walk, go swimming or do something else active. It is good quality time and IT HELPS BURN CALORIES.

STEP 4

EATING

Unlike animals, we usually have unlimited eating choices and often eat what is convenient and tasty. In fact, all of us know what tastes good, but many of us don't care about what *is* good for us.

Don't tune out. Like exercise, there is a practical way to eat nutritional foods without sacrificing your palate's demands. Think for a moment: your body needs vitamins, minerals, protein, carbohydrates, water, oxygen and other substances to exist. There are recommended daily minimum requirements for most of these substances; unfortunately, these recommendations are unclear to most people.

It is important to demystify the value of the food we eat. The old adage, ***you are what you eat***, is truer than you think.

It is important to your health and to the success of your personal program that you eat food that will supply your body with the right nutritional elements in the proper quantities.

The following information can be helpful for understanding food and in achieving your goal.

PROTEINS

Proteins maintain and repair body cells. They are responsible for growth and hormone/enzyme production. Proteins make up part of the cellular membrane of hair, skin, nails, tendons, ligaments and muscles. In starvation dieting, you use your own protein for energy. That's like burning the furniture in your home to keep warm.

All but eight amino acids in protein can be made by the body. The eight that cannot be manufactured must come from daily food intake. Proteins containing all eight "essential" amino acids are called "complete" proteins.

CARBOHYDRATES

Complex carbohydrates are found in fruits, grains and vegetables. These carbohydrates are slowly converted into glucose, which helps you maintain high energy levels and metabolic activities.

Consuming too many simple carbohydrates such as alcohol, refined sugar, sweets, etc., can result in unstable blood sugar, sugar blues, irritability and hunger.

Foods containing refined sugars are known to unbalance insulin production; however,

research has shown that even artificially sweetened foods and drinks seem to have a similar effect. It is a good idea to limit intake of artificially sweetened products. 60% to 70% of our daily caloric intake should consist of carbohydrates - the more complex the better.

FATS

There are two types of fat: saturated and unsaturated. Saturated fats are found in animal meats, dairy products, egg yolks and shellfish; they are solid at room temperatures. Unsaturated fats are liquid at room temperature and are derived from plants.

Fat is meant to free us from constantly eating by providing a continuous source of energy between meals. **The average diet has nearly 50% of the calories coming from fat;** the recommended intake is 15% to 20% of our total calorie intake. Labels contain the amount of fat grams in the products.

You can calculate the percent of calories of fat in a product:

Grams of fat x9 / total calories = % fat in the product. Avoid products and foods that contain more than 20% fat.

MINERALS

Minerals are extremely important to the body even though they are typically present in small amounts. They develop hormones, help muscles contract and help enzymes regulate cellular metabolism. Vegetables can provide a natural source of minerals; however, the availability of minerals in the soil in which the vegetables are grown has a significant effect on mineral availability in the food.

Seven minerals and several trace minerals are necessary for health. The macrominerals are calcium, sulphur, sodium, potassium, chloride, phosphorus and magnesium. A few of the trace minerals are zinc, iron, iodine, copper, nickel, molybdenum and tin. Nutritionists believe that mineral supplementation can be beneficial.

VITAMINS

Vitamins, essential for life, regulate metabolism and assist the biochemical processes that release energy from digested food. They work with enzymes as coenzymes, helping the body's functions to occur quickly and accurately. Considering food to be the source of vitamins assumes 1) vitamins are in the food, and 2) the body has the proper amino acids and enzymes to accommodate the conversion. Because these conditions are not always met, Nutritionists believe that vitamin supplements can be beneficial. The issue of bioavailability becomes important with both vitamin and mineral supplements.

WATER

Our bodies are 60% to 65% water. Depriving yourself of water through diuretics or poor drinking habits hinders the liver from metabolizing fat into energy. Water is very important in the body's ability to process nutrients and in the removal of waste products. Water aids in muscle tone and moisturizes your skin to help prevent aging.

Eight glasses(64ozs) each day is a minimum recommendation. Other beverages do not count toward your daily consumption of water. Since water is a catalyst for weight management, it is recommended that you exceed the minimum consumption of water. One way to estimate your water requirements is to divide your weight by 2. The result is the number of ounces of water required each day. For example, a 200 lbs. person divided by 2 = 100 ounces of water. Try it for yourself.

Your Weight _____ divided by 2 = _____. This is your recommended minimum ounces of water consumption each day.

