

Learn how a double fermented form of wheat can help you . . .

Burn fat, lose weight, help balance your blood sugars

And give you loads more energy at the same time?

Sound too good to be true? If so, then try this for size.

Ever heard of a meal replacement with a glycaemic index of less than 20 (most well known meal replacement brands are over 50). Ever heard of a meal replacement bar of just 29.2

This report is about a new, breakthrough meal replacement that is based on a double fermented wheat grain that has been shown, through Human clinical trials (details towards the end) to help you lose weight, reduce body fat and reduce blood sugar levels in a measured, healthy way in less than four weeks.,

Most of our top nutritionists are now focused on blood sugar balance as one of the key areas to work on for optimum health and healthy weight loss.

This approach to weight loss is the **ONLY** real healthy way that is both incredibly effective but healthy as well.

If you are serious about losing weight, feeling great and improving your health, I would recommend that you should immediately go to your local health shop and get a book which explains how the Glycaemic Index works. Your health retailer will advise you of the best ones to buy. If you are not following a low glycaemic diet, then this simple action will change your life for the better very quickly.

In fact, if you follow a low glycaemic diet, then your blood sugars will be more stable and you will be a lot more healthy all-round. Most overweight people have lost control of their blood sugar. This increases the risk of heart disease and of course Type 2 diabetes which is fast becoming a health epidemic in the west.

A low glycaemic diet is not difficult to follow. It can be varied and very satisfying. In fact, because your blood sugars will be better balanced, you will feel less hungry.



Peter Jackson
Author of 'How I overcame I.B.S.' and founder of the breakthrough Lepicol range.

But, in the busy lives we lead, it is not always possible to eat as you would like. If you have to get food on the go, then it is almost impossible to eat foods that have a low glycaemic index and avoid those that are going to play havoc with your blood sugars. Baguettes have an extremely high glycaemic load and therefore will send your blood sugar sky high after eating it..

This is why I am introducing to you this new break through ingredient which is derived from whole wheat grain. It is totally natural and can help reduce your body fat, weight, blood sugar and also your overall cholesterol.

The name of this ingredient is Vitalose20.

It is this ingredient that is responsible for producing a meal replacement with a glycaemic index of less than 20 and a meal replacement bar of just 29.2.

Throughout this report I will refer to the Vitalose20 meal replacement as V20MR

Getting your blood sugar under control is the secret to your weight loss and long term health and V20MR can help you do just that.

In addition, V20MR will help you feel fuller for longer and this means vastly reduced hunger pangs. It can be blended with other ingredients to make a tasty meal replacement to take with you on the go so that you are not tempted by the high glycaemic foods that are generally available in cafes and restaurants.

This report is divided into three parts:

- Part 1:** The product. Here I will explain how V20MR is manufactured.
- Part 2:** The glycaemic index. Here I explain briefly what the glycaemic index means and just why low glycaemic load food can be so influential in helping you feel great and and losing weight.
- Part 3:** Human clinical data. And finally I give some brief details and results of the human clinical trial that was carried out on V20MR.

THE PRODUCT

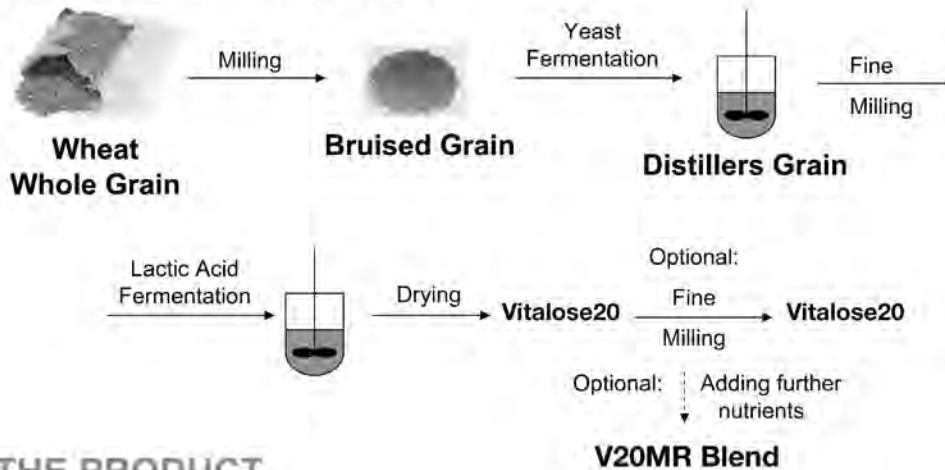
What exactly is starch reduced wheat?

