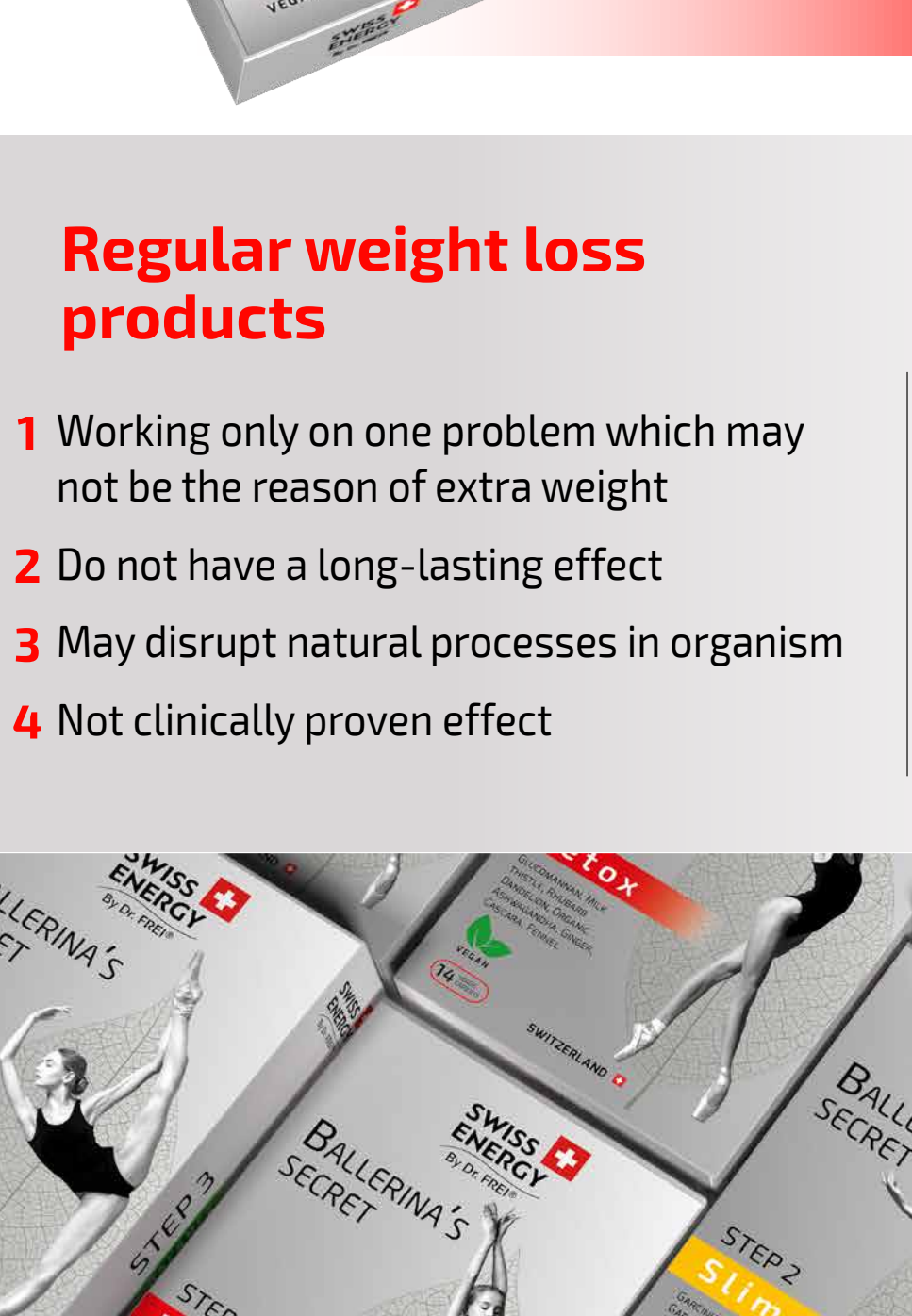


BALLERINA'S SECRET

THREE-STEP WEIGHT LOSS PROGRAM

Slim figure, like a ballerina!



- Innovative Swiss products
- Designed by nutrition experts
- Clinically proven effect
- Fast results



Regular weight loss products

- 1 Working only on one problem which may not be the reason of extra weight
- 2 Do not have a long-lasting effect
- 3 May disrupt natural processes in organism
- 4 Not clinically proven effect

Ballerina's Secret program

- 1 Has many factors that contribute to weight loss
- 2 Acts step by step in a proper way
- 3 Activates all natural slimming mechanisms
- 4 Clinically proven result



WHY CAN'T I LOSE WEIGHT?

- **FACTOR 1** The body accumulates metabolic products, salts, liquid.

