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You Earn Your Body

I WANT TO GET HEALTHY.
I WANT TO LOOK BETTER.
I WILL EAT RIGHT
I WILL EXERCISE.

I WILL EARN MY BODY.



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© Celeb Weight Loss Wellness Evaluation Questionnaire

Name & Surname		Email address	
Tel no		Cell no	

What are your specific Health & Wellness goals?

1.	
2.	
3.	

EATING & LIFESTYLE HABITS

Wake up Tired		Energy loss during the day	
Eat & Drink for Breakfast		What Time?	
Mid-Morning snack			
Lunch			
Mid-Afternoon snack			
Dinner			
Evening snack			
Cups of coffee / tea per day		Water	Smoke – how many per day
Health problems or concerns			
Any form of Exercise		Times per week	

Complete the following questions to receive a customised Wellness recommendation

Current Weight		Goal Weight		Weight wish to lose	
How serious are you		Height		Age	
Other Weight loss Programs					
How did these Programs work for you					
Why do you want to lose Weight Now					
Times per week you eat out					

Product Instructions

Instructions

- Use an insulin syringe to draw up all water from plastic bottle written injection water.
- Lift cap of vial (glass bottle with powder), making a grey rubber stopper visible.
- Inject all injection water into the vial (glass bottle with powder) via this rubber stopper.
- Let the solution settle; DO NOT SHAKE!!! The solution will combine by itself.
- Place it in the fridge.

Usage

- Inject 10 or 15 units for the 1st 3 days (either or, both safe)
- Thereafter 20 units every day after that.
- Point of injection is 5 finger space lateral from your navel. To find this put your hand on your tummy.
- Place your left hand on the right side of your belly button, your pinkie must be next to your belly button and where your thumb is, that is the point you inject.
- Feels like a pin prick not painful at all... alternate sides of injection each time. So if you inject right side today then inject left side tomorrow and so forth.
- Ideally you take injection in mornings before breakfast, on an empty stomach and exercising thereafter.
- So inject, exercise and then have breakfast. If you intend on exercising in the evenings or afternoons then make sure you inject before you exercise. If you do not intend on exercising at all, then please take injection in mornings before breakfast and carry out your day as normal. Note only 1 injection to be taken per day.
- Product should still yield results even without any exercise.

Advice

- Cut out all sugars.
- Follow a low carb- high protein diet and do at least 15-30min of cardio to get maximum results. (Walking, gardening, skipping, jogging, running, dancing, whatever is fun for you).

Note

- All vials must be stored in the fridge whether they are mixed or not.
- Drink at least 2L water daily.
- You won't gain the weight you lose provided you maintain the loss and don't over indulge.
- If you are uncertain about the eating plan please inform us we will gladly assist you with an eating plan.
- Depending how determined you are, you'll feel and see a difference on your second day. Please take your cm around your waist as well and compare it every 10 days.

Remember each individual is different from another so the period of using the injections depends on you and how motivated you are!!!!

The bigger you are and how bigger the area is you want to lose the faster you'll see results.

OUR AIM IS A SLENDER, HEALTHIER YOU!!!

Dosage

Dosage

- 10 – 15 units for the 1st 3 days
- 20 units every day there after

Injection Frequency

- 1 per day, taken prior to exercise (cardio).

For those whose budget allows it, the dosage can be increased to 1 x 40 unit injection per day or 2 x 20unit injections per day (1 morning and 1 evening).

Conversion factor 200mcg = 0.20mg = 20 units.

Injections per vial: 10 x injections

Diet Restrictions

Product works by releasing stored fat into the blood for usage as energy, it therefore makes sense to not consume calories around the time of your injection, since the body will more than likely preferably use them over the fat released by the peptide. Your results will be much more significant if you follow the following principles:

Morning injection: Inject first thing in the morning, do some cardio exercise, then wait an hour before eating breakfast. When you do eat your first meal try to make it high in protein, low fat and low carbohydrates.

Night time injection: Have your last meal of the day at least 3 hours before going to bed and try to make it a meal high in protein, low in fat and low in carbohydrates (a good example would be some kind of meat or fish along with salad/vegetables), then inject and do some cardio.

