

# Thermo-Bond® Fiber Tablets

## An effective and natural way to absorb less fat.\*

Thermo-Bond is about deriving the maximum nutrition from your food and absorbing less of the fat.\* And this is great news for anyone on a weight-loss program.\*

Experts strongly advocate an increased consumption of dietary fiber and lower intake of fat and calories. Not only is this critical to weight loss, it is also a prerequisite of good general health. Unfortunately, typical Western diets include fast food and emphasize high-fat, low-fiber foods.

Natural foods, on the other hand, tend to be high in fiber. This is especially true of fruit, vegetables, whole grains, nuts and seeds. When fiber passes through the stomach into the digestive tract, it absorbs water and waste materials before being eliminated from your body. Proper intake of fiber speeds the process and reduces the amount of time food spends in the intestinal tract, assisting your body in optimum removal of toxins and other wastes.\*

Thermo-Bond® offers fiber essential for good health.\* It is a unique blend of active fibers and sodium choleate that can enhance the process of elimination.\* This enables you to feel full and satisfied while also helping you to maintain regularity.\* In the process, Thermo-Bond® helps your body absorb less fat.\* The ultimate result is effective weight loss.\*

## Discussion Points

- **Fiber smart:** The Western diet is woefully deficient in fiber, often totaling less than 10 grams or so each day. For good health and proper digestion, you need at least 30 grams of fiber daily.
- **Less fat:** Sodium choleate assists in the liquefying of fats for digestion. This aids your body in absorbing less fat.\*
- **Lighten up:** Cellulose also aids in proper digestion. Cellulose—found in bran, fruit, vegetables, wholemeal bread, beans, nuts and seeds—supports the elimination of wastes from the intestinal tract.\*
- **Combine with other products:** Thermo-Bond® Fiber Tablets can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.

## Did You Know?

Apples contain a higher proportion of fiber than most fruits, which is why they are one of the key sources of the natural fiber in Thermo-Bond®. A single apple contains approximately four grams of hunger-satisfying fiber—twice as much as a carrot!

Individuals who are diabetic can benefit from increased fiber intake, as fiber can lower blood-sugar levels. Fiber is well known for its natural ability to expand as it absorbs water, filling the stomach and creating a satisfying feeling of fullness, thereby triggering a signal to stop eating. It is recommended that fiber be consumed before meals or before your shake. It is found mainly in whole grains as well as beans, fruit and some vegetables. Health conditions that may be improved through fiber intake include high cholesterol, high blood pressure, hemorrhoids, diarrhea and, of course, excess weight.

## Fast Facts

- Thermo-Bond® creates a satisfying feeling of fullness while helping maintain your system's regularity.\*
- These specially processed tablets contain a unique blend of natural ingredients that combine with the food you eat so your body absorbs less fat.\*



## SUPPLEMENT FACTS

**Serving Size:** 1 tablet

**Servings per container:** 90 tablets

	Amount Per Serving	% Daily Value*
Dietary Fiber (from cellulose, apple, acacia, oat and citrus)	333 mg	1%

\* Percent Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Sodium Choleate, Stearic Acid, Cross-linked Sodium Carboxymethylcellulose, Silicon Dioxide, Magnesium Stearate, Dextrin, Dextrose, Soy Lecithin and Sodium Citrate.

**Suggested Serving:** Take one tablet up to six times a day, with food.

**For Maximum Results:** Take Thermo-Bond with a full glass of liquid before meals or before your shake. Use this product in conjunction with other Herbalife products.

**Notice:** Before using this product, or any fiber product, it is advisable especially for children, people with gastro-intestinal problems, ulcerative colitis or Crohn's disease to consult a physician. Do not use when symptoms of diarrhea or abdominal pain are present.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Ordering Details

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\$15.75