

PHASE DIETS[®]

THE
One Week[®]
DIET SYSTEM

www.PhaseDiets.com

THE SYSTEM

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DIET SYSTEM

THE ONE WEEK[®] DIET SYSTEM is called that because it consists of *one-week* cycles of dieting. You do as many as you want to reach your weight goal. After each one-week cycle, it is a good idea to have a “cheat day”. The system has different components that work together to make it successful:



MEAL REPLACEMENT SUPPLEMENT. This liquid is the principal product on the program. It is a nutrient concentrate that will help you feel full and energetic as you skip a meal. Many users report how it helps them cut down cravings for sugar and other carbohydrates.

SUPPLEMENTAL PRODUCTS. Depending on your progress, you may want to use one of the supplemental products. You can take these to help keep your energy level high during exercise or to cleanse your digestive system.

DIET. The key to successful weight loss is to reduce your calorie intake. The supplements are designed to help with this. But you will need to change your eating habits while on the program. The recommended diet for the One Week[®] diet system is simple—it is based on lean protein, plenty of vegetables and avoiding calorie-dense foods such as fat, sugar and starch.



EXERCISE. Part of the system is daily *uninterrupted* exercise for least twenty minutes. A brisk walk is usually sufficient. This stimulates metabolism and triggers the burning of fat.

WATER. Drinking eight to ten glasses of water per day is essential to your success. It prevents dehydration during exercise, helps cleanse the digestive tract and can help to reduce your calorie intake.



TRACKING YOUR PROGRESS. You should monitor your weight daily. Based on your results, you can then adjust your diet, increase your exercise and even increase the amounts of the supplements to give you optimum results. You should also check your inch loss at the beginning and end of each diet cycle—you may lose more inches than you thought possible!

For more information, go to www.PhaseDiets.com.

REAL RESULTS

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MEGAN lost 30 pounds in 6 weeks.



ISABEL lost 15 pounds in 3 weeks.



MELANIE lost 20 pounds in 6 weeks.



JOEL lost 35 pounds in 12 weeks.



JIM lost 81 pounds in 14 months.



AARON lost 22 pounds in 8 weeks.

For more success stories, go to www.PhaseDiets.com.

THE ONE WEEK[®] DIET SYSTEM

was tested in a clinical trial before its release.

We knew from our research during the development of the program that it caused a loss of both weight and inches. But we wanted scientific confirmation of this and also answers to two questions:

1. Does the system cause fat burning, or are the results only from a loss of water?
2. Is the system healthy?

The study, which was led by two American university researchers, answered our questions:

WEIGHT LOSS: The One Week[®] diet system can produce very good results. The weight (and inch) loss among the participants was significant.

FAT LOSS: The average reduction in body fat was a full 3.02%. This shows that the weight loss was not because of a loss of water.

HEALTHY: The significant drop in cholesterol and triglycerides (blood fat) after one week on the program shows that One Week[®] diet system is also a program that promotes good health.

SUMMARY OF RESULTS*

Total body weight	- 7.5 lb
Body fat percentage	- 3.02%
Waist	- 2.32 inches
Hips	- 2.80 inches
Chest	- 1.93 inches
Abdomen	- 2.45 inches
Glucose (blood sugar)	- 3.17 mg/dL
Total cholesterol	- 26.45 mg/dL
Triglycerides	- 22.31 mg/dL

** Average results among 36 subjects after one week on the diet. See "Effects of a short term dietary supplement combination program on weight management, adipose tissue, cholesterol and triglycerides in overweight adults" by Dr. Michael J. Gonzales, Dr. J. Miranda-Massari, et. al.*

DR. MICHAEL GONZALEZ is a professor at the Medical Sciences Campus of the University of Puerto Rico. He earned a Bachelor degree in Biology and Chemistry (Catholic University), a Masters in Cellular Biology and Biophysics (Nova University) and another Masters in Nutrition and Public Health (University of P.R.). He also has a Doctorate in Health Sciences (Lafayette University) and another Doctorate in Nutritional Medicine (John F. Kennedy University) and a third Doctorate on Nutritional Biochemistry and Cancer Biology (Michigan State University). He completed a Postdoctoral Fellowship in Geriatrics in the School of Medicine of the University of Puerto Rico.

DR. JORGE R. MIRANDA-MASSARI is a professor at the Medical Sciences Campus of the University of Puerto Rico. He has earned two bachelor degrees—one in Science and another in Pharmacy (University of P.R.). He also earned a doctorate degree in Pharmacy (Philadelphia College of Pharmacy and Science) and a post-doctoral Fellowship in Clinical Pharmacokinetics (University of North Carolina). He completed postdoctoral training in Pharmaceutical Care in Nephrology (University of Pittsburgh) and another one in Clinical Anticoagulation (Medical College of Virginia). Dr. Miranda is a registered Pharmacist.

THE PRODUCTS

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LIQUID CONCENTRATE

The meal-replacement product is a liquid plant concentrate with amino acids, vitamins and electrolyte minerals. It also doubles as a mild digestive cleanse. You use the concentrate to replace one meal per day, either breakfast or lunch, or just help you eat less.

