



PRODUCT OVERVIEW:

To help replenish key nutrients and kick-start your body upon waking and throughout the day, Vemma Bod•ē Burn supports healthy weight management as part of the Vemma Bod•ē 12-Week Transformation Plan.** It features a first-of-its-kind ingredient blend, including protein, soluble fiber, and the clinically studied Vemma formula, along with supporting weight loss ingredients to keep your body in high gear.** Available in a lightly carbonated 8.3-oz beverage or convenient, noncarbonated 3-oz concentrate, just two servings a day will get you on your way to achieving your desired weight!†† If you are caffeine-sensitive, Bod•ē Burn zero caffeine is available in a 3-oz noncarbonated concentrate.

ENHANCE YOUR BODY’S BURN POTENTIAL*:

Bod•ē Burn maintains insulin levels already in the normal range and helps manage your weight by*:

- Enhancing** your body’s burn potential*
- Curbing** your appetite*
- Increasing** your energy*
- Providing** your nutritional support*

TRANSFORM YOUR BODY*:

Imagine having tons of energy and being excited about transforming your look ... and your life.* The Vemma Bod•ē 12-Week Transformation Plan is not another bar or shake meal replacement strategy that tells you to replace the foods you love with a monotonous meal replacement program. In contrast, it allows you to eat smaller meals more often, thus giving you a satisfied feeling instead of the hunger or deprivation so many other weight management programs leave you with. It’s a first-of-its-kind healthy weight solution that challenges what has been done before, and delivers results-driven products with a sustainable plan to make achieving a healthy weight something you can succeed at.**

The Bod•ē 12-Week Transformation Plan and Bod•ē products were developed by Vemma Chief Scientific Officer Yibing Wang, M.D., Ph.D., with Eastern (cardiology) and Western (genetic obesity) wellness expertise, and in collaboration with experts in nutrition, weight management and fitness. With the multidimensional benefits needed to tackle the challenge of achieving a healthy weight without sacrificing wellness, the

*The **Vemma Formula Inside** seal guarantees you’ve received the clinically studied blend of 12 full-spectrum vitamins, over 65 plant-sourced minerals, mangosteen superfruit and organic aloe vera in every serving.*



Bod•ē 12-Week Transformation Plan, in combination with the specially formulated Vemma Bod•ē products, harnesses the powerful concept of carb cycling to help you shed those hard-to-lose pounds and transform your body.*†

CLINICALLY STUDIED:

The Vemma Clinical Trials were conducted by one of the industry’s most widely recognized experts in independent clinical testing: Brunswick Laboratories in Norton, Mass. The intention of these studies was to evaluate the efficacy and overall bioavailability of Vemma on immune function and well-being in adults. This was done by subjecting the product to the highest standard of clinical research—independent, double blind, placebo-controlled study. The studies confirmed Vemma showed significant improvements in immune markers, superior antioxidant absorption and a lowering of C-reactive protein (CRP), which points to its beneficial effects on overall health and wellness.*

References: Kondo M., et al. "Bioavailability and Antioxidant Effects of a Xanthone-Rich Mangosteen (Garcinia mangostana) Product in Humans." Journal of Agricultural and Food Chemistry 57 (October 14, 2009): 8788-92. Tang Y., et al. "Effect of a Mangosteen Dietary Supplement on Human Immune Function: A Randomized, Double Blind, Placebo-Controlled Trial." Journal of Medicinal Food 12 (August 2009): 755-763.

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†To be used in conjunction with a healthy diet and daily exercise.

- NO:**
- Artificial Colors
 - Artificial Flavors
 - Gluten
 - Soy
 - Dairy



KEY INGREDIENTS:

12 full-spectrum vitamins (including antioxidant vitamins) — Vital for health and well-being.*

Plant-sourced mineral blend — Over 65 major, trace and ultra-trace ionic, life-giving nutrients.

Phytonutrient ingredients — A blend of powerful plant and natural components that help promote good health.*

Organic glyconutrient rich aloe vera — A powerful phytonutrient known to provide the body with many beneficial effects.*

Organic green tea — For additional antioxidant power and phytonutrient protection.*

Mangosteen superfruit — An abundant supply of wildcrafted whole fruit mangosteen and beneficial pericarp (rind) extract that provide some of the highest quantities of phytonutrients (xanthones) found in nature.

