

## The ALL ONE Proprietary Blend

### Organic Flax Seed – Fiber and essential fatty acids.

NutriFlax 13% fatty acids with a 2 year shelf life. A rich source of Omega-3 fatty acids and fiber. A certain amount of fat in the diet acts as the ignition for burning calories and maintenance of the metabolic processes. It also helps to give you that “satisfied” feeling when you have completed a meal.

### ChromeMate® Chromium - Promotes healthy insulin function and increased energy.

Chromium is an essential trace mineral for the human body. It's important in processing carbohydrates and fats, and it helps cells respond properly to insulin - the hormone, produced in the pancreas, that makes blood sugar available to the cells as our basic fuel. Chromium supplements vary widely in potency. Inorganic chromium chloride, the most common chromium supplement, is absorbed less than 2%. ChromeMate®, however, consists of pure niacin-bound chromium, the biologically active form that strongly potentiates action. In this way, ChromeMate® promotes healthy insulin function and increased energy.

### L-Carnitine – Amino acid that transports fat into the cells for burning.

Increasing carnitine intake is a natural way to support weight loss, carnitine helps deliver fat molecules into the cell for burning. Scientific evidence shows that increased levels of carnitine lead to increased fat burning. Carnitine also helps increase metabolic rate while maintaining levels of muscle tissue. This is crucial, because muscle tissue is where you do most of your fat burning. Carnitine is also useful for eliminating cravings and increasing the amount of energy you have to exercise, both of which are very helpful for those who need to lose weight.



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### Green Tea – Increases metabolism, burns fat and balances blood glucose levels.

Green tea is a powerful antioxidant that may be up to 200 times more powerful than vitamin E. Green tea may also be useful as a glucose regulator -- meaning it slows the rise in blood sugar following a meal. It does this by slowing the action of a particular digestive enzyme called amylase. This enzyme is pivotal in the breakdown of starches (carbs), that can cause blood sugar levels to soar following a meal. Green tea has also helped aid weight loss by increasing the metabolic rate, causing those who use it to experience greater calorie burn.

### Banaba - Supports healthy blood glucose levels.

Banaba is a botanical extract that comes from the leaves of the banaba tree. In Southeast Asia and the Philippines, the leaves are traditionally used as an herbal medicine to treat diabetes and hyperglycemia (elevated blood sugar). Corosolic acid, a triterpenoid found in the leaves, helps regulate blood sugar by stimulating glucose uptake. This blood sugar lowering effect is similar to that of insulin—which induces glucose transport from the blood into body cells. Researchers have found that corosolic acid is not the only active ingredient in banaba leaves. Studies show that Banaba extract contains at least three other active ingredients—lager-stroemin, flosin B and reginin A. These natural phytochemicals regulate glucose uptake and could be responsible for lowering blood glucose levels.



ALL ONE Multi Vitamin and Mineral Powders are a valuable addition to any weight loss program. The 52 vitamins, minerals and amino acids provide you the nutrients you need even while following a restricted calorie diet.

**Finally,** weight management supplements you can feel good about taking.



## ALL ONE Weight Loss Formula

The ALL ONE Weight Loss Formula contains a proprietary blend of nutrient dense, blood sugar stabilizing, thermogenic and immune supporting ingredients that combined together deliver a healthy and, most importantly, effective option for long lasting healthy weight management.

The ALL ONE Weight Loss Formula addresses weight loss at the metabolic level by supporting healthy blood sugar levels while also providing a healthy, nutrient dense option for a calorie restricted diet. Unlike many meal replacement powders, ALL ONE Weight Loss does not depend solely on bulking fiber and protein as the primary active ingredients. Instead, it uses a synergistic blend of herbs, minerals, fibers and protein to attack hunger from all angles, making it easy and healthy to skip a meal. ALL ONE Weight Loss Formula uses only the highest quality ingredients, including Whey protein from hormone-free, grass fed New Zealand dairy cows, ChromeMate® Chromium, Organic Aktivated Barley® and Organic Flax. As is the ALL ONE tradition, there are no added sweeteners or fillers.

