

A Scientific Breakthrough in Weight Loss

The NuVerus Weight Management System

At NuVerus, we have rediscovered the wisdom of the ancients and combined it with modern science to unlock a state-of-the-art Weight Management System. The NuVerus Weight Management System utilizes our flagship SuperFoods, Black Seed and Curcumin, in a total approach to losing weight, and then maintaining the weight you desire. The NuVerus Weight Management System gives you two simple lifestyle changes that you can maintain long after you experience the initial weight loss: 1) A morning beverage of pure Protein and pure Fiber, and 2) Water Enhancement.



Step 1: Start your Day with Lean and Pure



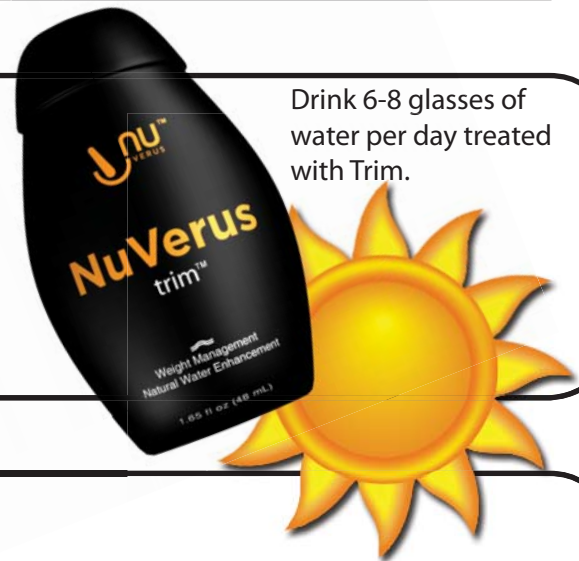
Mix ½ bottle of Lean + ½ bottle of Pure with 8-12 oz. of water first thing in the morning

The scientific breakthrough comes from advances in liquid protein and liquid fiber. The Chemists and Doctors at NuVerus have discovered a new and more effective natural protein that comes in pure liquid form. It is called NuVerus Lean. Lean delivers pure natural protein without added carbs, lactose, fat, fillers, or preservatives. Lean increases metabolism, reduces hunger, and provides daily nutrition you need for weight loss.

Fiber combined with Protein is the real secret to weight Loss. NuVerus Pure is pure liquid natural fiber in a soluble form. Adding fiber to your diet has many health benefits. It adds bulk to your digestive system, supporting more effective and faster digestive elimination times. When you feel full from fiber you will want to eat less, which leads to natural weight loss. Soluble fiber helps regulate blood sugar. The fiber in Pure also produces beneficial healthy bacteria (Probiotics) in the intestinal tract. All of this leads to a more effective weight loss program.

Step 2: During your Day, Drink water with Trim

Let's face it; we all know we need to drink 6-8 glasses of water per day. But water does not have a satisfying taste. Thus we reach for unhealthy diet beverages, or even high calorie beverages. NuVerus Trim is the solution. When you add NuVerus Trim to your daily water intake, you will love the flavor. The special natural SuperFood in NuVerus Trim will also suppress your appetite. With Trim you will drink more water. More daily water intake with Trim results in faster weight loss.



Drink 6-8 glasses of water per day treated with Trim.

Step 3: Food Choices during your Day



With the NuVerus Weight Management Products, it will be easier to make smart food choices during your day

Breakfast:

After consuming Lean and Pure with water in the morning, you may notice that you won't need to eat until late morning or even lunch.

Lunch & Dinner: Eat a sensible Lunch & Dinner combining protein and complex carbohydrates. You may notice that you will eat less naturally. This is the ideal situation for your weight loss.

Snacks: Before reaching for a snack, drink a full glass of water treated with NuVerus Trim. Wait 20 minutes and see if your hunger goes away. If you still desire a snack, choose a low sugar snack such as nuts, cheese, vegetables, popcorn, etc.

Throughout the Day: Drink water 6-8 times with NuVerus Trim.

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Digestive Response:

Some people will notice some mild bloating and gas when they start on the fiber in Pure. The fiber in Pure will ferment in the intestinal tract producing beneficial anaerobes and healthy bacteria. We recommend that you do not take more than ½ bottle of Pure per day for the first two weeks. If digestive effects are strong, reduce NuVerus Pure to ¼ bottle per day until your body is used to the fiber.

Diet Tips for Accelerating your Weight Loss:

- Meal Portion control – you will feel more full with Lean and Pure. Now when you eat, reduce your meal portions. Eat only until about 2/3 full.
- Eliminate white sugar, white flour, and all refined carbohydrates.
- Eliminate fatty foods, synthetic ingredients, processed foods, and carbonated beverages.
- Minimize snacking on Refined Carbohydrates.
- Don't eat late at night; drink your water with Trim.
- Reduce alcohol consumption & caffeine. Use NuVerus Energy with natural caffeine for an added boost.

Exercise Recommendations:

- Walk, Jog, or do aerobic activity 20-30 minutes, 4-5 times per week.
- Optional - Steam Room or Dry Sauna. 10-15 minutes, 1-4 times per week.

Get Plenty of Sleep:

- Go to bed at the same time each night, and get up at the same time each morning. Plan for at least 7 hours of sleep, 8-9 is preferable.
- Avoid watching TV or using the computer before bedtime.
- Make your bedtime ritual the same each night
- Make sure that your bed is comfortable, and that your room is dark and quiet.
- Make sure the temperature is not too high. Sleeping in a hot room is usually not restful.



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