SUCCESS GUIDELINES

1. Follow the individual calorie program for calorie guidelines. Remember, you need a minimum number of calories, but no more. Reduce fats, sugar, artificial sweeteners and caffeine.
2. Eat 3 meals each day. Your body needs the contribution of vitamins, minerals, etc. just not as much.
3. Drink water before and after your meals. It is commonly accepted that the body will benefit from 8 to 12 8 oz. glasses of water daily; plus, the water will help control your between meal cravings. Coffee, tea and soft drinks do not count.
4. Snack on raw fruits and vegetables.
5. Brush your teeth after eating anything. It is a good dental habit and it will signal that eating is finished.
6. Take the V² Day Time and V² Night Time products regularly.

STEP 5

THINK BEFORE YOU EAT

The emphasis of what you eat is practical moderation. It is unreasonable to believe that you can commit to a long-term diet of anything; but you must commit to moderation. Your success is absolutely dependent on how well you are able to moderate the quantity of food you eat and how well you select low-fat items. For example, a cup of coffee and a danish would be a bad choice for a morning break; unsweetened orange juice and a bagel would be better. A baked potato with chives and cheese would be preferable to one swimming in butter and sour cream. Generally speaking, unprocessed, unrefined, raw foods are far superior choices.

THINK BEFORE YOU PUT IT IN YOUR MOUTH.

The following lists are suggestions. Since people's tastes vary, it would be presumptuous to tell you what to eat. You have calculated your personal caloric intake requirement. Over that number, you will gain weight; under, you will lose weight - it is that simple. Herbs may encourage the process along; meal replacement may add vitamins and minerals to your diet without fat, but you must

THINK BEFORE YOU PUT SOMETHING IN YOUR MOUTH.

UNRESTRICTED FOODS

Vegetables:

Try to eat as many raw as possible. If it crunches, it is probably OK. The calories come from what you put on these.

Green String	Lettuce
Beans	Mushrooms
Beets	Mustard Greens
Broccoli	Okra
Brussel sprouts	Onions
Cabbage	Parsley
Carrots	Peppers, green
Cauliflower	Peppers, red
Celery	Pimento
Chard, Swiss	Pumpkin
Chives	Radishes
Collards	Rutabagas
Cucumber	Sauerkraut
Eggplant	Spinach
Endive	Squash
Kale	Tomatoes, Juice
Kohlrabi	Turnip, Greens
Leeks	Watercress

Fruits

Cantaloupe
Grapefruit
Oranges

Dairy:

Low fat (2%)
cottage cheese
Eggs
Hard cheese
Yogurt
Skim milk

Meats:

Lean beef & veal
Chicken (skinless)
Fish
Turkey

Beverages:

Decaffeinated
coffee & tea
Herbal tea
Unsweetened
juices
Non-cola soft
drinks

Bread and

Cereal:

Whole grains only
(no sugar)

Miscellaneous:

Spices
Vinegar

MAY BE EATEN ONCE A WEEK ONLY

Vegetables:

Avocados	Corn
Artichokes	Oyster Plant
Beans, dried	Parsnips
Beans, kidney	Peas, green
Beans, lima	Potato, sweet
	Potato, white

Rice, boiled
Yams
Nuts
Olives

Fruits:

Apples
Cherries
Grapes

All Salt

AVOID THE FOLLOWING

Vegetables:

Hominy
Pickles

Fruits:

Canned Fruit in Syrup
Dried Fruit
Figs
Pears

Meats:

Bacon
Ham
Sausage
Luncheon meats
Lamb
Pork
Duck
Goose
Organ meats

Beverages:

Colas
All sweetened
juices

All Sugar

Hydrogenated Fats & Oils

White Flour

Products:
Pasta

Shellfish

Shrimp

Include at least 3 to 5 fish meals in your diet each week. Buy leanest meat possible and trim all fat. Bake, broil, roast or stew . . . do not fry food. Cheeses should be skim milk type.

DRINK AT LEAST 8 GLASSES OF WATER DAILY

CAUTION: SEEK ADVICE FROM A HEALTH CARE PRACTITIONER PRIOR TO USE IF YOU ARE PREGNANT OR NURSING, OR IF YOU HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, DIABETES, DIFFICULTY IN URINATION DUE TO PROSTATE ENLARGEMENT, OR IF TAKING A MAO INHIBITOR OR ANY OTHER PRESCRIPTION DRUG. REDUCE OR DISCONTINUE USE IF NERVOUSNESS, TREMORS, SLEEPLESSNESS, LOSS OF APPETITE OR NAUSEA OCCUR. NOT FOR CHILDREN UNDER 13.

**A complete system to help you take charge
of your body and your health today!**