

# F4

FIT FIRM FAST FRESH

"GOOD LOOKING  
WITH A FIRM BODY"



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NUTRINAL

A new innovative of dietary supplements and weight control, slimming with natural extracts to blend perfectly for getting a compact body and to improve your appearance quickly

## 3-step actions Block-Burn-Build

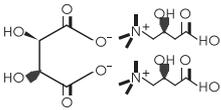
- Block** : Inhibit absorption and accumulation of fat.
- Burn** : Accelerate fat metabolism by burning fat in muscle layer to produce energy.
- Build** : Build muscle to replace the decreased fat in muscle layer.

## Usage of F4

- FIT** : Body shape and size is decreased appropriately.
- FIRM** : Increase muscle strength and healthiness.
- FAST** : Get a firm body significantly within 1 month.
- FRESH** : No Anti-depressant compounds, to refresh and eliminate exhaustion.

## BENEFITS OF INGREDIENTS

### L-Carnitine L-Tartrate



Is an amino acid that helps in transporting molecules into cells which is the process of turning fat into energy and to strengthen the body muscles.

### Green Coffee Bean Extract



The chlorogenic acid (CGA) found in green coffee extract can inhibit glucose from forming fat in body parts.

### Chitosan

Produced from plants, a new innovation exclusive copyright from Belgium (People with seafood allergy can consume)

- Block absorption of dietary fat better than 40%
- Lower Triglycerides 31.5%
- Lower cholesterol levels 21.5%
- Reduce the accumulation of fat in the liver and muscles 66%

### Black Pepper Extract



Contains hydroxy citric acid which inhibits enzymes from turning glucoses into fat then help to inhibit lipogenesis efficiently for weight control and firm body.

### White Kidney Bean Extract



Contains important substance 'Phaseolamin' which is qualified as a starch blocker. It captures the bond between the starch molecules which disable an enzyme amylase from digesting starch which will be turned into sugar. The starchy food intaken will not be digested and not absorbed into the body; it will be expelled from the body in the form of fiber. The inhibition of the enzyme Amylase from the process is up to 66%.

### Garcinia Extract



Contains important substance 'Hydroxy Citric Acid' (HCA) which its main qualification is to inhibit the enzyme from turning Glucose into fat therefore it helps to stop the proceed of lipogenesis efficiently for weight control and firm body.

### L-Phenylalanine

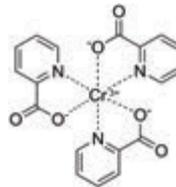
Is an essential amino used to biochemically form proteins and synthesis chemicals in nervous system which stimulates Cholecystokinin hormone to slow down the delivery into the small intestine of digestive while the brain will also receive a series of signals to enhance the feeling of fullness.

### Green Tea Extract



Also claimed to raise the metabolism rates and speed up fat oxidation even without exercising, this help to get a firm body efficiently.

### Chromium Picolinate



A substance claimed to speed up the metabolism and to increase lean body mass, it also helps in raising good cholesterol for a firm body and healthiness.

Directions | Take 1 capsule twice daily 15 minutes before meals with a large glass of water.



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