Product	Serving Size	Calories	Total Fat	Carbs	Sugars	Protein	Cost
Unflavored	30g	100	2g	7g	1g	16g	\$3.35/serving
Cocoa	30g	100	2g	7g	1g	14g	\$3.35/serving

### Why do most diets fail?

Fad diets, poor eating habits, high glycemic index foods and genetics each contribute to rapid rises and sharp declines in blood glucose levels. Also, most weight loss products use either stimulants or a single, “quick-fix” approach to keep you satiated. These factors combined lead to a repetitive cycle of:

- Uncontrollable, frequent hunger
- Excessive cravings, especially for carbohydrates
- Increased conversion of blood glucose into stored fat
- Tiredness, low energy and irritability

### How is ALL ONE Weight Loss different?

The ALL ONE Weight Loss Proprietary Blend supports healthy blood glucose levels which results in more sensible eating, less fat storage and better success achieving and maintaining optimal body weight. When taken in conjunction with ALL ONE multi-vitamin and mineral supplements the body is receiving optimum nutrition even while reducing caloric intake. Your customers are more likely to stay on track with their diet when their brain and body are getting the nutrients they need to function and the pitfalls caused by blood sugar ups and downs are controlled.

- Reduces stress/moodiness/depression
- Increases energy
- Boosts mental clarity

**ALL ONE: Simplifying Nutrition for Over 35 Years.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Frequently Asked Questions

**Q: What makes ALL ONE Weight Loss different from other meal replacements?**

**A:** 1.The ALL ONE Weight Loss Formula addresses weight loss at the metabolic level by supporting healthy blood sugar levels while also providing a healthy, nutrient dense option for a calorie restricted diet.

2.It does not depend solely on bulking fiber and protein as the primary active ingredients. It does contain about 3g of fiber which is provided by 2 sources. These are from the Aktivated Barley® and from Organic Flax.

3.Quality- The ALL ONE Weight Loss Formula is a blend of the highest quality ingredients, including Whey protein from hormone-free, grass fed New Zealand dairy cows, Chromate® Chromium, Organic Aktivated Barley® and Organic Flax.

4.Purity- There are no added sweeteners or fillers.

**Q: What is the cost per serving?**

**A:** \$3.35

**Q: What is a serving?**

**A:** 30 grams or two heaping tablespoons or two of the scoops that come with the powder.

**Q: How many calories per serving?**

**A:** 100, this is not including the liquid it is mixed with. If sweetened juice or a flavored and sweetened milk alternative is used, the typical shake (meal) would be around 250-275 calories.

**Q: How should it be used?**

**A:** We recommend using to replace one meal a day. It can also be used as a snack in between, that would suppress the appetite during the following meal which would mean eating less during the meal.

**Q: Does Aktivated Barley® have the same amount of gluten as normal grain barley?**

**A:** No, as a result of the “activating” process the Aktivated Barley® has a very small amount of gluten. It has actually been deemed safe by the UN for people with Gluten allergies. But it is always best to see how your body reacts to it, do not write it off because it is made from barley. Testing by an independent lab has the gluten amount per serving to be around 80 parts per million.

**Q: Is the Cocoa Fair Trade?**

**A:** The Cocoa used in the ALL ONE Weight Loss is certified under the World Cocoa Foundation (WCF). Fair-trade charges a fee to farming organizations to receive their audit and certification and which can make it a somewhat “exclusive” program. Industry efforts under the World Cocoa Foundation (WCF) are more “inclusive” and address all major social, economic and environmental issues in an effort with industry, government, NGO’s, and research partners. The WCF’s programs in Africa, South and Central America and Asia are focused on helping all cocoa farmers and improving the crop they grow. This means better productivity, sustainable growing and improved economic returns. To learn more about WCF one can go to [www.worldcocoafoundation.org](http://www.worldcocoafoundation.org).