1

REASONS

- Irregular nutrition and snacks
- Stress and cigarettes
- Carbonated drinks, alcohol
- Fatty, salty and smoked dishes

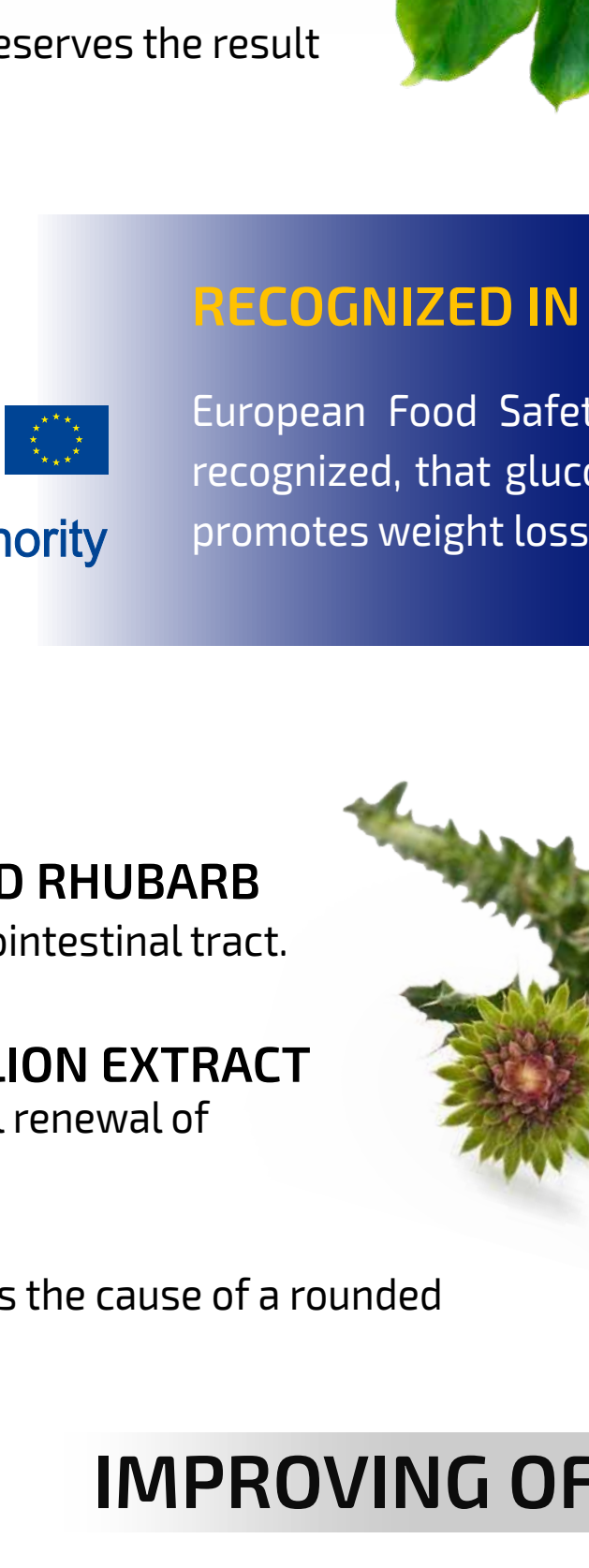


CELLULITE

SOLUTION

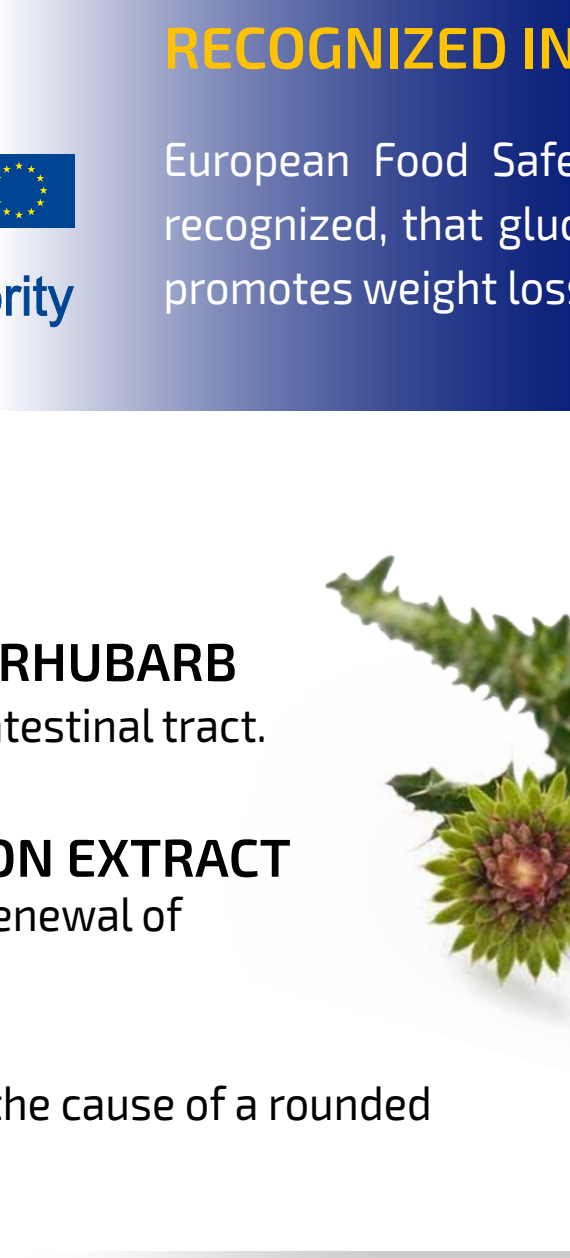
STEP 1

Detox



2 CAPSULES CONTAIN

- Glucmannan 200 mg
- Cascara extract 200 mg
- Milk thistle extract 100 mg
- Rhubarb root extract 100 mg