20 grams of protein — A proprietary protein blend of hydrolyzed collagen, with pea and rice works to suppress your appetite and protects against muscle loss.*

7 grams of soluble fiber — A dietary fiber source to help you feel fuller and satisfied longer, while maintaining insulin levels already in the normal range.*

L-Theanine — Enhances mental alertness and focus.*

100 mg of natural caffeine with EGCG — Fires up your energy level.*

Conjugated Linoleic Acid (CLA) — Supports healthy muscle mass.*

Resveratrol — Level equivalent to 20 glasses of red wine; this naturally occurring compound is found in the skin of grapes and other fruits and is thought to promote antiaging and have strong, restorative antioxidant properties.*

MANGOSTEEN SUPERFRUIT POWER:

Mangosteen is a rare superfruit primarily found in Southeast Asia and scientifically known as *Garcinia mangostana*. No relation to the mango, it has been hailed as the “Queen of Fruits” and has been used for centuries by Asian health practitioners to treat a variety of health conditions.*

Of all the known sources for xanthones, the mangosteen supplies some of the highest amounts found in nature. Xanthones are a biologically active phytonutrient with very potent antioxidant properties. Vemma’s source of mangosteen is wildcrafted, which is the practice of harvesting plants and fruits from their natural or “wild” habitats, where pesticides are not applied.

The entire wildcrafted mangosteen fruit, including the pericarp (rind) and pulp, is utilized during Vemma’s proprietary extraction process. Pioneered by Vemma Chief Scientific Officer, Yibing Wang, M.D., Ph.D., this intricate method helps ensure that the highest levels of xanthones and other phytonutrients are included in the Vemma formula.

THE SCIENCE OF MINERALS:

Your physical well-being can be more directly dependent upon the minerals you take into your body than almost any other factor. Minerals help support the health of organs, bones and the immune system.* Vemma has a unique mineral blend to help enhance your overall health.* It contains 100% ionic, life-giving minerals that are reduced to the smallest, most bioavailable form. Vemma’s minerals are sourced from plant vegetation that has been undisturbed for thousands of years. These unprocessed phytonutrients include over 65 major, trace and ultra-trace, plant-sourced minerals.

- The body cannot survive without nature’s fundamental minerals, yet it cannot manufacture minerals. They must be obtained from the diet or through supplementation.
- Modern-day diets may lack the appropriate balance of minerals due to mineral-depleted soils and over-processed foods.
- Minerals are needed for energy production, protection from free-radical damage and other vital functions.*
- Minerals provide a foundation for your optimal health.*
- The liquid form is more bioavailable than caplets or tablets — easy to take and easy for the body to use.

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VEMMA BOD•Ē BURN

VEMMA BOD•Ē BURN ZERO CAFFEINE TARGET MARKET:

Perfect for traveling or on-the-go, Bod•ē Burn zero caffeine concentrate (noncarbonated) is a great alternative for those individuals who are caffeine-sensitive and desire a healthy weight solution to achieve their weight management goals.**

VEMMA BOD•Ē BURN 3-oz Concentrate

Supplement Facts		
Serving Size 1 Bottle - (88.7 mL/3 fl oz)		
	Amount Per Serving	% DV
Calories	110	
Total Carbohydrate	12 g	4%*
Sugars	5 g	†
Dietary Fiber (soluble fiber as Fibersol®-2)	7 g	28%*
Protein	20 g	†
Vitamin A (100% as beta carotene)	1250 IU	25%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (as riboflavin U.S.P.)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	125%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	7.5 mcg	125%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Proprietary Wildcrafted Mangosteen, Organic Glyconutrient-Rich Aloe Vera and Organic Green Tea Blend	12.6 g	†
Reconstituted Mangosteen Juice (Garcinia mangostana L.) (fruit), Aloe Vera Gel (leaf), Green Tea (leaf) (decaffeinated), Mangosteen Extract (pericarp) (standardized 10% xanthones)		
Proprietary Plant-Sourced Major, Trace and Ultra-Trace Mineral Blend	478 mg	†
Proprietary Weight Loss Blend	445 mg	†
L-Theanine, Caffeine, EGCG, Conjugated Linoleic Acid, Resveratrol		