In short, it is a double fermented, wholegrain wheat product which is produced under a patented process.

So that you understand that I am only recommending to you a totally natural product, it is important to understand how it is manufactured.

THE PRODUCT

Source & Manufacturing Process



THE PRODUCT

Specification

Specification:	Protein [%]	approx.	35
	Fat [%]	max.	8
	Lactose [%]	approx.	10
	Other mono- and disaccharides [%]	max.	1
	Starch [%]	max.	3
	Dietary Fibers [%]	min.	20
	Soluble [%]	approx.	4
	Insoluble [%]	approx.	22
	Water [%]	max.	10
	pH value	approx.	4-5
	Organic acids [%] (prevalent lactic acid)	approx.	4-10
	Ash (600°C) [%]	approx.	5
	Microbiological Data:	Total plate count [/g]	max.
Yeasts [/g]		max.	100
Moulds [/g]		max.	100
Coliforms [/g]			negative
E.coli [/g]			negative
Staphylococcus aureus [/g]			negative
Salmonellae [/25g]			negative

Nutrient	Typical Values / 100g*
Protein	35 g
Carbohydrates	16 g
Sugars (mono- and disaccharides)	10 g
Lipids	6 g
Saturated fatty acids	1.5 g
Fibers	26 g
Water	7 g
Minerals	
Sodium	0.2 g
Calorific value	275 kcal or 1160 kJ

V20MR, the end result, is very low in simple sugars (carbohydrates) and high in soluble and insoluble fibres. It is high in complex carbohydrates. Overall it has an extremely low glycaemic index. (I'll explain the significance of this shortly).

In a number of studies, V20MR has been clinically proven to:

- reduce body weight
- improve insulin sensitivity and glucose levels
- improve blood lipids (Triglycerides, cholesterol)
- benefit gut health because of its high fibre content.

Therefore if you are looking to reduce your body fat or have concerns about your blood sugars, then you should take a closer look at the research behind this ingredient.

THE GLYCAEMIC INDEX

In order to fully appreciate how V20MR can help you, it is important to understand the glycaemic index and how different foods have different glycaemic values.

It is the high glycaemic foods that will knock your blood sugar out of balance and make you put on weight. The low glycaemic foods are what you want because they will have the desired effect of stabilising your blood sugar, reducing your fat absorption and giving you more energy.

The science behind this is very simple. Your body runs on glucose as its main energy source and it gets this from the fruits, vegetables and grains in your diet. Once glucose has been extracted and enters the blood stream your body can use it for energy. Your body will also store glucose in the liver and muscles as glycogen to be used, when called upon, as a sort of reserve tank.

Your body is in balance if your glucose levels stay within certain limits in your blood. If your glucose gets too high on a fairly regular basis, then it will be excess to your body's needs and therefore your body has to do something with it. In very simple terms, it will store any excess glucose as fat. If this continues over a period of time, then it is not hard to understand that this is one of the main causes of obesity.

But there is another issue with high glucose levels. If you are eating high glycaemic foods regularly, then this means that the glucose from them enters the bloodstream very quickly. As your body is programmed not to have too much sugar in the blood at any one time it will over-react and produce too much insulin to take the glucose and store it in the cells. Having too much insulin in your blood means that your blood sugar becomes too low and you will get irritable and tired. This will slow down your metabolism and prevent you from losing weight.

More worryingly, going from high blood sugar – which is common because of all the high glycaemic foods we eat today – to low blood sugar on a regular basis is one of the main causes of obesity. It is also one of the developments that can lead to type 2 diabetes and heart disease. It is now recognised in the US in particular, and Europe in general, that type 2 diabetes is starting to become an epidemic.

This trend can be traced back directly to fast and convenient foods that have notoriously high glycaemic indexes. These types of foods can play havoc with your blood sugar swings if taken regularly and they are reckoned to be one of the major causes of obesity (not to mention heart disease and type 2 diabetes).

Determining the Glycaemic Index (GI).

As you might expect, pure glucose is at the top end of the glycaemic index with a score of 100. When you consume glucose either in a pudding or a sugary drink, it is absorbed very quickly into the bloodstream.

Diagram 3 demonstrates the effect it can have on your blood sugar.

As you can see, when you consume pure glucose it is not surprising that your blood glucose levels will increase quite quickly. Because of this, your body will react quickly and produce insulin to keep your blood sugar under control and the highs and lows of your blood sugar mentioned above will ensue. When your blood sugar drops below the dotted line, you get really hungry again, and so the vicious circle continues. You crave sugary foods to get your blood sugars back up, you eat a cake or something sweet and so the cycle continues. Ever been on those type of low fat 'yoyo' diets when you are famished all of the time?