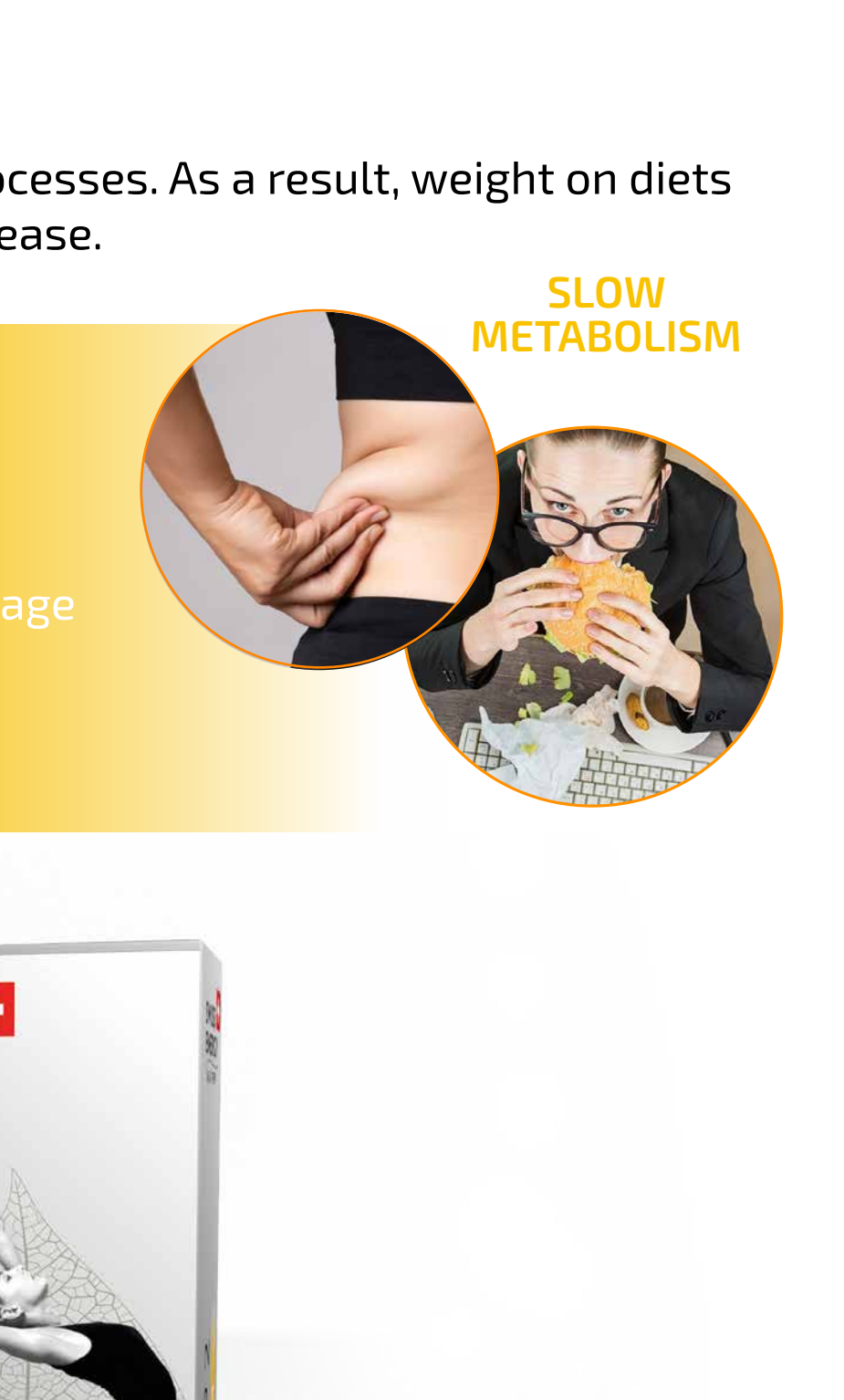
- Dandelion leaf extract 100 mg
- Ashwagandha extract 100 mg
- Ginger extract 50 mg
- Fennel extract 50 mg

RESULT

REDUCING HUNGER

GLUCOMANNAN

- Contains dietary fiber, which reduce hunger.
- Naturally binds side metabolic products - cholesterol and fat.
- Promotes excretion of toxins from the body.
- Promotes a habit of eating small portions.
- Changes eating behavior and preserves the result slimming.



RECOGNIZED IN THE EU!

European Food Safety Authority (EFSA) officially recognized, that glucumannan is a substance that promotes weight loss and cholesterol regulation.

