

# MÖDERE



## IGNITE

assist normal energy and metabolism



### THE WELLNESS PROBLEM

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

In Australasia today, around two-thirds of adults are overweight.<sup>1</sup> 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 - energy in, energy out. 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.

This is when a little pick me up can help. Something that supports your body's natural lipolytic processes, while helping you to feel a little more energised each day.

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

<sup>1</sup>Australian Institute of Health and Welfare 2016.

### THE MODERE SOLUTION

Ignite is a multi-action formula using elements of the Mediterranean Diet to bring the benefits of eating a range of high-fiber, plant based foods that contain naturally occurring benefits.

Plant-derived caffeine from *Coffea robusta*.

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

In conjunction with a healthy, calorie responsible diet and regular exercise, Ignite is intended to support your weight management regime.

### WELLBEING BENEFITS OF IGNITE

- Support normal energy yielding metabolism
- Plant derived, fat lipolytic ingredients
- Non GM formula
- Use in conjunction with calorie responsible diet and regular exercise



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## LIFESTYLE TIPS

Ignite can be used individually or part of the M3 program.

- Eat a balanced diet. Dietary deficiencies can hinder fat lipolysis
- Reduce stress. Elevated stress levels will hinder weight loss
- Stop smoking
- Reduce alcohol intake
- Increase exercise.

Increasing your 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 supporting your normal energy-yielding 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. Additional benefits may be gained from White Kidney Bean, Sugar Balance or Protein Bar Choc Fudge.

## 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.

## NUTRITIONAL INFORMATION

Servings per container: 30 Serving size: 2 capsules, taken twice daily		
Average quantity	per serving	%NRV*
Vitamin C	36 mg	45%
Chromium	50 mcg	124%
Citrus fruit extracts	720.7 mg	-
L-Carnitine/L-Carnitine	360 mg	-
Green tea leaf extract	483.8 mg	-
epigallocatechin gallate (EGCG)	270 mg	-
caffeine	1.1 mg	-
Coffee bean extract	143.7 mg	-
caffeine	130 mg	-
Guarana seed extract	135.1 mg	-
caffeine	20 mg	-
Olive extract	100.8 mg	-
Total caffeine	151.1 mg	-

\*%NRV = Nutrient Reference Value