HOW TO TAKE THE LIQUID MEAL REPLACEMENT

Using the bottle cap as a measurement, add half or a full cap of the concentrate to a bottle of water. Shake well until the concentrate has dissolved. Drink it during the morning and/or over lunch and into the afternoon, depending on what meals you replace and program you are following (see "Programs"). Sipping it slowly over several hours helps you stay hydrated.



Nutrition Facts

Serving Size 1/2 Fl Oz (15 mL) (1/2 capful)
Servings Per Container 28

Amount Per Serving	% Daily Value
Calories 25	
Total Fat 0g	
Total Carbohydrate 6g	2%
Sugars 6g	**
Protein 0g	0%
Sodium 12mg	<1%
Vitamin C (as ascorbic acid) 60 mg	100%
Vitamin B1 (as thiamine) 2.5 mg	160%
Vitamin B2 (as riboflavin) 2.5 mg	150%
Vitamin B3 (as niacinamide) 10 mg	50%
Vitamin B5 (as calcium pantothenate) 5 mg	50%
Vitamin B6 (as pyridoxine HCl) 4 mg	200%
Folic acid 50 mcg	12%
Vitamin B12 (as cyanocobalamin) 15 mcg	250%
Biotin 37 mcg	12%
Calcium (as gluconate) 25 mg	3%
Magnesium (as carbonate) 25 mg	8%
Potassium (as bicarbonate) 30 mg	1%
Chromium (as picolinate) 30 mcg	25%

Not a significant source of calories from fat.
*Daily Value not established.

STATEMENT: This product does not contain any of the eight major food allergens: milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts and soybean (see www.fda.org).

INGREDIENTS: JUICE BLEND: ALOE VERA, NOPAL CACTUS, MANGO, ORANGE, APPLE, POMEGRANATE; PLANT EXTRACT BLEND: ELEUTHERO ROOT (*ELEUTHEROCOCCUS SENTICOSUS*), AMERICAN GINSENG ROOT (*PANAX QUINQUEFOLIUS*), GREEN TEA LEAF (*CAMELLIA SINENSIS*), SUMA ROOT (*PFAFFIA PANICULATA*), YERBA MATE LEAF (*ILEX PARAGUARIENSIS*), GUARANA SEED (*PAULLINIA CUPANA*), PAU D'ARCO BARK (*TABEBUIA AVELLANEDAE*), GYMNEMA LEAF (*GYMNEMA SYLVESTRE*), GARCINIA FRUIT (*GARCINIA CAMBOGIA*), CASCARA SAGRADA BARK (*RHAMNUS PURSHIANA*), SENNA LEAF (*SENNA ALEXANDRINA*), FENNEL SEED (*FOENICULUM VULGARE*), KOLA NUT (*COLA ACUMINATA*), BURDOCK ROOT (*ARCTIUM MINUS*), PEPPERMINT LEAF (*MENTHA PEPERITA*), SLIPPERY ELM BARK (*ULMUS RUBRA*), LICORICE ROOT (*GLYCYRRHIZA GLABRA*); VITAMIN & MINERAL BLEND: COLLOIDAL MINERALS, MAGNESIUM CITRATE, SODIUM ASCORBATE, CALCIUM CITRATE, POTASSIUM CITRATE, ASCORBIC ACID, D-CALCIUM PANTOTHENATE, NIACINAMIDE, CHOLINE BITARTRATE, INOSITOL, PYRIDOXINE HCL, RIBOFLAVIN, THIAMINE MONONITRATE, CHROMIUM PICOLINATE, FOLIC ACID, BIOTIN, CYANOCOBALAMIN; AMINO ACID BLEND: L-ARGININE, L-GLUTAMINE, L-METHIONINE, L-CARNITINE FUMARATE, L-TYROSINE; OTHER INGREDIENTS: FRUCTOSE; NATURAL FLAVORS AND COLORS; CITRIC ACID; XANTHAN GUM, POTASSIUM SORBATE.

For further product information, go to www.PhaseDiets.com.



COLON CLEANSING. An added benefit from doing the One Week[®] diet system is that the liquid meal replacement can also act as a gentle colon cleanser. But if you do not have a mild flushing effect from taking the concentrate, it is a good idea to add to your program our Colon Cleanser capsules. Flushing out deposits from the colon is one of the best things you can do for your health. Long pieces of old toxin-filled fecal matter can stick to the inside of the colon for months or even years. Infrequent bowel movements or a long transit time through the intestines means that food residue has time to putrefy, ferment and even be reabsorbed. Autopsies often reveal colons that are up to eighty percent plugged with waste material. This can irritate the bowels and cause constipation, stomach pain, fatigue, headaches, indigestion, weight gain and bloating. It is often visible as a large protruding belly. The risk of parasites, irritable bowel syndrome, diverticulitis and even colon cancer (the second leading cause of cancer death in the U.S.) increases when the body is exposed to such putrefying food residue. The mild laxative action of the One Week[®] Colon Cleanser makes your bowel movements frequent and regular so that waste material is evacuated and does not stay in the body.