This time things can be different. By following a low glycaemic diet with the help of V20MR, you can lose weight healthily and steadily without suffering the dreadful hunger pangs.

This is why most diets don't work because they tend to focus on reducing fat when the key to fat and weight loss is controlling blood sugar. And the secret to this is to eat a low glycaemic diet.

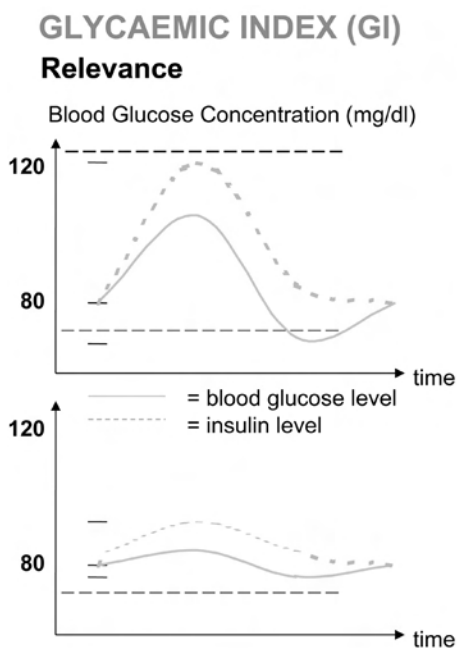
V20MR can be taken as a meal replacement with an unbelievable glycaemic score of less than 20. The reason I am so impressed with this product is that it can supply you with all your nutrient requirements you need in a meal but have a stabilising effect on your blood sugars at the same time.

Taking V20MR alongside a sensible low glycaemic diet is the key to healthy weight loss, stable blood sugar, healthy cholesterol and triglyceride levels and your long term health.

Replacing some of your meals with V20MR will make it easier to get on track to your low glycaemic diet.

Diagram 3

GI Selection of foods



Effects of high GI food vs. low GI food

High GI Food

- sharp increase in blood glucose levels
- followed by sharp increase in insulin levels
- followed by sharp drop in glucose levels
- if glucose levels falls below the red dotted line we are feeling hungry again

Low GI Food

- moderate increase in blood glucose levels
- followed by moderate increase in insulin levels
- followed by moderate drop in glucose levels
- if glucose levels do not fall below the red dotted line we are not feeling hungry so early again

Below is a list of foods which lists their GI.

Higher than 69 is considered high

Medium is 56-69

Low is less than 55

Very low is less than 20

Glucose = 100

I mentioned earlier that a meal replacement with V20MR has an a staggering GI of less than 20. Compare that to an apple (which is considered low GI) with a score of 36.

Breads, grains and pasta

Baguette 95

Rice, pasta, brown 92

Instant rice 91

Kaiser roll 73

Bagel 72

White bread 70

Wholemeal bread 69

Rye flour bread 64

Macaroni cheese 64

Hamburger bun 61

Pita bread 57

White rice 56

Brown rice 55

Sourdough bread 52

Linguine 50

Multigrain bread 48

Bulgur 48

Converted rice 47

Macaroni 45

Spaghetti, white 41

Ravioli, meat filled 39

Spaghetti, whole wheat 37

Spaghetti, protein enriched 27

Barley 25

Cakes/biscuits

Rice cakes 82
Wafer biscuits 77
Doughnut 76
Waffles 76
Ryvita 67
Croissant 67
Shortbread 64
Muffin (unsweetened) 62
Danish pastry 59

Fruits

Dates, dried 103
Watermelon 72
Pineapple 66
Raisins 64
Apricots 57
Mangoes 56
Fruit cocktail 55
Banana 53
Kiwi fruit 53
Grapes 52
Canned peach 47
Orange 43
Peaches 42
Blueberries 40
Plums 39
Pear 36
Apple 36
Strawberries 32
Raspberries 32
Blackberries 32
Dried apricots 30
Grapefruit 25

Snacks

Rice cakes 82
Pretzels 81
Jelly beans 80
Waffles 76
Doughnut 76
Soda crackers 74
Corn chips 72
Mars bars 68
Ryvita 67
Wheat crackers 67
Rye crisp bread 63
Power bar 57
Popcorn 55
Oatmeal cookies 55
Potato chips/crisps 54
Chocolate 49
Banana cake 47
Peanuts 14

