

MÖDERE



BURN

boost metabolism, burn fat



THE WELLNESS PROBLEM

Losing weight is difficult, so it's important to find ways of making it that little bit easier.

In Australia today, around two-thirds of adults are overweight.¹ Eating too much and exercising too little are common drivers and, once gained, excess weight is very hard to lose.

To lose weight, you must eat less than you burn. This sounds simple; however modifying what you eat can leave you feeling low in energy, and this can lead to you breaking your diet.

Moderne M3 is a weight loss system inspired by the Mediterranean diet, incorporating simple changes that matter most.

One such change is taking a little pick me up with breakfast and lunch. Something that supports your body's natural fat burning processes, while helping you to feel a little more energised each day.

Something to tip the delicate scales of energy in, energy out, a little more in your favour.

¹Australian Institute of Health and Welfare 2016.

THE MODERE SOLUTION

Burn is a multi-action formula using elements of the Mediterranean Diet to stimulate thermogenesis, energy levels and the burning of body fat as fuel.

Caffeine from *Coffea robusta* is a natural thermogenic that increases your energy expenditure to help you burn calories and feel energized.

Sinetrol™ is a patented, citrus and guarana extract, developed to support fat loss via the process of converting stored body fat into fuel.

In conjunction with a healthy, calorie responsible diet and regular exercise, Burn is intended support calorie burning, fat loss and energy levels.

WELLBEING BENEFITS OF BURN

- Enhance thermogenesis
- Boost metabolism
- Plant derived, fat burning ingredients
- Non GM formula
- Use in conjunction with calorie responsible diet and regular exercise



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LIFESTYLE TIPS

- Eat a balanced diet. Dietary deficiencies can hinder fat loss
- Reduce stress. Elevated stress levels will hinder fat loss
- Stop smoking
- Reduce alcohol intake
- Increase exercise.
- To increase your metabolic rate, a daily dose of exercise is essential. Research shows that quick bursts of energy, then slowing down to reduce your heart rate will teach your body to burn more fat.
- This type of exercise will increase your lung capacity, energy and assist in building muscle which is important for speeding your metabolism. The 10,000 steps and other M3 lifestyle pledges are recommended.
- Join a community. Join the Pledge and tap into all the support information provided.

COMPANION PRODUCTS

For best results use as part of the M3 Program.

FACTS

ACTIVE INGREDIENTS

Camellia sinensis (green tea) extract, *Coffea canephora* (Robusta coffee bean) extract, *Olea europaea* (olive) extract, *Paullinia cupana* (guarana) seed extract, citrus bioflavonoids extract, levocarnitine tartrate, chromium.

DIRECTIONS FOR USE

Take two capsules with breakfast and two capsules with lunch.
Pack size: 120 capsules

PRECAUTIONS

Adults only. Always read the label. Use only as directed. Contains caffeine. Healthy weight loss requires a calorie responsible diet and regular exercise. It is recommended that you seek the advice of a health care professional before beginning any new weight loss program.

FREE FROM

- Milk, gluten, preservatives, artificial colours and flavours and soy.
- Suitable for vegetarians and vegans.

Listed on the Australian Register of Therapeutic Goods, AUST L 289206