Other ingredients: ultra-purified reverse osmosis water, proprietary protein blend (hydrolyzed collagen, pea protein and rice protein), organic evaporated cane juice, natural flavors, citric acid, malic acid, xanthan gum and sucralose

VEMMA BOD•Ē BURN ZERO CAFFEINE 3-oz Concentrate

Supplement Facts		
Serving Size 1 Bottle - (88.7 mL/3 fl oz)		
	Amount Per Serving	% DV
Calories	110	
Total Carbohydrate	12 g	4%*
Sugars	5 g	†
Dietary Fiber (soluble fiber as Fibersol®-2)	7 g	28%*
Protein	20 g	†
Vitamin A (100% as beta carotene)	1250 IU	25%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (as riboflavin U.S.P.)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	125%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	7.5 mcg	125%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Proprietary Wildcrafted Mangosteen, Organic Glyconutrient-Rich Aloe Vera and Organic Decaffeinated Green Tea Blend	12.6 g	†
Reconstituted Mangosteen Juice (Garcinia mangostana L.) (fruit), Aloe Vera Gel (leaf), Green Tea (leaf) (decaffeinated), Mangosteen Extract (pericarp) (standardized 10% xanthones)		
Proprietary Plant-Sourced Major, Trace and Ultra-Trace Mineral Blend	478 mg	†
Proprietary Weight Loss Blend	345 mg	†
L-Theanine, EGCG, Conjugated Linoleic Acid, Resveratrol		

Other ingredients: ultra-purified reverse osmosis water, proprietary protein blend (hydrolyzed collagen, pea protein and rice protein), organic evaporated cane juice, natural flavors, citric acid, malic acid, xanthan gum and sucralose

Supplement Facts		
Serving Size 1 Can - (245 mL/8.3 fl oz)		
	Amount Per Serving	% DV
Calories	110	
Total Carbohydrate	12 g	4%*
Sugars	5 g	†
Dietary Fiber (soluble fiber as Fibersol®-2)	7 g	28%*
Protein	20 g	†
Vitamin A (100% as beta carotene)	1250 IU	25%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (as riboflavin U.S.P.)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	2.5 mg	125%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	7.5 mcg	125%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Proprietary Wildcrafted Mangosteen, Organic Glyconutrient-Rich Aloe Vera and Organic Green Tea Blend	12.6 g	†
Reconstituted Mangosteen Juice (Garcinia mangostana L.) (fruit), Aloe Vera Gel (leaf), Green Tea (leaf) (decaffeinated), Mangosteen Extract (pericarp) (standardized 10% xanthones)		
Proprietary Plant-Sourced Major, Trace and Ultra-Trace Mineral Blend	478 mg	†
Proprietary Weight Loss Blend	445 mg	†
L-Theanine, Caffeine, EGCG, Conjugated Linoleic Acid, Resveratrol		

Other ingredients: ultra-purified reverse osmosis carbonated water, proprietary protein blend (hydrolyzed collagen, pea protein and rice protein), organic evaporated cane juice, natural flavors, citric acid, malic acid, potassium sorbate (flavor protection), xanthan gum and sucralose

PRODUCT USAGE:

Vemma Bod•ē Burn 8.3-oz Can

Shake gently and serve cold. Drink one serving within 30 minutes of waking and one serving when desired. If you are pregnant or nursing, or have a medical condition, consult your healthcare professional before using this or any other dietary supplement. Discontinue if allergic reaction occurs.

Vemma Bod•ē Burn & Bod•ē Burn zero caffeine 3-oz Concentrate Bottle

Shake gently and add Vemma Bod•ē Burn or Vemma Bod•ē Burn zero caffeine concentrate to 5 fl oz or more of cold, purified water. Stir or shake well. Drink one serving within 30 minutes of waking and one serving when desired. If you are pregnant or nursing, or have a medical condition, consult your healthcare professional before using this or any other dietary supplement. Discontinue if allergic reaction occurs.

VEMMA BOD•Ē BURN TARGET MARKET:

Vemma Bod•ē Burn is intended for individuals who are seeking a convenient and results-driven product that supports healthy weight management through appetite suppression and enhanced energy, while receiving the supplementation their body needs to support their goal weight.**

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**To be used in conjunction with a healthy diet and daily exercise.

