



# M3 PROGRAM

REAL FOOD. REAL PEOPLE. REAL CHANGE.

## OVERVIEW

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

Research suggests that people who follow a reduced calorie, Mediterranean diet may **lose more weight**<sup>1</sup> than a reduced calorie low-fat diet, because it isn't just a fad or limited list of foods. It's a lifestyle.

Many diets fail because they're too calorie restrictive, leaving the dieter low on energy and lacking in basic nutrition. This can also cause the metabolism to slow, reducing the amount of calories the body burns each day.

M3 is designed to help users achieve weight loss through a healthy diet, targeted supplements, and small lifestyle adjustments - simple changes that will make a big difference in your life!

**M3 is simple: Take 3, Make 3 for 3 months:**

- 1. Take three M3 products; Burn, Sustain and Sync.**
- 2. Choose three of five daily lifestyle habits.**
- 3. Stay on the program for three months.**

With Modere M3, expect to eat real food and get real results through the use of three products and the commitment to three healthy lifestyle pledges.

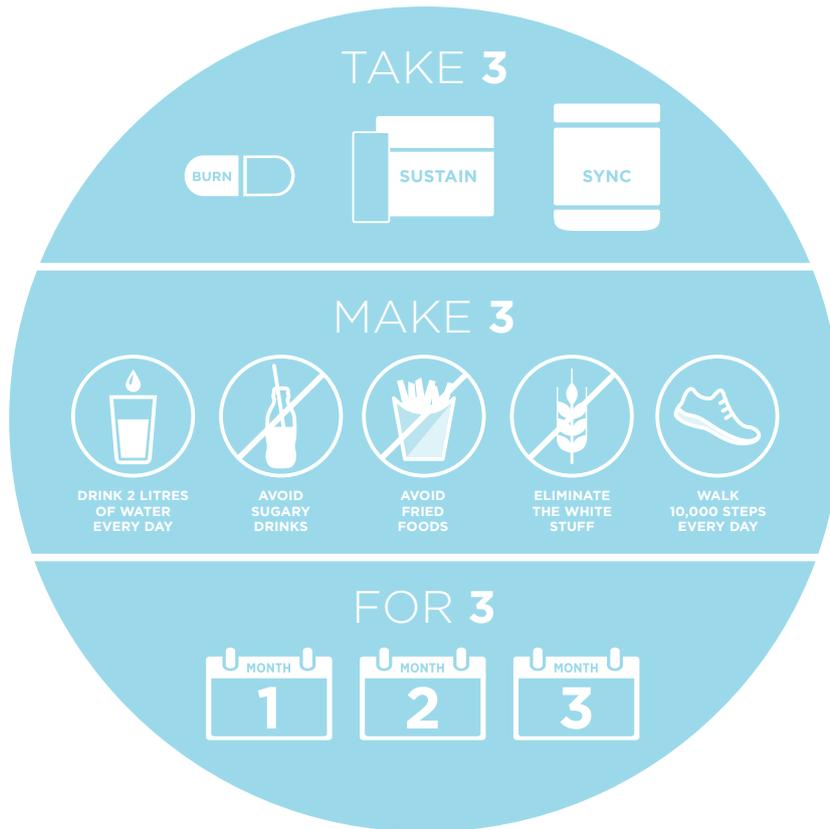
If you have been struggling to lose weight, or if you simply want to feel better and treat your body right, M3 is designed to help you achieve your goals and feel great while doing so. Transform your body, gain energy and lose weight with M3.

## LIFESTYLE TIPS

- Maintain small amounts of protein throughout the day especially between 2-3pm. This is important for body composition.
- Drink plenty of water - at least 2 litres a day.
- Sit down and relax when eating and avoid eating when stressed.
- Always eat mindfully - when eating, just eat.
- Avoid watching television, working on the computer, and reading while eating
- Don't eat and drink at the same time. Drink prior to eating and after eating.
- Join a community. Join the Pledge and tap into all the support information provided.

<sup>1</sup>In a single 2-year study, subjects following a reduced-calorie Mediterranean diet lost had a higher average weight loss than subjects following a reduced-calorie low-fat diet.

# THE M<sup>3</sup> PLEDGE™



## BURN

Burn is a fat-burning formula that helps kick start metabolism and boost energy to support weight loss goals! Burn is crafted with a unique thermogenic blend including Sinetrol™ from citrus with natural caffeine from guarana, coffee beans and green tea. Inspired by the Mediterranean Diet, Burn promotes fat metabolism with the power of living clean at heart.

### WELLBEING BENEFITS

- Burn Calories
- Boost Metabolism
- Burn fat
- Plant derived Ingredients
- Vegan
- Non GM formula

### DIRECTIONS FOR USE

Take 2 capsules twice daily with breakfast and lunch.

### PRECAUTIONS

*Adults only. Always read the label. Use only as directed. Use in conjunction with a calorie responsible meal plan and regular exercise. Seek the advice of a health care professional before beginning any new weight loss program. Burn contains caffeine.*

## SUSTAIN

Satisfy that mid-morning or mid-afternoon craving with a smooth, creamy vanilla shake. Sustain is crafted with plant derived ingredients, vitamins, minerals, protein and fibre to control cravings and help you feel fuller, longer.

Formulated to include nature's finest ingredients, Sustain mirrors the refreshing sensation of the Mediterranean Diet.

### WELLBEING BENEFITS

- Satisfying Shake
- Creamy Vanilla Flavour
- Plant Derived Protein
- 9 Essential Amino Acids
- Essential vitamins and minerals
- Non GM formula
- Convenient single serve sachets

### DIRECTIONS FOR USE

Mix one packet with 200 mL of water. Consume as your mid-morning or mid-afternoon snack.

## SYNC

A delicious, chocolate flavoured treat, Sync includes a blend of soluble, insoluble and prebiotic plant fibres to synchronize satiety with digestion. Taken before a meal, fibre can help fill you up. The Mediterranean Diet relies on abundant fruit and vegetables, the inspiration behind this fibre drink mix.

### WELLBEING BENEFITS

- Enhance satiety
- Optimise digestion
- Soluble, Insoluble and Prebiotic Fibre
- Rich Chocolate Flavour
- Vegan
- Non GM Formula

### DIRECTIONS FOR USE

Take 20 minutes before your evening meal. Mix one scoop with 200 mL of water.