Cereals

Rice crispies 82
Cornflakes 77
Weetabix 77
Puffed wheat 74
Cheerios 74
Shredded wheat 69
Oatmeal 61
Muesli 56
Oatbran 55
Porridge 49
All bran 42

Potatoes, root crop

Parsnips 97
Baked potatoes 83
Instant potatoes 83
Chips 75
Mashed potatoes 75
Beetroot 64
New potatoes 57
Boiled potatoes 56
Sweet potatoes 54
Yam 51

Vegetables

Sweet corn 55
Green peas 48
Carrots, cooked 39
Green beans 15
Peppers 15
Spinach 15
Tomatoes 15
Artichoke 15
Asparagus 15
Broccoli 15
Cauliflower 15
Celery 15
Cucumber 15
Lettuce 15

Legumes

Baked beans 48
Chickpeas, tinned 42
Haricot beans 38
Chic peas 33
Butter beans 31
Lentils 29
Kidney beans 27
Soy nuts 18

Dairy

Ice cream 61
Ice cream (low fat) 50
Milk, semi-skimmed 34
Chocolate milk 34
Fruit yoghurt, low fat 33
Milk, skimmed 32
Milk, fat free 32
Soy milk 31
Milk, full fat 27
Yoghurt, plain, unsweetened, low fat 14

Sugars

Maltose 105
Glucose 100
Honey 73
Sucrose 65
Table sugar 65
Lactose 46
Fructose 23

Beverages

Lucozade 95
Gatorade (sports drink) 78
Fanta, soft drinks 68
Colas 65
Orange juice 57
Grapefruit juice 57
Cranberry juice 56
Orange juice 50
Yakult (fermented milk) 46
Pineapple juice 46
Apple juice, unsweetened 41

As you will see from the list, only single servings of vegetables and peanuts have a GI below 20. So from this you will be able to understand just how amazing it is to get a GI for a complete meal replacement at less than 20.

As I have mentioned before, nearly all the well-known meal replacement slimming programmes have GI's of over 50. These types of diets might help you lose weight in the short term but they do nothing to stop your cravings.

They also do nothing to help your blood sugar balance nor help with your waist/hip ratio

The relevance of the Glycaemic Index (GI)

If you want to look after your weight and your long term health, then you should seriously look at eating a diet with a low GI.

This is because there are many studies have show that low GI diets can be an effective choice for weight loss, enhancing satiety, and for reducing the risk factors for ischemic heart disease and type 2 diabetes.

Also, diets that are high in whole wheat grain promote lower risks for diabetes and heart disease.

Source: Sloth et al. No difference in body weight decrease between a low-glycemic-index and a high-glycemic-index diet but reduced LDL cholesterol after 10-wk ad libitum intake of the low-glycemic-index diet. *Am J Clin Nutr* 2004, 80:337-347.

Kushner et al. Low-carbohydrate, high-protein diets revisited.. *Curr Opin Gastroenterol* 2008, 24:198-203.

Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. *Br J Nut* 2007, 12:1-8.

Jensen et al. Whole grains, bran, and germ in relation to homocysteine and markers of glycemic control, lipids, and inflammation. *J Am Clin Nutr* 2006, 83:275-283.

Below is how the GI of V20MR was determined.

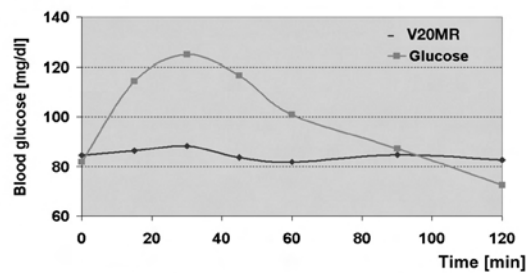
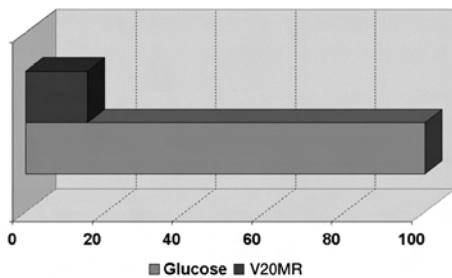
GLYCAEMIC INDEX (GI)

GI determination of V20MR

Results:

V20MR Blend* has a very low Glycaemic Index (GI = less than 20)

- Comparison of V20MR Blend (GI = less than 20) with Glucose (GI = 100)



Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. *Br J Nut* 2007, 12:1-8.

* blended with further nutrients (contains 50% base material) to yield complete meal.