CLEANSING

EXTRACTS OF CASCARA AND RHUBARB

- Normalize the work of the gastrointestinal tract.
- Promotes intensive cleansing.

MILK THISTLE AND DANDELION EXTRACT

- Promotes protection and natural renewal of liver cells.

FENNEL EXTRACT

- Helps to relieve bloating, which is the cause of a rounded abdomen.



IMPROVING OF METABOLISM

ASHWAGANDA AND GINGER EXTRACTS

- Accelerate metabolism
- Stimulates the calorie burning process
- Antioxidant effect
- Slowing down the aging process

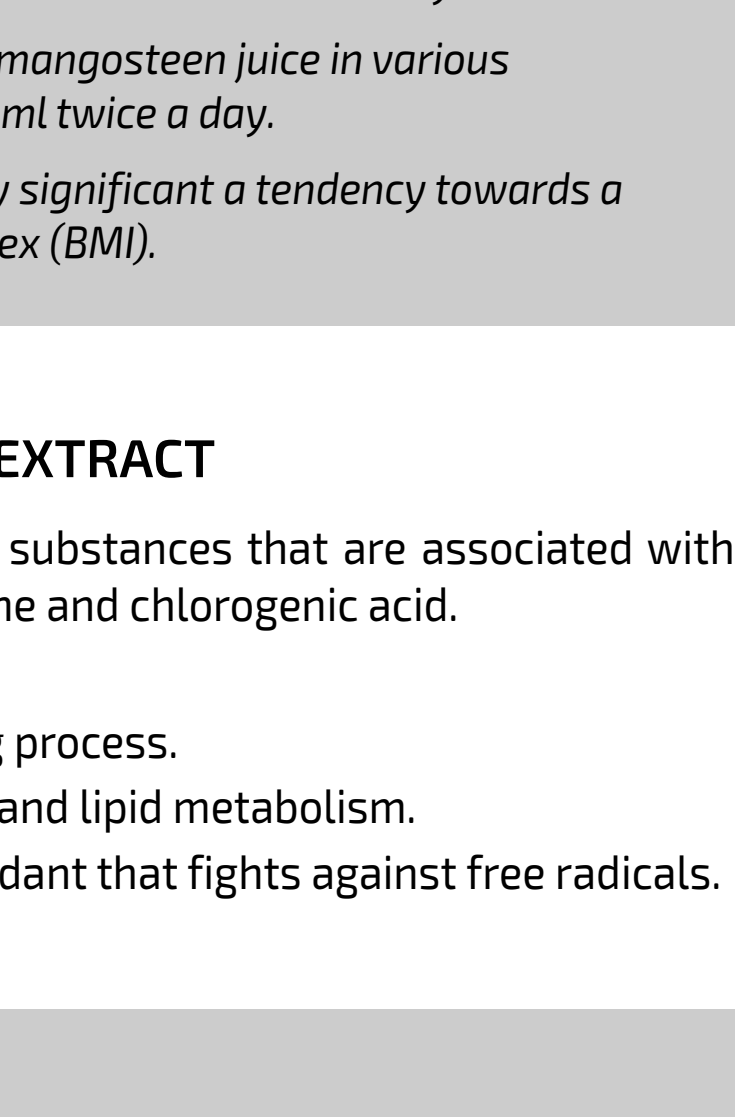
WHY CAN'T I LOSE WEIGHT?

- **FACTOR 2** Slowing down of metabolic processes. As a result, weight on diets does not decrease or even increase.

2

CAUSES

- Not active lifestyle
- Metabolism slows down with age
- It's hard to give up junk food

