



# FAQ



**MÖDERE**  
*live clean*

# FAQS

## 1. DO I HAVE TO TAKE ALL THREE PRODUCTS TO LOSE WEIGHT?

M3 is designed for weight loss with the use of all three products, in addition to three lifestyle pledges. These products work synergistically to help support weight loss goals. It is recommended to use the system completely for best results.

## 2. WHAT IS THERMOGENESIS?

Thermogenesis is the production of body heat. It is an important part of the metabolic rate, and science has shown that supporting thermogenesis increases energy use, which includes fat burning. Burn is classified as a thermogenic.

## 3. WHY IS THIS PROGRAM DIFFERENT THAN OTHER WEIGHT LOSS PROGRAMS?

M3 is inspired by the Mediterranean Diet. In Australia we have 3 meal programs; Standard Mediterranean, No Grain and Vegan.

M3 works synergistically to support weight loss while promoting health & well-being. M3 is designed to be easy to use without having to give up entire food groups, radically restricting calories or using harsh laxatives. Healthy weight loss is important for success and M3 delivers effective products that support the body with clean, safe ingredients.

## 4. HOW LONG CAN I DO THIS PROGRAM?

M3 is designed to be used until you reach your weight loss goals. Seek the advice of a healthcare practitioner before starting any weight loss regime.

## 5. WHEN CAN I EXPECT TO START SEEING RESULTS?

As everybody is different, weight loss results can vary from person to person. However, some users tell us they noticed weight loss and increased energy within the first week.

## 6. WHAT IS THE DIFFERENCE BETWEEN SUSTAIN AND OTHER MODERE PROTEIN PRODUCTS?

Sustain was designed to complement M3 as it makes a smart plant-based snack replacement between meals, with low sugar and less than 100 calories. Modere also carries protein powders which include Shake Pea Protein - Chocolate & Vanilla, both designed for different functions than Sustain.

Shake Pea Protein - Chocolate & Vanilla contains a different nutritional panel which caters to fit a high

protein shake. This product is sweetened with stevia, and contains branch chain amino acids to support muscle tissue recovery and lean muscle mass after exercise.

## 7. WHAT IS THE MEDITERRANEAN DIET? WHAT DOES IT HAVE TO DO WITH M3?

The Mediterranean Diet is representative of traditional eating habits of the Mediterranean countries. Characterised by a moderate consumption of vegetables and healthy fats such as olive oil, the Mediterranean Diet is thought to promote an abundance of health benefits due to the focus on plant ingredients.

This diet has inspired our Australian Modere Mediterranean Meal options. We have modified the 'global' Mediterranean Diet for the Australian M3 as it focuses on the benefits of eating a range of high-fibre, plant based foods that contain naturally occurring benefits.

## 8. WHAT IS THE AVERAGE WEIGHT LOSS FOR MEN AND WOMEN?

The typical person can expect to lose 1-1.5kg per week depending on a variety of factors including the amount of exercise and motivation to stick to a reduced calorie diet. Consult your healthcare practitioner prior to starting any new diet or exercise program.

## 9. IS SUSTAIN MEANT TO REPLACE MY LUNCH MEAL?

Sustain is not formulated to be a meal replacement shake. It should be used as a healthy snack alternative to aid in weight loss and hunger control. However, if you chose to take two Sustain, you can use this as a meal replacement.

## 10. WILL BURN CAUSE ME TO BE JITTERY OR GIVE ME AN UPSET STOMACH?

Burn contains 38.7 mg of caffeine per four capsule serving, the equivalent of around 1 standard cup of coffee per day. If you experience sensitivity, ensure you are consuming Burn with your lunch to help reduce any symptoms. If you continue to experience sensitivity, decrease serving size until sensitivity does not occur.

## 11. WHY DOES THE DOSAGE DIFFER AROUND THE WORLD FOR BURN?

There are different Burn formulas around the world due to regulatory constraints. In Australia we take two capsules with breakfast and two capsules with lunch.