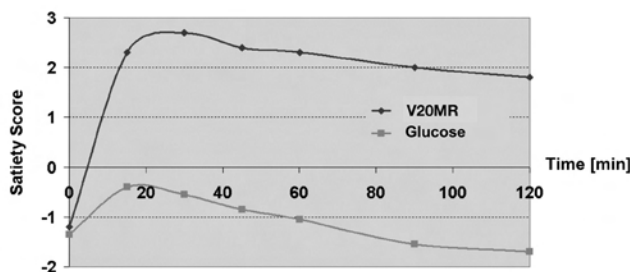
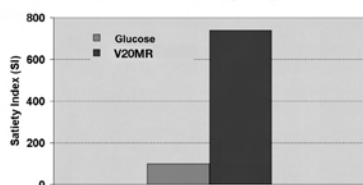
This demonstrates the effect that V20MR has on blood sugar as compared to glucose.

Basically you take the area under the curve for the glycaemic response to the food in question (in this case V20MR) and divide it by the area under the curve for the equal amount of glucose. You then times it by 100.

The strong satiating effect and low insulin response to V20MR

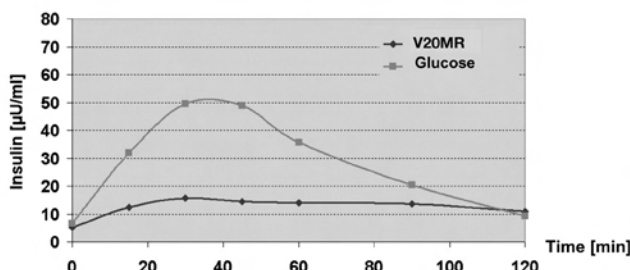
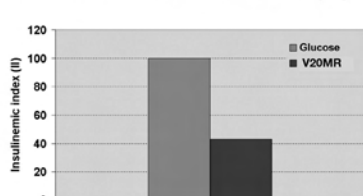
A Low glycaemic food like V20MR makes you feel fuller for longer. It has a lower glycaemic response and this means you don't get hungry too quickly

Satiety Index (SI)



Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. *Br J Nut* 2007, 12:1-8.

Insulinemic Index (II)



This study demonstrates the strong satiating effect of V20MR because of its very low GI score of less than 20.

Human Clinical Trial

There has been a recent human trial on V20MR to test the four following parameters:

- Look at weight loss and body shaping (waist to hip ratio)
- Improvement of relevant blood parameters for pre-diabetics and diabetics. (insulin-sensitivity determined by HOMA-Index, fasting glucose and fasting insulin levels)
- Reduction of blood lipids (Triglycerides, cholesterol)

Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. Br J Nut 2007, 12:1-8.

Thirty people were involved in the study, aged 18-70. The criteria for their involvement was that they must have pre-diabetic tendencies with a fasting

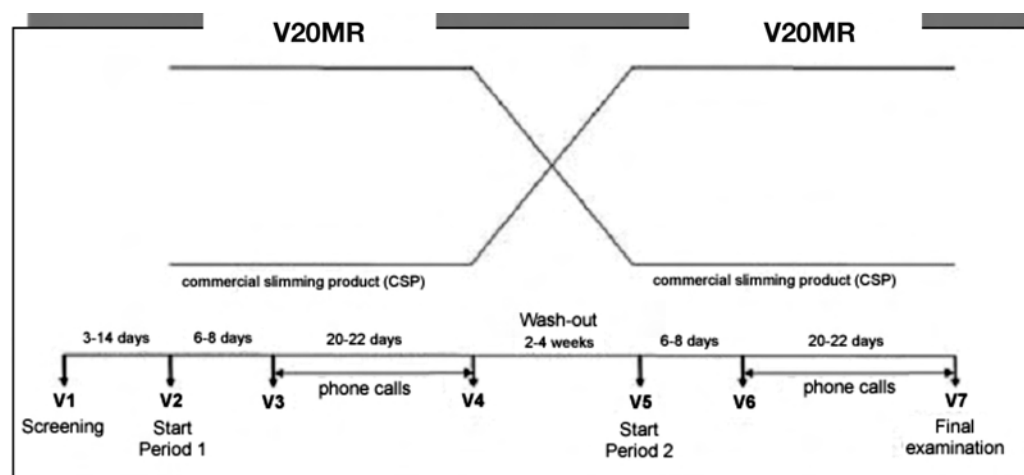
Blood glucose of between 110-126 mg/dl.

The group was split into two.

