



SLIM PLAN

20 Sachets MOBILIZE
80 Tablets CONTROL
40 Tablets BURN

MOBILIZE

1 SACHET
IN THE MORNING

Java tea (ext.)	300 mg
Horseteail (ext.)	500 mg
Laminaria alga (ext.)	100 mg
L-Carnitine	800 mg

CONTROL

2 GREEN TABLETS
BEFORE
LUNCH AND DINNER

Chitosan	800 mg
Biotin	50 mcg*

* 100% NRV: nutrient reference values

BURN

1 ORANGE TABLET
BEFORE
LUNCH AND DINNER

L-Carnitine	200 mg
Citrus aurantium (ext.)	125 mg
Papaya (ext.)	100 mg
Biotin	50 mcg*

INSTRUCTIONS FOR USE. The plan lasts 20 days. Retake another plan when finished according to the needs and desired objectives. No rest is required between plan and plan. **IN THE MORNING**, take 1 sachet MOBILIZE (lemon flavor) dissolved in a glass of water. It is not necessary to be fasting. In case of not having taken it with breakfast, it can be taken later in the day, although it is recommended not to take it in the afternoon or at night to avoid an increase in urination during the hours of sleep. **WITH FOOD AND DINNER**, preferably half an hour before starting, take 2 tablets CONTROL (green) and 1 tablet BURN (orange). In case of forgetfulness, wait for the next planned feeding (lunch or dinner). Do not take double the dose.

PROPERTIES. Complete plan to achieve our weight objective in a serious, effective and lasting manner. It contains three products of specific formulation for body volume, control of ingested fats and combustion of accumulated fats. It includes nutritional recommendations and a specific diet to optimize the results. The combination of the three products and their administration regimen confer a global and complete effect to help weight loss when combined with a balanced diet. Properties of each of the products: **MOBILIZE SACHETS:** They are taken in the morning. They contain ingredients that help the elimination of liquids (orthosiphon, horsetail and laminaria) and L-carnitine, an amino acid that participates in the energy metabolism of the cells that store fat in the body. Taken every day in the morning, they contribute to the elimination of liquids, fats, metabolites and toxins. **CONTROL TABLETS (green):** they contain chitosan, a fiber that adheres to fats ingested in food and hinders intestinal absorption, thus contributing to reduce the incorporation of fats into the body. **BURN TABLETS (orange):** completes the action of the product because its ingredients contribute to the metabolism and combustion of macronutrients such as accumulated fats (citrus aurantium, papaya and biotin).

REMARKS. Do not take during pregnancy or lactation or administer to children under 12 years of age. It contains chitosan, a fiber obtained from crustaceans. People allergic to shellfish should refrain from consuming the product. It contains allura red that can have negative effects on the activity and attention of children. It does not contain other allergens (gluten, lactose, etc.). No side effects associated with any of the ingredients have been described at the doses used. In case of suffering any unwanted effect derived from the consumption of the product, cease its use and contact a health professional. For additional information, you can contact humalik@humalik.com. Food supplement. Do not exceed the recommended daily amounts or use as a substitute for a varied and balanced diet. Keep out of reach and sight of younger children.

REFERENCES. EMA Scientific Monographs: *Equisetum arvense*, *Orthosiphon stamineus*. EFSA Claims: "Orthosiphon stamineus helps health of bladder and lower urinary tract." (ID 2379); "Citrus aurantium contributes to the metabolism of lipids and weight management." (ID 2026). Otros: Cochrane Database Syst Rev. 2008 Jul 16; Chitosan for overweight or obesity. Jull AB, Ni Mhurchu C, Bennett DA, Dunshea-Mooij CA, Rodgers A. Clinical Trials Research Unit, University of Auckland, Private Bag 92019, Auckland, New Zealand.



Keep at room temperature in a fresh and dry place, far from a heat source.



Deep 114mm
High 118 mm
Width 95 mm
Volume 1.614 cc



3 years



Gross 271 g
Net 176,4 g