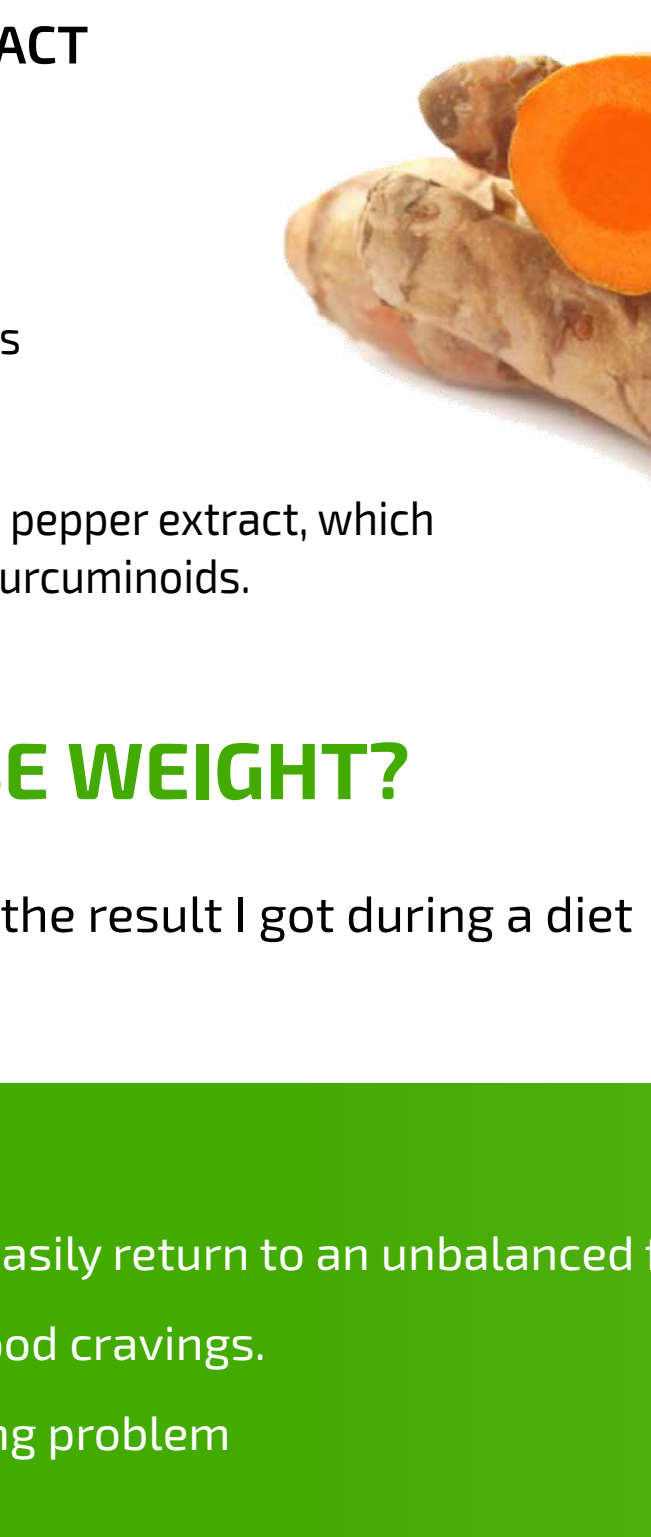


SLOW METABOLISM

SOLUTION

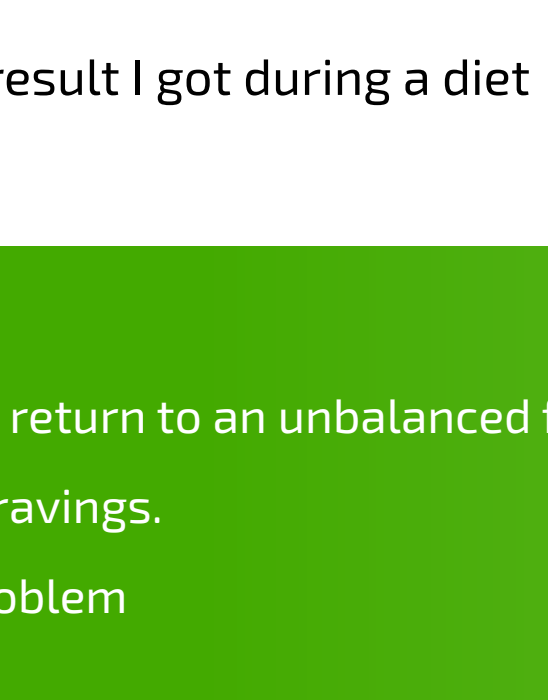
STEP 2

Slim



3 CAPSULES CONTAIN

- Garcinia Cambogia Extract 500 mg
- Garcinia mangostana extract 300 mg
- Green Coffee Extract 200 mg



- Curcuma longa extract 300 mg
- Bitter Orange Extract 250 mg
- Bioperine 6 mg

SPEEDING UP METABOLISM

GARCINIA CAMBOGIA

Active ingredient of Garcinia Cambogia is hydroxycitric acid.

- Blocks the synthesis of fats and prevents deposition of fat cells.
- Helps to speed up metabolic processes.
- Reduces appetite.
- Stimulates the production of serotonin (the hormone of joy).

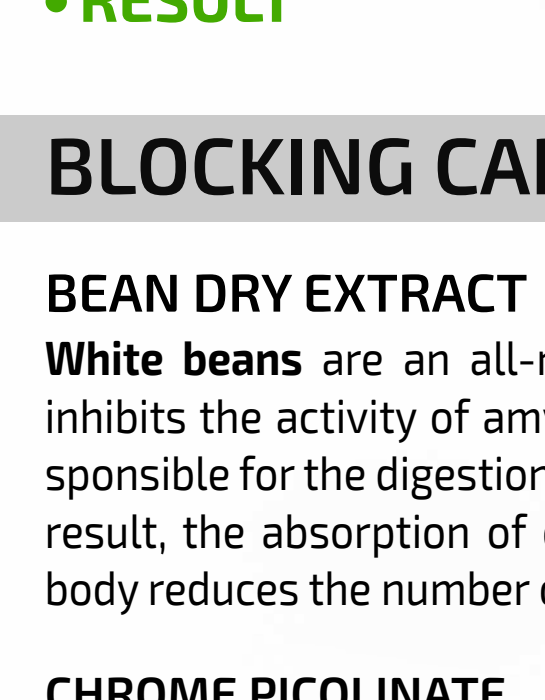


CLINICALLY PROVEN!