One group replaced two of their meals daily with V20MR

The second group replaced two of their meals with a well known meal replacement.

This continued for four weeks, after which there was a two weeks break, then both groups swapped over. So, this was a typical cross-over study. The diagram below gives an overview.



Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. Br J Nut 2007, 12:1-8.

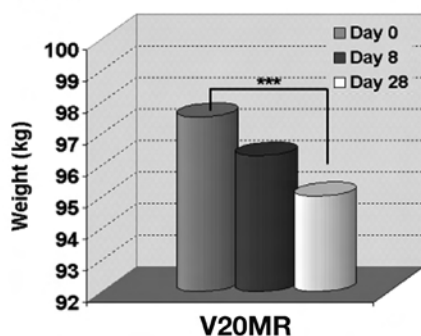
The first parameter – the effect of V20MR on weight loss

The result of this human clinical trial was that there was significant weight reduction with the V20MR blend after the first four weeks.

Results: Weight loss

Significant body weight reduction with V20MR Blend

Weight loss



- Significant reduction of weight after 4 weeks of V20MR intake



Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. Br J Nut 2007, 12:1-8.

As you can see from the diagram, the average weight loss was around 2.5kgs, a healthy rate of weight loss. The last thing you want or need when trying to lose weight is that this can cause the 'yo yo and/or the rebound affect.

The second parameter – the effect of V20MR on weight to hip ratio

There have been several studies that have shown that your hip to waist ratio can indicate your risk of heart disease and Type 2 diabetes. In fact it is a more accurate predictor of cardiovascular disease than waste measurement on its own and the body mass index.



Your waist-to-hip measurement is calculated by dividing your waste measurement (one inch under your navel) by your hip circumference. If it is greater than 0.8 for women and 1 for men, then you have a greater risk for heart disease and Type 2 diabetes than average

Source: Dalton et al. *Waist Circumference, waist-hip ratio and body mass index and their correlation with cardiovascular disease risk factors in Australian adults.* *J Intern Med* 2003, 254:555-563.

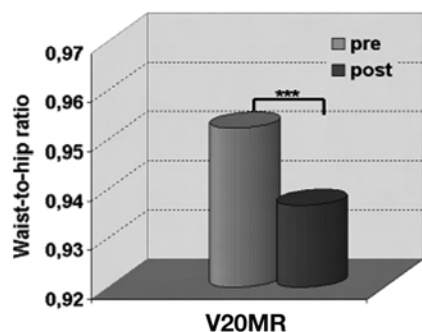
Welborn et al. *Waist-hip ratio is the dominant risk factor predicting cardiovascular death in Australia.* *Med J Aus* 2003, 179:580-585.

See et al. *The Association of Differing Measures of Overweight and Obesity With Prevalent Atherosclerosis.* *J Am Coll Cardiol* 2007, 50:752-759.

Women tend to hold their extra fat in the hips and buttocks (pear shape) and men in the abdomen area (apple shape).

Results

Waist-to-Hip ratio

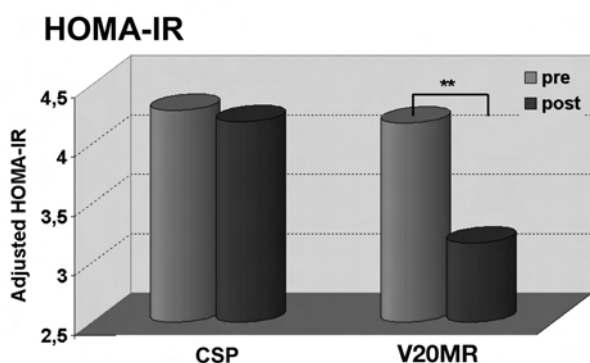


Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: *Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose.* *Br J Nut* 2007, 12:1-8.

In the diagram you can see that the average waist to hip ratio was reduced significantly in the first four weeks.

The third parameter – the effect of V20MR on Diabetes and Pre-Diabetes Parameters

There was significant improvements in insulin sensitivity with V20MR. This is demonstrated in diagram. There was no significant reduction of insulin sensitivity in the group that took the commercially well known meal replacement.

