# TRANSFORM SUGAR TRANSFORMING ENZYME

# How to take TRANSFORM

CONVERT 50%-90% OF THE GLUCOSE FROM CARBS AND SUGAR INTO FIBER



## **TOP TIPS:**

- 1.Stay Hydrated drink 8-16 oz. of water when taking TRANSFORM for best results and to help with elimination
- 2.Eat food in this order: veggies > protein > carbs
- 3. Stop counting calories
- 4. Sugar is sugar (read labels, even fruit is sugar). Pro tip - TRANSFORM cannot convert high fructose corn syrup into fiber
- 5. Move your body after you eat. A short walk after a meal can help your body process glucose more efficiently
- 6. Take Enrich 10-15 minutes before you eat.
- 7. Give your body at least 90 days of consistent use. Our bodies take time to heal

#### **BONUS TIP:**

Take pictures & measurements of your body NOW so you can celebrate the changes that are about to happen in your body.

### FOR BEST RESULTS:

Take 1-2 capsules 30 min - 60 min before every meal.

#### WHAT PEOPLE ARE REPORTING

- Weight loss
- Lost overall inches
- Clothes fit better
- Better mood
- Improved sleep quality
- Reduce brain fog / mental clarity
- More energy
- Curb cravings
- Feeling less "hangry"
- Feel fuller longer after meals
- Appetite control
- Less inflammation
- Helps with fasting
- Less bloating / stomach issues

\*These are not medical claims to cure, treat, or heal.

#### Focus On Health NOW

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