VEMMA BOD•Ē PRICING:

Item Code	Item Description	Qty	Price (USD)	QV
1001182	Bod•ē 4-Week Transformation Pack (4-week supply for one person)	48 – 8.3 fl oz cans of Bod•ē Burn 28 – 3 fl oz bottles of Bod•ē Rest 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot and Vemma NEXT 2-oz)	\$299.95	210
1001175	Bod•ē Burn Transformation Pack (4-week supply for one person)	48 – 8.3 fl oz cans of Bod•ē Burn 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot and Vemma NEXT 2-oz)	\$215	160
1001176	Bod•ē Burn/Rest Transformation Pack (4-week supply for one person)	24 – 8.3 fl oz cans of Bod•ē Burn 24 – 3 fl oz bottles of Bod•ē Rest 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot and Vemma NEXT 2-oz)	\$220	160
1001150	Bod•ē Burn 1 Pack	24 – 8.3 fl oz cans	\$75	60
1001151	Bod•ē Burn 2 Pack	48 – 8.3 fl oz cans	\$150	120
1001166	Bod•ē Burn concentrate 8 Pack	8 – 3 fl oz bottles	\$28	20
1001168	Bod•ē Burn concentrate 24 Pack	24 – 3 fl oz bottles	\$78	60
1001169	Bod•ē Burn zero caffeine concentrate 8 Pack	8 – 3 fl oz bottles	\$28	20
1001171	Bod•ē Burn zero caffeine concentrate 24 Pack	24 – 3 fl oz bottles	\$78	60

FREQUENTLY ASKED QUESTIONS:

Bod•ē Burn Questions

Why should I take Bod•ē Burn?

Bod•ē Burn may be the right choice for you if you are seeking a healthy weight solution to help manage and achieve a healthy weight for your body type, while receiving the supplementation support your body needs.*

How quickly should I see results? Does Bod•ē Burn work for everyone?

Most people typically see results within the first week; however, since everyone is different physiologically, individual results may vary. Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan for 12 weeks lost an average of 14.8 pounds. Not all participants will complete the plan, or accurately follow the directions and guidelines of the plan. Vemma Nutrition Company recommends you follow a healthy approach to weight loss by consulting with your physician or healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. The Vemma Bod•ē products as part of the Vemma Bod•ē 12-Week Transformation Plan should be used in conjunction with a healthy diet and 10 minutes of daily exercise.

Can I take Bod•ē Burn daily?

Yes, the product can be consumed daily, as directed on the product label.

Can I take Bod•ē Burn concentrate as a shot instead of mixing it with 5 ounces or more of water?

The concentrate flavoring is designed to be added to 5 fl oz or more of cold, purified water and consumption of the stand-alone shot may not provide the same great taste. Proper hydration is essential to product efficacy and Vemma Bod•ē 12-Week Transformation Plan success. If you prefer to take Bod•ē Burn concentrate as a stand-alone shot, we recommend following it with at least 5 fl oz or more of cold, purified water immediately thereafter.

Where does the caffeine content in Bod•ē Burn come from?

Bod•ē Burn yields the equivalent of 100 mg of natural caffeine, along with energy support from EGCG.* The caffeine is naturally derived from the coffee bean and is equivalent to about one and a half cups of coffee. We chose to use this source of caffeine since it is a natural ingredient that is most compatible with the formula and flavor of Bod•ē Burn.

[FAQs Continued >](#)

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Is caffeine bad for me?

Some people are sensitive to caffeine; but in moderate doses, it may benefit people interested in enhanced vitality, performance and alertness.* If you are caffeine sensitive, Bod•ē Burn zero caffeine is available in a 3-oz concentrate.

What are antioxidants?

Antioxidants are substances found in nature that may protect cells from the damage caused by unstable molecules known as free radicals.* Free radicals are a by-product of over exercise, stress, and exposure to dirty air and other environmental pollutants. Bod•ē Burn contains ingredients that possess anti-oxidant properties and may help fight free radicals in your body.*

What are xanthenes?

Bod•ē Burn contains xanthenes, which are natural phytonutrients found in the mangosteen fruit that work to help protect your body.*

Where do the phytonutrient-rich antioxidants in Bod•ē Burn come from?