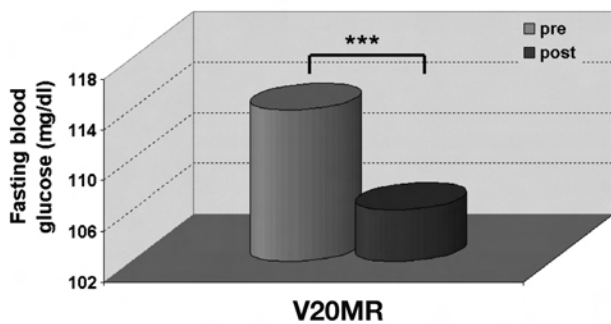


Adjusted HOMA-IR: The adjusted homeostasis-model assessment (**Adjusted HOMA-IR**) is used to measure **insulin** resistance: (fasting glucose x fasting **insulin**) / 22.5, adjusted by weight loss

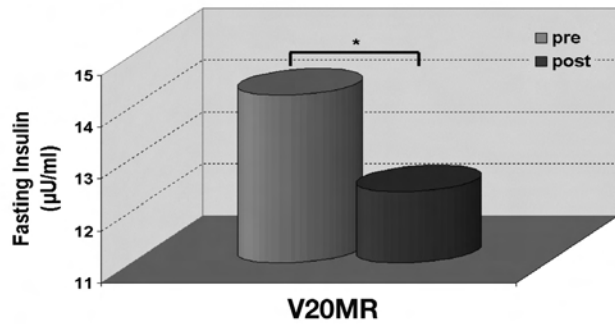
Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: *Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose.* *Br J Nut* 2007, 12:1-8.

Also, there was a significant improvement of fasting glucose and insulin with V20MR

Fasting Glucose



Fasting Insulin



- **Product effect, not an effect of weight loss**
- **No product specific effect in Commercial Slimming Product**

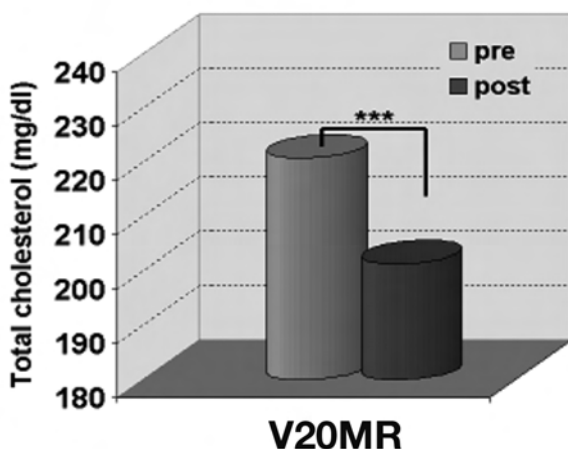
Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. *Br J Nut* 2007, 12:1-8.

With regards to the commercially available meal replacement, there was no difference recorded.

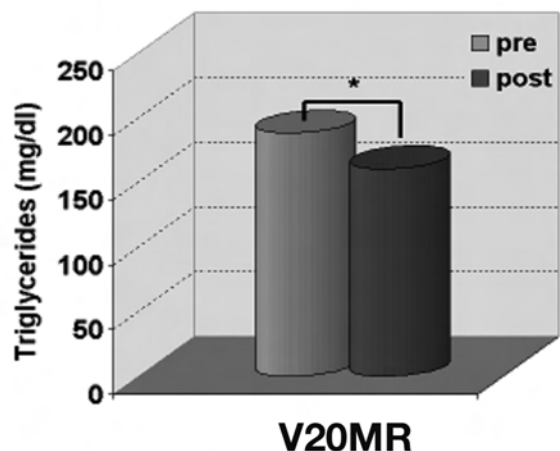
The fourth parameter – the effect of V20MR on blood lipids.

There was a significant improvement of cholesterol and triglycerides with the V20MR blend.

Total Cholesterol



Triglycerides



- **Ideal (“Healthy”) Total Cholesterol levels: < 200 mg/dl**
- **Desired Triglyceride levels: 50-170 mg/dl**

Source: Rave K, Roggen K, Dellweg, Heise T, tom Dieck H: Improvement of insulin resistance after diet with a whole-grain based dietary product: results of a randomized, controlled cross-over study in obese subjects with elevated fasting blood glucose. *Br J Nut* 2007, 12:1-8.

The ideal ‘healthy’ total cholesterol levels are less than 200mg/dl and the desired triglyceride levels are between 50 and 170 mg/dl.



The background to development of Vitalose20

Horst Weier

Research scientist responsible
for bringing Vitalose20 to market

The starting point for Vitalose20 was more than 20 years ago on a farm in Germany.

One particular farmer started feeding his cattle on wheat that had fermented naturally in one of his silos.

He noticed after a period of time that the health of his cows improved quite dramatically after consuming this fermented wheat on a regular basis. This farmer surmised that if fermented wheat could benefit the health of his animals then there was every reason to believe it could also help benefit the health of humans.