## **12. CAN I USE THIS IF I AM DIABETIC / HYPOGLYCEMIC ETC. OR ON MEDICATION?**

Seek the advice of a healthcare practitioner before using this system if you have a medical condition or use prescription medication.

## **13. CAN MY CHILD USE THIS PROGRAM?**

No. This program is recommended for adults aged 18 and over only.

## **14. IS SUSTAIN AN ALLERGY CONCERN WITH THE COCONUT?**

The active ingredients in Sustain remain the same. Our formulation experts use a smooth coconut-based system, bringing in unique modernisation. On the label you will notice 'Medium Chain Triglycerides' which is a coconut derived fat. Coconut is classified as a tree nut.

## **15. IS THE M3 PROGRAM CERTIFIED GLUTEN-FREE?**

No. The Sync product contains an extract of oats, which may contain trace amounts of gluten.

## **16. WILL ANY INGREDIENTS IN THE M3 SYSTEM SHOW UP AS POSITIVE ON A DRUG TEST?**

Burn is not a drug that shows up, in any negative way, through drug testing or screening. If you are still concerned and are going to be tested or screened for drugs, take the Burn ingredient listing with you, and inform the testers that this is a supplement you are taking, along with any additional supplements.

## **17. WHEN/HOW DO I TAKE M3?**

It is recommended to take the M3 products at the following times:

**BURN - MORNING AND NOON:** Take two capsules with breakfast and lunch.

**SUSTAIN - MID-MORNING OR MID-AFTERNOON:** Mix a single Sustain pack with 200ml of water. This is great as an afternoon snack.

**SYNC - EVENING:** Take Sync 20 minutes before your evening meal to optimise digestion and reduce unwanted nightly cravings. Mix one scoop with 200ml of water. Alternatively, if you forget, take Sync before bed to help avoid late night snacking. This will leave you feeling light and refreshed in the morning.

## **18. FOR SOMEONE WHO WORKS SHIFT WORK OR KEEPS A SCHEDULE THAT IS NOT TYPICAL, YOUR BODY HAS LIKELY ADJUSTED TO YOUR OWN SCHEDULE. WE RECOMMEND THE FOLLOWING:**

**BURN:** Take this product at the beginning of your day, whatever that time might be.

**SUSTAIN:** Sustain is great to take with your second meal of the day as an added source of protein. If not during lunch, it can also serve as a great snack.

**SYNC:** Sync is designed to be taken with the last meal of the day, about 20 minutes before you eat.

## **19. WHAT ARE COMPANION PRODUCTS TO M3?**

There are two things that slow down weight loss. One is toxicity, so to make sure that at least once a year you do a short detoxification program. The second is nutritional deficiencies. A quality multivitamin, antioxidant, krill oil and probiotic are all good companion products to M3.

## **20. DOES HERBAL TEA COUNT TOWARDS MY WATER TOTAL?**

The primary fluid source for M3 is filtered water. Herbal teas can be included as long as they are sugar free.

## **21. IS ALCOHOL ALLOWED ON THE PROGRAM?**

Preferably no. However we understand the need for an occasional drink. The ideal drink on this program is vodka and mineral water. Add lots of lime or lemon.

## **22. HOW DO I COOK MY EGGS?**

As a general rule, 'lightly' cook all eggs so that the egg yolk is slightly runny. Do not overcook eggs to make the yolk hard.

## **23. WHEN DO I WEIGH MYSELF?**

Ideally, Saturday morning is your weigh in day. Only weigh in once per week on the same day and time of day. Weighing in daily can drive you crazy as your body weight will fluctuate, which is normal. Women should not weigh in when close to menstruation - your body can retain fluid and make you temporarily heavier which can be discouraging.

## **24. WHAT IF I FALL OFF THE PROGRAM OR HAVE THE WRONG FOODS FOR A NIGHT?**

For some people it is normal to 'fall off the wagon'. However with M3 it is as simple as getting back on track with the next meal or snack. Be compassionate with yourself and banish the unhelpful 'black and white' thinking like 'I'll never lose weight as I have messed up'.