They come from the xanthone-rich mangosteen fruit, organic glyconutrient-rich aloe vera and organic green tea. Phytonutrients are plant compounds, which are thought to possess beneficial qualities.*

Which minerals are included in the Vemma mineral blend?

The Vemma formula contains over 65 major, trace and ultra-trace minerals. Because we source our minerals from naturally occurring vegetation, the level of individual minerals may vary slightly from batch to batch. The Vemma formula proprietary mineral blend contains the following minerals:

Carbon (Organic), Calcium, Sodium, Sulfur, Magnesium, Chloride, Bromide, Fluorine, Iodine, Potassium, Niobium, Aluminum, Iron, Phosphorus, Silica, Manganese, Boron, Strontium, Titanium, Tungsten, Copper, Zinc, Tin, Zirconium, Molybdenum, Vanadium, Chromium, Selenium, Nickel, Cobalt, Lithium, Gallium, Barium, Yttrium, Neodymium, Hafnium, Cadmium, Thorium, Antimony, Cerium, Tellurium, Beryllium, Samarium, Dysprosium, Erbium, Bismuth, Gadolinium, Cesium, Lanthanum, Praseodymium, Europium, Lutetium, Terbium, Ytterbium, Holmium, Thallium, Thulium, Tantalum, Germanium, Gold, Platinum, Rhodium, Rubidium, Ruthenium, Scandium, Silver and Indium.

Is it necessary to take a multivitamin if I am taking Bod•ē Burn?

Bod•ē Burn contains one ounce of the Vemma formula. We recommend two servings of Bod•ē Burn per day, which is the equivalent of the recommended 2-oz daily serving of the Vemma formula. We suggest consulting with your healthcare provider if you have additional questions regarding your specific regimen.

What is the sweetener used in Bod•ē Burn and why did you choose that source?

Bod•ē Burn and Bod•ē Burn zero caffeine are sweetened with a combination of organic evaporated cane juice and sucralose.

After extensive research and testing during the product development phase, organic evaporated cane juice and sucralose were chosen as the best alternative sweeteners for these products. Many of the other noncalorie sweeteners did not meet our criteria for compatibility with Bod•ē Burn and Bod•ē Burn zero caffeine formulations. The use of premium ingredients, formula efficacy and flavor in the Vemma products are our highest priorities. Vemma Research and Development thoroughly reviews scientific data for all potential ingredients.

Some will tell you that organic cane juice is considered one of the healthiest alternatives to refined sugar. While both sweeteners are derived from sugarcane, organic cane juice does not undergo the same degree of processing as refined sugar. Therefore, unlike refined sugar, organic cane juice retains more of the nutrients found in natural sugarcane.

Sucralose is derived from natural cane sugar through a multistep manufacturing process that selectively removes hydrogen-oxygen groups from the sugar molecule and replaces them with chlorine atoms. Please know that chlorine is a naturally occurring substance that is found in vegetation and even table salt. Current scientific data supports that sucralose is safe and does not affect insulin levels. The use of sucralose is well documented in numerous scientific studies conducted over a 20-year period. It is approved for use in over 80 countries and deemed appropriate for use by all consumers by such health authorities as the World Health Organization (WHO), U.S. Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA).

How is Bod•ē Burn manufactured?

Bod•ē Burn is made at a facility that meets FDA manufacturing standards called Good Manufacturing Practices (GMP). This ensures our product meets the highest quality possible. Bod•ē Burn is manufactured using a special proprietary process to protect the delicate balance of vitamins, minerals and phytonutrients right up to the moment of consumption. Bod•ē Burn processing and packing are designed to protect the formula's nutrient balance as well.

Can I take Bod•ē Burn if I have a health condition or am taking medication?

As with any dietary supplement, we recommend checking with your healthcare professional before taking Bod•ē Burn if you have a medical condition or in conjunction with prescription drugs and over-the-counter medications.

Is Bod•ē Burn backed by a guarantee?

We are confident that you are going to love Bod•ē Burn and all Vemma products. We offer a 30-day, 100% money-back guarantee. If you are not completely satisfied, simply return your product to us for a complete product refund, even if the bottles are empty!

[FAQs Continued >](#)

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Does Bod•ē Burn contain any restricted substances, narcotics or alcohol?