After selling his farm, this farmer then decided to use his capital to further his dreams – to develop a new kind of nutritious food for human beings by investigating different processes of fermenting wheat.

In the following eight years, a lot of research and development took place which helped to form the double fermented wheat which is the active ingredient of the Vitalose20 formulation of today.

In 1990 the results of this early research attracted the attention of Prof. Reinauer a research scientist based at Dusseldorf university.

Because of the high level of naturally occurring fibre in the double fermented wheat, one of the main areas of focus initially was that of digestive health.

In one of the early studies, students at the university were given three teaspoons of Vitalose20 per day. It was not possible to get them to consume more because the taste and smell of the raw material in those days was, by all accounts, less than desirable.

However, even with such small doses, the results were already astonishing. Herr Reinauer noted the following:

- Significant improvements in defecation, particularly for those with a history of constipation.
- Significant increases of vitamin B1, B6, B2, B12, vitamin C and folic acid in circulating blood levels.
- Significant reductions of serum cholesterol and serum triglycerides.
- Significant reduction in body weight.

At first little was made of the weight reduction. It was assumed that this was a 'side-effect' of the extra defecation.

Those involved in the research felt that double fermented wheat had real potential for promoting good health but that its potential was limited due to the awful taste.

It was at this point that Herr Weier – who was aware of the research - took over the the rights to the research and the worldwide distribution rights for Vitalose20. He felt if that if he could find a way to make this fermented taste good, he could bring it to market.

Herr Weier was particularly interested in Vitalose20 because he knew that its weight loss effects were not due to extra defecation.

He knew that the real reason was based on the very low glycemic index of Vitalose20. This was due to his involvement, at that time, in the development of new pituitary hormones- so he already knew of the influence that insulin could have on weight and obesity.

Herr Weier started to change the direction of the research from improving digestive function with the double fermented wheat to that of healthy weight loss. It was at this time that he set up the original human trials mentioned earlier in this report.

In the next four years he focused on improving the taste and flavour to make it suitable for the wider consumer market.

V20MR was first used by top German athletes who realised its amazing potential to reduce body fat but maintain energy levels at the same time.

News of the amazing success top athletes have achieved with vitalose has filtered through to the wider market. V20MR has now been made available to the general consumer as a complete meal replacement programme in two great flavours, banana and chocolate. This patented blend is presently available as a meal replacement under the two brands of Squeezy Athletic and Forti-Balance.

Horst Weier

A summary of the benefits of the V20MR blend found in the human studies

In the human study using V20MR, the following results were achieved.

- **Healthy body weight reduction**
 - **Improvement in waist-to-hip ration (body shaping)**
- **Improvement of the following (pre-) diabetes parameters**
 - Reduction in Insulin sensitivity
 - Reduction of fasting glucose levels
 - Reduction of fasting insulin levels
- **Improvement in blood lipids**
 - Lowering of Triglycerides
 - Lowering of total Cholesterol

SUMMARY

If you are looking for a quick fix diet where you lose drastic amounts in a very short period of time then WGMR is not for you.

Any quick fix diet that offers amazing results in just 2 weeks doesn't work anyway. If your body loses too much weight too quickly, then you will get the yoyo effect of your blood sugars which means that you will be feeling hungry and miserable. Also, the metabolism of your body slows down when you lose weight too quickly and this means that it will make it harder to lose weight.

Also, please avoid low fat diets. Of course, keep down the bad fats which are known as saturated fats that you get in milk, red meat and butter. But keeping up good fats like omega 3 (oily fish) and flax seed oil and olive oil is important not only for your health but also your skin. Good fats should be plentiful in your diet whether you are trying to lose weight or not.

Low fat diets do not work and you end up with 'under nourished, dry' skin. What's the point in trying to lose weight if you are not going to look or feel good?

The great news is that V20MR can help you feel great whilst losing weight. It will provide you with all the nutrients and energy that your body needs. In fact, it is so good at supplying energy that top german athletes (the original research was carried out in germany) use it to maintain their energy levels whilst trying to lose body weight and reduce body fat.

This is why it can be so good for you. It can lead you into a diet which includes foods that have a low glycaemic index with all the weight and health benefits that go with it.

Too good to be true? A meal replacement with a GI score of less than 20 was thought impossible just a couple of years ago. Thanks to this new research from Germany, your dreams may have been answered!

The V20MR is presently available under the two brands of Squeezy Athletic and Forti-Balance.

Further reading: The GL Diet by Patrick Holford