Following either one of the above routines will ensure your body best utilizes the fat burning effects of HGH Fragment 176-191 as you will either be burning fat all morning, particularly during your cardio exercise, or you will be experiencing significant fat loss all night while you sleep. The morning injection has been proven to be most effective and have the best results.

Recommended Diet

For fat loss to occur with any kind of weight loss supplement, a calorie deficit needs to be present. This means that each day you are eating less calories than the energy your body is expending (so your body then has to burn stored fat for energy). For women this is about 1500-2000 calories and for males this is about 2500-3000 calories, depending on the level of activity (those who exercise would obviously be closer to the higher value).

Furthermore, to obtain the best results possible and most amount of fat loss from HGH Fragment 176-191 you should be following a diet which is high in protein, moderate in fat and low in carbohydrates, in addition to performing cardio exercise as often as possible. Developing these kind of habits will not only allow you to lose fat while using the product, but also keep it off afterwards.

Proper Peptide Storage

Storing Mixed Peptides

Storage: Always store mixed vials in the refrigerator.

Expiration/Shelf Life: Once peptides are mixed, they should be used within 8 weeks.

DO NOT PRE-LOAD AND FREEZE SYRINGES. When peptides are frozen, there is a risk that particles will form. These particles may remain in the solution even after frozen peptides are thawed. If peptides are being injected in the lab, particles will be injected which can cause irritation or damage at the injection site and errors in lab results.

DO NOT SHAKE. Mixed peptide vials should not be shaken under any circumstances.

Storing Unmixed Peptides

Storage: Unmixed vials may be stored without refrigeration (avoid extreme heat). For best long term storage, refrigerate or freeze unmixed powder vials (see details below).

Expiration/Shelf Life: Unmixed peptides in powder form will remain stable up to 48 months (4 years) in the freezer.

Unmixed vials can be stored in the freezer for a period of up to 48 months; however, if you are going to use the vials within 1 month store them in the refrigerator. Repeated freeze-thaw cycles can cause damage to the peptide.

Storage Safety

Both mixed and unmixed vials should be stored inside sealed, marked plastic bags or containers and kept away from food

I, (NAME & SURNAME) _____ give permission to be treated with Celeb Weight Loss, was informed about all the injections and clarified any uncertainties with Celeb Weight Loss. All my personal and medical information above is true and hereby I cannot hold a Celeb Weight Loss liable for any medical situation what so ever.

DATE:

PATIENT SIGNATURE

WITNESS SIGNATURE



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
1 x bowl of oats Sweetener with/or without Cinnamon is a (natural fat burner) Low fat milk	1 x bowl All bran flakes Low fat milk Sweetener	1/4 bowl of muesli with low fat yoghurt	1 x bowl of oats Sweetener with/or without Cinnamon (natural fat burner)	2 x pieces of Weetbix Low fat milk	1 x Low GI bread 1 Poached egg or 2x Scrambled eggs Spray & Cook	Fruit Salad with Low fat yoghurt
Snack	Snack	Snack	Snack	Snack	Snack	Snack
1 x Cup Low fat yoghurt	3 x Provitas with low fat cottage cheese	Fresh pineapple slices (pineapple is a natural fat burner)	Cup of Biltong	Fruit Smoothie	Handful Cashew nuts	3 x Provitas with low fat cottage cheese
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1x slice low GI bread with Tuna salad	Chicken salad	1 x potato with plain yoghurt & herbs or cottage cheese.	1 x Chicken breast with with 2 x veggies from list & salad.	Hake with salad or brown rice	Chicken Sosaties with salad and cooled mieliepap	Small plate of chicken stirfry no rice see veggie list for veg AND ONE LOW FAT TREAT
Snack	Snack	Snack	Snack	Snack	Snack	Snack
1 x Fruit or like it lean viennas x3	1x cup Low fat yoghurt	3 x boiled eggs	1x cup low fat yoghurt	2 x Rye-vita with low fat cottage cheese	Fruit Salad	Fruit
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Small plate of chicken stirfry no rice see veggie list for veg	1 x Hake (oven baked) Drizzled with lemon juice Steamed Broccoli and cauliflower	Soup or 1 x Chicken breast with salad	Small plate with grilled veggies: butternut, egg- plant,muchroo ms, spinach,beetro ot with sunflowerseed s	200gSteak with veggies from list and or salad	Omelette with veggies or Tussers	2 x boiled eggs with 3 slices parma ham