No, the Vemma Bod•ē products do not contain any restricted substances, narcotics or alcohol.

Can I use Bod•ē Burn for any uses other than as a weight management solution?

Yes! You may take Bod•ē Burn as a work-out recovery beverage or if you are seeking a boost of protein in your nutritional regimen.*

What are the products in the Vemma Bod•ē brand?

Vemma Bod•ē is a healthy weight solution comprised of results-oriented products, including Bod•ē Burn, Bod•ē Burn zero caffeine, Bod•ē Cleanse and Bod•ē Rest, along with the Bod•ē 12-Week Transformation Plan — a sustainable eating plan that uses the concept of carb cycling. Each product has a unique formula and weight management purpose.

Bod•ē Burn and Bod•ē Burn zero caffeine help support your weight management efforts by enhancing your body's burn potential, curbing your appetite, increasing your energy and providing your nutritional support.*†

Bod•ē Cleanse removes impurities at the cellular level to prepare your body for a transformation by supporting healthy liver and digestive functions, while providing nutrients to enhance overall wellness.*†

Bod•ē Rest helps support your weight management efforts by enhancing your body's natural restorative processes, preparing your body for rest and nourishing your body for overall health.*†

Vemma Bod•ē 12-Week Transformation Plan Questions

What is the Vemma Bod•ē 12-Week Transformation Plan?

Harnessing the innovative concept of carb cycling, the Vemma Bod•ē 12-Week Transformation Plan helps you create contrast in the body and shift away from eating habits that aren't working, toward habits that don't deprive you, but support results and a healthy lifestyle change.*† When used in conjunction with the Vemma Bod•ē products, the Bod•ē 12-Week Transformation Plan helps reprogram how your body uses food and helps you understand how timely eating, through carb cycling, help you achieve your weight management goals.*†

What are the benefits of using Bod•ē Burn as part of the Vemma Bod•ē 12-Week Transformation Plan?

When used in conjunction with the Vemma Bod•ē 12-Week Transformation Plan, Bod•ē Burn supports healthy weight management by helping curb your appetite, enhance energy levels and nourish your body with key nutrients for overall health during your body transformation.*†

Can I take Bod•ē Burn without following the Vemma Bod•ē 12-Week Transformation Plan?

Yes, you may consume Bod•ē Burn without following the Vemma Bod•ē 12-Week Transformation Plan. However, to better establish a healthy lifestyle, we encourage you to adhere to the Bod•ē 12-Week Transformation Plan for more desirable weight management results.†

When should I start to notice a change in my weight on the Vemma Bod•ē 12-Week Transformation Plan?

Most people typically see results within the first week; however, since everyone is different physiologically, individual results may vary. Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan for 12 weeks lost an average of 14.8 pounds. Not all participants will complete the plan, or accurately follow the directions and guidelines of the plan. Vemma Nutrition Company recommends you follow a healthy approach to weight loss by consulting with your physician or healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. The Vemma Bod•ē products as part of the Vemma Bod•ē 12-Week Transformation Plan should be used in conjunction with a healthy diet and 10 minutes of daily exercise.

What is a carb cycle and why is it important?

A carb cycle is a seven day period where one alternates between two low-carb days and one high-carb day for six days, followed by one guilt-free day on the seventh day. The varied consumption of carbohydrates helps change how your body uses nutrients and supports your weight management goals.*

Where can I find more information about the Vemma Bod•ē 12-Week Transformation Plan?

The best resource is the online Bod•ē Trainer, received with the purchase of \$75 or more of Bod•ē products, which details the specifics of the Bod•ē 12-Week Transformation Plan and includes added features, such as recipe ideas and sample exercises. With your first order of any Bod•ē product, the accompanying Bod•ē Basics guide also explains the plan. Or, refer to the Bod•ē Language brochure that features a bonus DVD containing expert advice from Heidi Powell, Vemma Bod•ē Spokesperson, Personal Trainer and Life Coach, customized for the Bod•ē 12-Week Transformation Plan. The Bod•ē Language brochure can be downloaded under the Resources section of the Bod•ē Trainer, or you can purchase the brochure and DVD set by clicking on the shop now button and selecting it under the Bod•ē products section.

Didn't get your question answered?

View all FAQs at www.vemma.com/bode.



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