8-week randomized double-blind study. The volunteers took an extract of Garcinia Cambogia.

Results:

- Up to 5.5 kg weight loss.
- Up to 12 cm reduction in waist circumference.
- Up to 6.5 cm hip reduction.
- Increased levels of adiponectin (fat burning hormone).



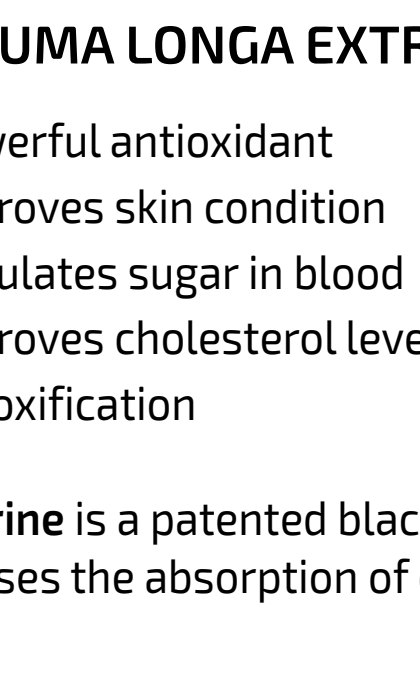
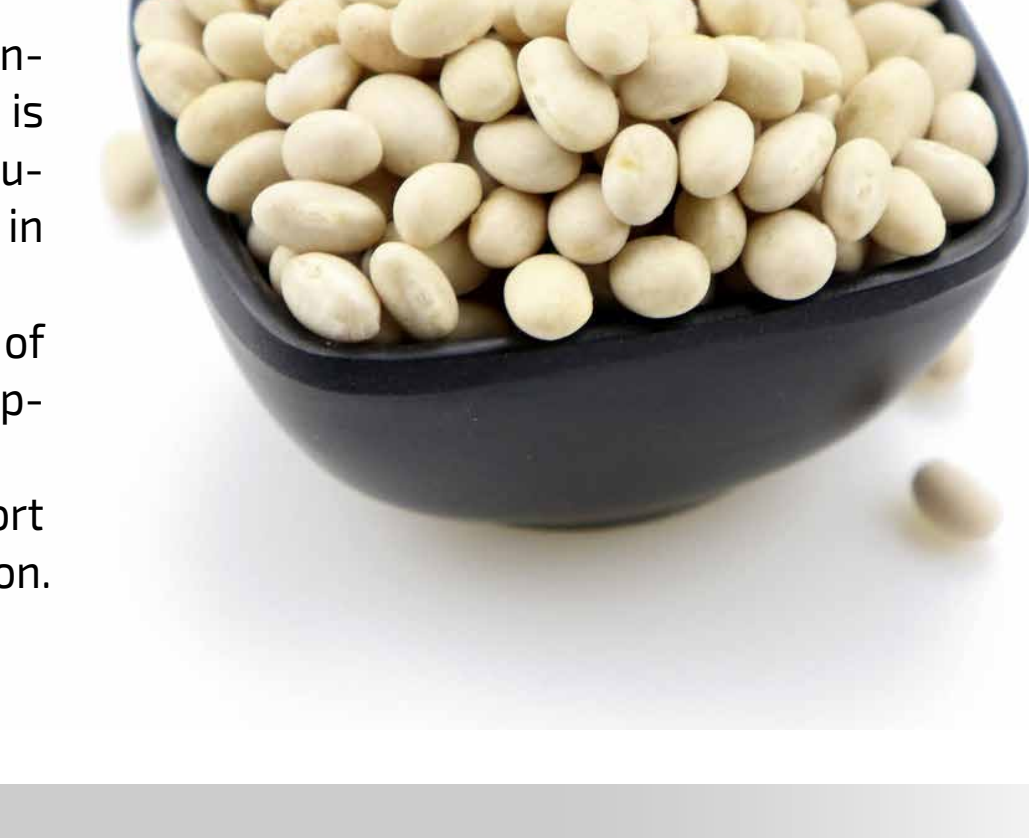
BITTER ORANGE / SYNEPHRINE

Bitter orange contains a substance called synephrine, which has some similarities to ephedrine.

- Reduces appetite and speeds up the fat burning process
- Studies have shown that it can significantly reduce weight in a short period.