Never say never! M3 will teach you the necessary life skills on what to do when you have cravings and urges for certain foods so don't be harsh on yourself in the beginning. Don't give up or use this as an excuse to stop. Just pick up where you left off!

Often going back to your goals will motivate you again. Your goal is the ultimate reason you are doing

the program, so start visualising and seeing yourself with the ideal body composition that you are wanting!

### 25. CAN YOU SKIP YOUR SNACKS?

No! One of the secrets of 'lean' people is that they generally love to eat! However, the difference is that they eat small meals and are grazing on food throughout the day. Eating every 3 hours during the day is an integral part of the M3 program.

### 26. WHAT IS MY M3 BAG MADE OF?

Your M3 Program bag is made of Hemp. Hemp is a natural and environmentally sourced plant fibre. Hemp is also BPA free.

### 27. CAN WE ADD FRUITS AND CONDIMENTS SUCH AS CINNAMON TO M3 SUSTAIN AND SYNC?

Yes, you may add fresh, frozen fruits or condiments that are found in the M3 meal plans.

### 28. IN THE PAST WEEK I HAVE BEEN FEELING HOT AROUND HEAD AND NECK. IS THIS NORMAL?

Yes, what you are experiencing can happen when taking a thermogenic. Burn is a thermogenic supplement that increase heat production in the body so body fat is used as energy instead. It basically increases heat through metabolic stimulation. Some people need less so if the heat is uncomfortable then I would suggest reducing the amount by half to see if this relieves some of the heat sensation. If you are concerned or experience any other symptoms please let us know and we can advise or contact your health care practitioner.

### 29. I AM PLATEAUING! WHAT DO I DO?

Follow this process of evaluation first (and be honest to yourself):

#### 1. Check your snacks

- Are you eating 3 meals, having Sustain as a snack and using Sync before dinner?

**Tip:** If you don't eat small amounts throughout the day you will stop burning fat

#### 2. Check your carbohydrates

- Are you choosing vegetables and fruits from the shopping lists provided?
- Are you checking for hidden sugars in sauces and drinks?

**Tip:** Get carb conscious – eat protein for fat loss

#### 3. Check protein intake

- Protein intake is essential as it reduces hunger and reduces energy intake. Are you

consuming the correct amount? Check you're eating the correct portion sizes again

**Tip:** Protein is a key to sustained weight loss

#### 4. Check fat intake

- Low levels of essential fatty acids are found in obese people. EFA stimulates adiponectin so increase EFA Krill or Hair Skin and Nails and oily fish in the diet
- If consuming too many nuts, stop until fat burning starts again.

**Tip:** Good fats don't make you fat – starchy carbs do!

#### 5. Check exercise

- Are you exercising daily?
- Are you mixing your exercise routine?
- Short burst of energy with high intensity, interval training and short recovery times will increase fat burning

**Tip:** You don't have to be a gym junkie. Just focus on the large muscle groups which will assist you in burning more fat.

#### 6. Check your sleep patterns?

- Are you getting 7-8 hours of sleep per night?
- While it is essential to exercise to burn calories, exercise represents only about 5% of energy expenditure. The most energy expenditure occurs when you are sleeping. This is where the calories are burned. Resting energy expenditure can account for as much as 60% of your total daily energy expenditure.

**Tip:** Eat a half a hand full serve protein snack before bed every night if having problems sleeping.

### **After following the above recommendation do this:**

#### Step 1

- Fill out a Diet Journal daily. Write everything down. By doing this you will start to see a pattern of where you are going astray. You will notice the times that you reached for the wrong foods, how you felt and this process will help you plan more effectively to get you back on track.

#### Step 2

- If you have followed all the above recommendations call your support person for further guidance.

*Consult your Healthcare Practitioner before starting any new diet or exercise program.*



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