

ACTIVE CRAVING CONTROL

10 Performance

What it is:

- An appetite suppressing formula designed to maximize weight loss efforts.

Why take it:

- When trying to lose weight, appetite and craving control is the key to success. However, controlling appetite can be difficult especially when calorie intake is reduced. Consuming high calorie, sugary and fatty foods not only causes weight gain, but also creates long lasting, powerful cravings for these foods. The brain can become programmed to receive its energy from junk foods, causing cravings for these foods every time the body requires energy. In addition to these cravings, diets often cause decreased energy levels, diminished mood, and poor fat mobility.
- Fat Loss: When your body converts fat and sugar in your system to energy more efficiently, you will lose more weight.
- Appetite Suppressant: The ingredients in **ACTIVE CRAVING CONTROL** have been shown to lower your cravings throughout the day using healthy superfoods. When your blood sugars are level, you will have less cravings for junk foods.
- Mood Enhancer: The special blend (Yerba Mate' and Green Tea) work together to give you that push to make it through the toughest of days.
- Energy: You will have plenty of energy when your body is converting food to fuel.
- Stress Reduction: Produces adrenaline and dopamine to reduce stress.
- Memory: The ingredients can reduce brain fog and assist in preserving memory.
- Amino Acid: L-Carnitine helps mobilize fat in the mitochondria which can increase energy in the muscle.
- High Anti-Oxidant Activity: Uses the highest quality ingredients that have high ORAC (Oxygen Radical Absorbance Capacity) value.
- Flavors with Benefits: Stevia may help control blood sugar and insulin levels.

How it works:

- **ACTIVE CRAVING CONTROL** works to naturally suppress appetite without the frequent and difficult cravings.
- It simultaneously improves mood, energy levels, and fat mobility to allow you to get the most from your dieting and exercise efforts.

Who should take it:

- Adults who are trying to lose weight and need help controlling appetite and cravings.

Dosage:

- 30 drops/1 ML = 1 fully squeezed dropper (which only fills two-thirds of the dropper)
- Take sublingually (under the tongue) and hold in your mouth for 90 seconds. Swallow afterwards.
- For best results, use on an empty stomach in the morning or before meals.
- You may need to adjust serving size based on weight and diet.
- Take no more than 3 servings per day.

Ingredients:

- Velvet Antler Extract: A sustainable raw material that consists of a naturally derived, balanced matrix of growth factors. Supports fat loss and increases lean muscle mass.
- African Mango: Reduces waist circumference, hip circumference and body fat.
- Raspberry Ketones: Have positive effects on fat metabolism.

- Yerba Mate: A natural stimulant that boosts energy levels, promotes the use of fat as energy during exertion, promotes weight loss, and possesses high antioxidant activity. Yerba mate also supports healthy lipid levels.
- Green Tea Extract: Promotes fat loss and enhances the utilization of fat as an energy source during exercise.
- L-Carnitine: Stimulates fat metabolism and has beneficial effects on training capacity and recovery from strenuous exercise.
- L-Tyrosine: An amino acid essential to catecholamine production, which can increase fat burning and improve body composition.
- Other: purified water, organic grape alcohol and stevia

FAQ's:

- If I stop taking this, will all of my unhealthy cravings come back?
 - Once you wean yourself off of sugar and other unhealthy foods, you should not have the cravings again unless you bring them back into your diet. Once you remove these highly addictive foods, avoid bringing them back into your diet.
- How long can I take this?
 - Use the whole bottle (10-14 days). At this time, your cravings should have diminished.
 - Once finished, we recommend switching over to PME™ to continue with your weight loss goals.
- Can I take this and PME™ at the same time?
 - If you are sensitive to caffeine, it might be a good idea not to take them both at the same time.

