

I Did It!



Diet-Phen™

DIETARY SUPPLEMENT & WEIGHT LOSS PLAN

Getting slim, trim and fit is no easy task. To do it you need adequate *Energy, Nutritional and Emotional Support, and a Positive Attitude.*

Source Naturals puts them all together in the DIET-PHEN Weight Loss Plan. The plan includes an herbal-safe nutrient formula that combines optimal amounts of St. John's wort with synephrine and green tea extract, plus L-phenylalanine and chromium. Meet your weight loss goals the natural way. Try Source Naturals DIET-PHEN dietary supplement in conjunction with the Diet-Phen Weight Loss Plan.

THE PLAN HELPS TO:

- Increase metabolic rate.
- Lose unwanted body fat.
- Boost energy levels.
- Build and tone muscle.
- Support a positive mental attitude.

SOURCE  NATURALS®
Strategies for Wellness™

DIETING – *It Starts in Your Head.*

Successful dieting depends on the right mind-set: you need a positive outlook and determination. When your head is in the right place, your body may follow. That's why the DIET-PHEN Weight Loss Plan includes natural herbs and amino acids to help support a sense of active calm.

ST. JOHN'S WORT – *The CenterPeace of DIET-PHEN.*

In use since ancient times, *Hypericum perforatum* is a flowering herb highly valued for its positive influence on mental well-being. Known for its soothing effect, it seems to promote relaxation without drowsiness. Recent research has focused on the connection between hypericin (the principal phytochemical in St. John's wort) and serotonin, a key neurotransmitter associated with mood. About 90% of your serotonin receptors are found in your brain's emotional center, the limbic system.

SYNEPHRINE, GREEN TEA AND L-PHENYLALANINE – *Energize with an Attitude!*

Synephrine and green tea extract are added for that extra energy needed during dieting. The brain uses phenylalanine to manufacture dopamine and norepinephrine, two neurotransmitters that play an important role in drive and determination.

ACETYL L-CARNITINE – *Transporting Fat to the Furnace.*

Within each of your trillions of cells are thousands of tiny energy factories called mitochondria. They convert fats and sugars into metabolic energy. Acetyl L-carnitine supports this process by transporting fat molecules to the mitochondria.

THE PLAN INCLUDES A DAILY SERVING OF 3 DIET-PHEN TABLETS TO PROVIDE:

- 900 mg of St. John's wort, the traditional herb used to support a positive mood.
- 24 mg of synephrine and 300 mg of green tea extract, for energy.
- 500 mg of L-phenylalanine, an essential amino acid that acts as the building block for key brain neurotransmitters that support a positive mental attitude.
- 200 mcg of chromium, a trace element which may work closely with insulin to help facilitate the uptake of glucose into cells.
- 50 mg of acetyl L-carnitine, the bioactive form of this amino acid involved in cellular fat transport.
- 25 mg each of niacin and vitamin B-6, nutrients essential to the body's production of serotonin.

GET STARTED WITH THE PLAN !

Get DIET-PHEN dietary supplements and the Weight Loss Plan at fine health food stores everywhere. Visit our website: www.sourcenaturals.com

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