**Q: I have reached my goal weight; can I still use ALL ONE Weight Loss?**

**A:** ALL ONE Weight Loss is safe for long-term use. Once you have reached your weight loss goals it can be used to counter occasional indulgences. Combined with an ALL ONE vitamin and mineral powder, it is also a great tool when life gets too hectic to eat right. You can make an ALL ONE shake and be sure you are doing your body good, keeping your metabolism boosted, your energy high and your mind bright and clear.

**Q: Do I need to keep taking my multi vitamin and mineral when I am taking the Weight Loss Formula?**

**A:** Yes, ALL ONE Weight Loss does contain some vitamins and minerals. For best results we recommend it be taken with one of the ALL ONE multi vitamin and mineral powders.

**Q: How much liquid should the powder be mixed with?**

**A:** At least 8oz, but it is up to personal preference, some people like it better with more juice. We recommend 10 to 12 oz.

**Q: Does the formula also make me feel full?**

**A:** Yes. Unlike many other products on the market, ALL ONE Weight Loss attacks hunger from many angles. The high quality protein, blood sugar stabilizing Aktivated Barley® and filling beta glucan fiber all act in synergy to keep you feeling satisfied after a single delicious shake. Plus, the added vitamins and minerals, slow burning complex carbohydrates and organic flax make sure that you are getting the nutrients you need to not only feel full, but also to lose weight in a healthy, manageable and sustainable way.

## The ALL ONE Proprietary Blend

**Organic Aktivated Barley® - Slow burning energy that satisfies hunger and fights fatigue.**

*Low glycemic index-* Barley has a very low glycemic index, yielding steady energy for hours following its consumption, with no sugar induced blood sugar rollercoaster effect. This helps control cravings and over eating. Bodybuilders and athletes refer to Aktivated Barley® as the “ultimate slow-burning carbohydrate.” In fact, the word gladiator means “men who eat barley.”

*High fiber content-* A high fiber food gives a more satisfying full feeling than food without fiber. Barley is a rich source of both soluble and insoluble fibers. Often a calorie restricted diet can lead to constipation and slow transit time. By including the beneficial fiber found in Aktivated Barley® elimination is completely supported.

*Highly nutrient-dense-* Activated barley will give your body the nutrition it needs without a lot of excess calories, and you will lose weight and feel more energetic as a result.

*Rich in Beta Glucan-* Being recognized as the most important of all soluble fibers. Aktivated Barley® contains 5g/110g dose, 70% of the beta glucan in pre-sprouted barley turns to gel, in other beta glucan products, including oats, only about 40% of the carbohydrate turns to gel, the remainder passing ineffectively through your system. This is because of the pre-sprouting process which increases the beta glucan content by 94% and enhances the bioavailability.

*Benefits of beta glucan-* The three primary uses of beta glucan.

- Normalize blood sugar levels- Beta glucan is transformed to ATP, which is an energy source stored by the muscles, liver and other tissues. Resulting in better blood sugar maintenance.
- Reduces blood cholesterol- Beta glucan binds to bile acids allowing them to be expelled by the body and not contribute to cholesterol production.
- Enhances immune system- Beta glucan 1-3D activates the white blood cells, increasing macrophage activity and assisting the body as it defends itself from viruses, bacteria and germs.

**New Zealand Whey Protein – Contributes to blood sugar maintenance, lean muscle mass and appetite suppression.**

High quality New Zealand whey protein is rich in leucine which helps preserve lean muscle tissue while promoting fat loss. Whey protein contains more leucine than milk protein, egg protein and soy protein. Protein as part of your weight loss supplement helps to stabilize blood glucose levels by slowing the absorption of glucose into the bloodstream. This in turn reduces hunger by lowering insulin levels and making it easier for the body to burn fat. Whey protein also contains bioactive components that help stimulate the release of two appetite-suppressing hormones: cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1). In support of this, a new study found that whey protein had a greater impact on satiety than casein, the other protein in milk. Adding whey protein to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal.

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