GARCINIA MANGOSTANA EXTRACT

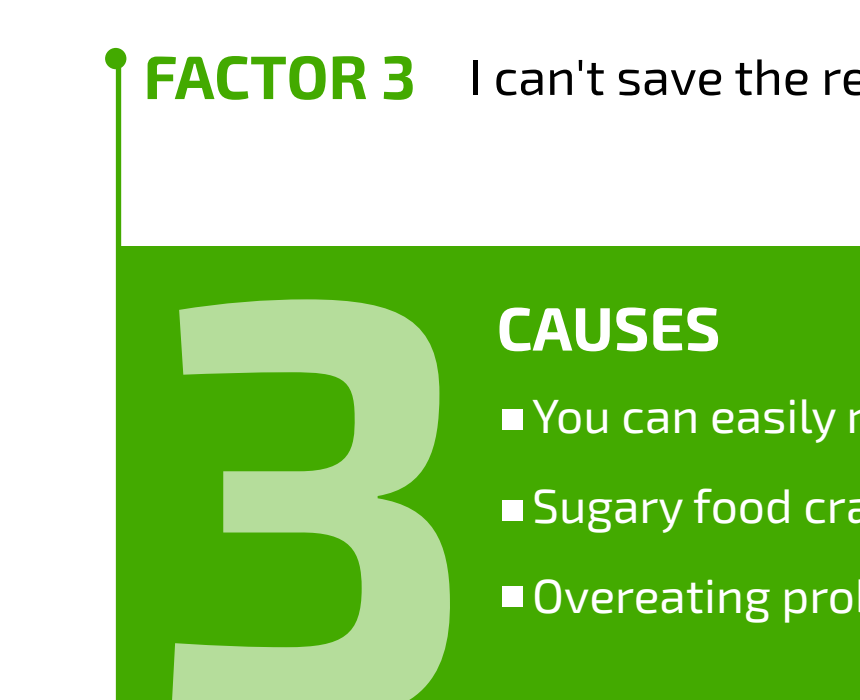
- Promotes weight loss
- Regulates energy metabolism
- Normalizes digestion



CLINICALLY PROVEN!

Randomized double-blind placebo controlled study. The volunteers consumed mangosteen juice in various volumes - 90, 180 and 270 ml twice a day.

Result: Proven statistically significant a tendency towards a decrease in body mass index (BMI).



GREEN COFFEE EXTRACT

It contains two key substances that are associated with weight loss - caffeine and chlorogenic acid.

Green coffee:

- Boosts fat burning process.
- Improves glucose and lipid metabolism.
- A powerful antioxidant that fights against free radicals.



CLINICALLY PROVEN!

60 Day low calorie diet study and moderate physical activity. The volunteers took 200 mg of green coffee extract.

Result: average weight loss was up to 4.9 kg.

CURCUMA LONGA EXTRACT

- Powerful antioxidant
- Improves skin condition
- Regulates sugar in blood
- Improves cholesterol levels
- Detoxification



Bioperine is a patented black pepper extract, which increases the absorption of curcuminoids.

WHY CAN'T I LOSE WEIGHT?

