



The Fiber35Diet ThermoFit™

A natural thermogenic support formula developed to help the body burn calories and utilize energy more efficiently*

- Yerba mate, bitter orange peel, green tea leaf and more
- Supports healthy metabolism and promotes thermogenesis*
- Supports healthy thyroid function*
- Helps manage hunger and promote healthy blood sugar levels*

The Fiber35 Diet is a lifetime system of optimum nutrition based on the extraordinary health benefits and weight loss power of fiber. Developed by ReNew Life founder and Certified Nutritional Consultant Brenda Watson, it focuses on the importance of eating at least 35 grams of fiber every day.

In addition to its role in bowel regularity, fiber helps manage hunger and eliminate calories from the foods you eat. A high-fiber diet has also been shown to support healthy blood sugar, cholesterol and blood pressure levels, thus helping to prevent obesity-related illness and disease. Fiber also helps to absorb toxins in the intestinal tract and eliminate them from the body via regular, healthy bowel movements.

ThermoFit for Natural Support

Part of the Fiber35 Diet reduced calorie and exercise program, **ThermoFit** is a natural thermogenic support formula developed to support healthy metabolism and in turn promote thermogenesis.*

Metabolism and Thermogenesis

Metabolism and thermogenesis are natural processes the body uses to burn calories and in turn support healthy weight management. Metabolism is the rate at which your body converts the food you eat into usable energy, and thermogenesis refers to the process by which the body generates heat, or energy, by raising the metabolic rate above the normal level.

Each easy-to-swallow vegetable capsule contains yerba mate, green tea leaf and bitter orange peel to encourage healthy metabolic function and facilitate the thermogenic process.* Added iodine supports the thyroid gland, which in turn promotes healthy metabolism, while the amino acid L-tyrosine—along with bamboo leaf extract and DMAE (dimethylaminoethanol)—help manage hunger.* Banaba extract is included for its ability to support healthy blood sugar levels.*

Supplement Facts

| Serving Size: 2 capsules | | Servings per Container: 30 | |
|--|---------|----------------------------|-------|
| Amount per Serving | | | |
| | | | %DV** |
| Iodine (Kelp) | 150 mcg | | 100% |
| Yerba Mate | 500 mg | | *** |
| L-Tyrosine | 400 mg | | *** |
| Green Tea Leaf Extract (50% polyphenols) | 250 mg | | *** |
| Bitter Orange Peel Extract (6% synephrine) | 200 mg | | *** |
| Banaba Extract (1% corosolic acid) | 50 mg | | *** |
| DMAE (Dimethylaminoethanol bitartrate) | 20 mg | | *** |
| Bamboo Leaf Extract 4:1 | 10 mg | | *** |

** Percent Daily Values are based on a 2,000 calorie diet.
*** Daily value not established

Other Ingredients: Vegetable capsule (vegetable fiber and water)
Directions: Take 2 capsules with morning meal.

WARNING: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication, have a medical condition or have a family history of diabetes. Not for prolonged use. Do not exceed recommended dose. Not for individuals under 18 years. **Notice:** This product contains caffeine. Do not use if you have hypertension, anxiety or a cardiac disorder.



For optimum results, use with **CLA Fit Plus™**.



ThermoFit™ was formulated by natural health and nutrition expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.