THE BADDIES

- Butter
- Margarine (except Canola Light)
- Full fat cheese any yellow cheese is, a non thinker
- Canned food- read the label
- Minced meat
- Polony
- Boerewors
- Sheep's Meat
- Bacon with fat
- Anchovies in oil
- White bread
- Syrup
- Sweets
- Biscuits
- Creamy foods
- Puddings
- Sardines in oil
- Tuna in oil
- Liver
- Watermelon
- Jams
- Baked Desserts
- Custard
- Canned fruit
- Droewors
- Biltong with fat
- Creamy Sauces
- Pastries
- Cakes
- Sunflower oil
- Macadamia nuts – high in oil
- Any salted nuts- salt content high
- Pizzas
- Anything covered in bread crumbs
- Sugar covered dried fruits
- Jellies except slimmer's jellies
- Chips (Simba etc.)
- Slap Chips (fries)
- Fast Foods
- White flour based foods

"What the mind can conceive and believe, you can achieve."

<u>THE GOODIES LIST</u>				
Plan your own meals from this list				
(See sample menu for examples how to)				
PROTEINS	VEGETABLES	CARBOHYDRATES	FRUIT	DAIRY
Skinless chicken breast	Broccoli	Sweet potatoes	Apples	Low fat milk Fat free yoghurt
Lean ground beef	Asparagus	Brown rice	Apricots	Low fat yoghurt
Hake	Lettuce	Whole wheat pasta	Berries	Eggs
Kingklip	Cauliflower	Oats	Grapefruit	Tussers cheese
Sole	Green Beans	Beans	Oranges	Low fat Cottage cheese
Salmon	Peppers	All Bran Flakes	Papaya	Mayonnaise Light/trim
Tuna	Mushrooms	High Fibre bran	Pineapple	Low fat cream cheese
Like it lean bacon	Spinach	Durum wheat pasta	Pears	Mozzarella
Ostrich Fillet	Tomato	Pro-vita	Plums	Low fat feta
Biltong (venison)	Brussel Sprouts	Rye bread	Peaches	Slimmers choice: Frozen Yoghurt
Venison	Artichokes	Corn	Naartjies	
Tofu	Garlic	Pumpkin	Banana	
Lentils	Radishes	Squash	Guava	
Hummus	Cabbage	Carrots	Pineapple	
Mussels	Celery	Beetroot	15 Grapes	
Turkey	Baby Marrow	Weetbix	Strawberry	
Parma Ham	Cucumber	Gluten free muesli	Mango	
Cod	Onion	Couscous		
Shrimp	Avocados	1 med size potato		
Top Sirloin steak	Eggplant	Low GI Bread		
Chicken - no skin	Peas	Buckwheat		
Pork remove fat	Spring onion	Bulgurwheat		
Like it lean Vienna's	Olives	1 Mealie		
DRINKS	SNACKS			SAUCES
Coffee	Almonds	Pro-vita x 3		Soy Sauce
Tea	Cashew	Like it lean Vienna's x3		Chutney light
Low cal drinks	Non salted peanuts	Cup a soup lite		Light salad sauces
Sprite 0	Pumpkin seeds	Chicken Vienna's x 3		Chilli Sauces
Coke light	Sesame seeds	Dried apple rings		Tomato sauce light
Sweeto	Low fat yoghurt	1 x Apple with peanut -		Spray & Cook
WATER!!!!	Raisins – handful	Butter		Lemon juice
Low Cal Wine	Fruit as listed	1 x Frozen banana dipped		Lime juice
Whiskey with water	Half an avo	In yoghurt		Olive oil
Windhoek light	Few slices of Parma ham			Mayonnaise Light
Caste light	Popcorn - easy with salt			Tabasco

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WEIGHT LOSS