- **FACTOR 3** I can't save the result I got during a diet

3

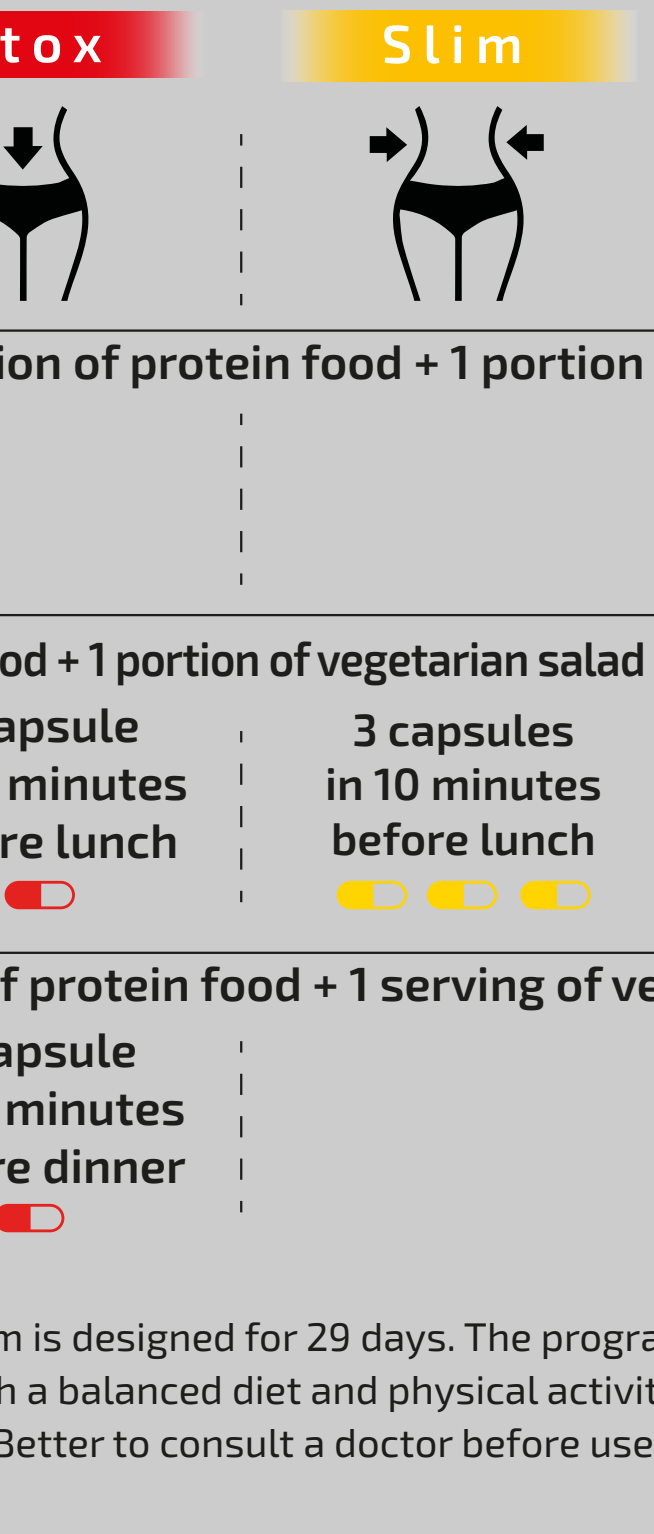
CAUSES

- You can easily return to an unbalanced food after diet.
- Sugary food cravings.
- Overeating problem

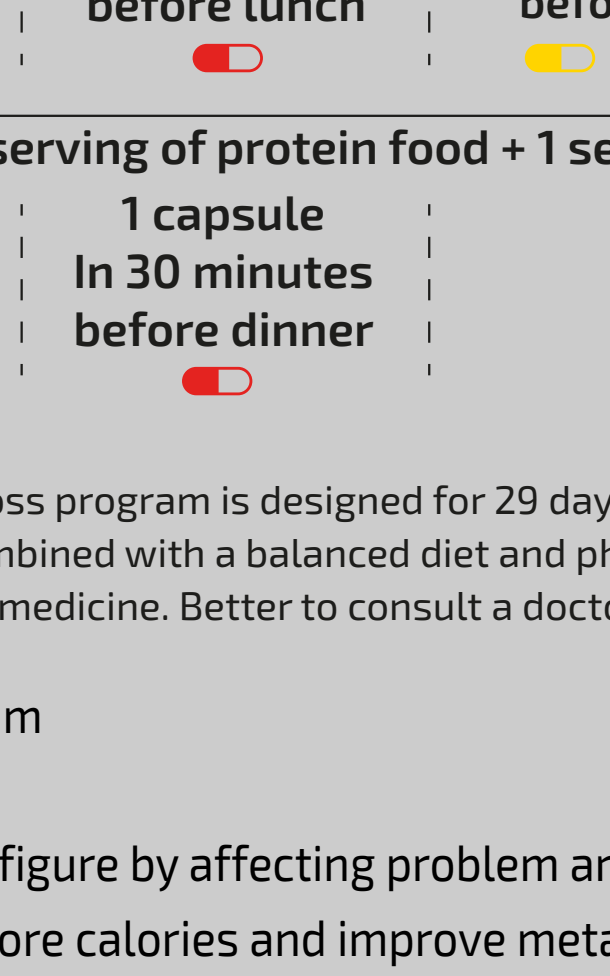
SOLUTION

STEP 3

Balance



2 CAPSULES CONTAIN



- Bean dry extract 480 mg
- Chromium picolinate 126 mcg
- Cinnamon bark extract 100 mg

RESULT

BLOCKING CARBOHYDRATE ABSORPTION

BEAN DRY EXTRACT

White beans are an all-natural ingredient that inhibits the activity of amylase - the enzyme responsible for the digestion of carbohydrates. As a result, the absorption of carbohydrates and the body reduces the number of calories received.

CHROMIUM PICOLINATE

Chromium is an essential trace mineral that enhances the action of insulin, a hormone that is the most important for metabolism and accumulation of carbohydrates, fats and proteins in the body.

Chromium picolinate is a well-known form of chromium that maximizes promotes its absorption. Cinnamon is included in the product to support healthy digestion and proper metabolic function.



RECOMMENDED COURSE

	DAY 1-7 Detox	DAY 8-22 Slim	DAY 23-29 Balance
BREAKFAST 8:00	1 portion of protein food + 1 portion of garnish		1 capsule in 15 minutes before breakfast
LUNCH 13:00	1 portion of protein food + 1 portion of vegetarian salad + ½ portion of garnish 1 capsule in 30 minutes before lunch	3 capsules in 10 minutes before lunch	1 capsule in 15 minutes before lunch
DINNER 18:00	1 serving of protein food + 1 serving of vegetarian salad 1 capsule in 30 minutes before dinner		

The three-step weight loss program is designed for 29 days. The program can be extended if necessary. More effective when combined with a balanced diet and physical activity. Food supplement. Not a medicine. Better to consult a doctor before use.

- Simple 29 Day Program
- Helps to lose weight
- Helps to reshape the figure by affecting problem areas
- Allows you to burn more calories and improve metabolism
- Gentle cleansing formula
- Improves digestion and maintains a healthy metabolism



UP TO WEIGHT LOSS **5.5 kg**



UP TO WAIST REDUCTION **12 cm**



UP TO HIP REDUCTION **6.5 cm**