SUPPLEMENTAL PRODUCTS. Depending on your progress, you may want to try one or more of our supplemental products.

AFTERBURNER™ CAPSULES

The purpose of the AFTERBURNER™ supplement is to help keep your energy level high while you diet and exercise. The capsules contain vitamins, amino acids and plant extracts. Take one to two capsules daily in the afternoon.



FIBER-PRO™ POWDER

This is a fiber and protein powder to help you feel full between meals and promote good digestive health. The product contains both soluble and insoluble fibers, plus high quality whey protein. Take FIBER-PRO™ whenever you feel hungry.

FIRMING & TIGHTENING GEL

When you lose weight, areas of the body such as arms, thighs and hips can look a bit flabby. This topical gel contains a high concentration of algae (5%) plus several other ingredients that can give a firmer and tighter appearance to such parts of the body.



PROGRAMS (1)

There are three recommended schedules you can follow on the program. You don't have to do these plans exactly but it is a good idea to try to stick to a set regimen for seven days. Breaking up the day into segments makes it easier to follow the diet and the other recommendations.

REGULAR PROGRAM: This is an economical way to do the One Week[®] diet system—a bottle of the Liquid Meal Replacement will then last for four weeks. Mix 1/2 capful of the concentrate in a 16 FL.OZ. (500 mL) or 32 FL.OZ. (1L) bottle of water and sip it slowly during the morning instead of eating breakfast (or in the afternoon instead of lunch if you prefer to replace that meal).

	8 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM
DAY 1	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE
DAY 2	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE
DAY 3	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE
DAY 4	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE
DAY 5	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE
DAY 6	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE
DAY 7	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE

ACCELERATED PROGRAM: This program consists of *two* servings of the liquid meal replacement each day: 1/2 capful in a 16 FL.OZ. (500 mL) or 32 FL.OZ. (1L) bottle of water. You still replace one meal, but the second liquid meal replacement should make it possible for you to eat less during the rest of the day. As a result, your weight loss should increase.

	8 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM
DAY 1	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT	→ DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE
DAY 2	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT	→ DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE
DAY 3	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT	→ DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE
DAY 4	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT	→ DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE
DAY 5	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT	→ DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE
DAY 6	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT	→ DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE
DAY 7	LIQUID MEAL REPLACEMENT	→ LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT	→ DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	SNACK & BEVERAGE

PROGRAMS (2)

INTENSIVE ACCELERATED PROGRAM: If you want to lose the maximum weight, you should mix a *full cap* of the concentrate in a 32 FL.OZ. (1L) bottle of water, and sip during both the morning and afternoon. You replace one meal but the double dose of the concentrate should make it possible for you to comfortably cut even further your food intake during the rest of the day.

	8 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM
DAY 1	LIQUID MEAL REPLACEMENT →	LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT →	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	
DAY 2	LIQUID MEAL REPLACEMENT →	LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT →	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	
DAY 3	LIQUID MEAL REPLACEMENT →	LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT →	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	
DAY 4	LIQUID MEAL REPLACEMENT →	LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT →	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	
DAY 5	LIQUID MEAL REPLACEMENT →	LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT →	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	
DAY 6	LIQUID MEAL REPLACEMENT →	LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT →	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	
DAY 7	LIQUID MEAL REPLACEMENT →	LUNCH & BEVERAGE	LIQUID MEAL REPLACEMENT →	DINNER & BEVERAGE	EXERCISE & BEVERAGE	SNACK & BEVERAGE	

TRACKING YOUR PROGRESS: It is a good idea to track your weight daily so that you can adjust your food intake and exercise, and even go from one program to another to increase your weight loss. You may also lose more inches than your weight loss indicates, so you should check your measurements when you start and finish a weekly diet cycle. Finally, it can be helpful to keep track of what you eat so that you can make adjustments to your diet to accelerate your weight loss even further.

	WEIGHT	WAIST	HIPS	CHEST	NECK	MEALS
DAY 1						
DAY 2	NOTES AND OBSERVATIONS					
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

WHEN YOU HAVE REACHED

your goal, you can use the One Week[®] diet system to help maintain your new body weight.

The meal plan that you have followed probably will have changed some of your earlier eating habits. And you should now also know how well your body feels after doing daily exercise and when it is well hydrated.

CLEANSE DAY: It is a good idea to make one day of the week a “cleanse day”. Just do the *Intensive Accelerated Program* for a day. Add some Colon Cleanser capsules if you need a stronger cleansing effect.

LIQUID CONCENTRATE: The concentrate is a great supplement to get the vitamins, minerals, amino acids and plant nutrients that your body needs daily. Take it in the morning or afternoon, and you will probably find that your body will do great with a bit less food. And that is how you keep your weight off! But if you find that you’ve gained a couple of pounds—check your weight regularly to catch any weight gain early—it is easy to fix: *Simply start the One Week[®] Intensive Accelerated Program.* You should be able to get back to your ideal weight in little time.

The One Week[®] diet system helps you lose body weight today—and gives you the tools to control it tomorrow.

