



Jim Smith

FitTest Report  
02/08/2010



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Jim, The Eating Plan presented here is not intended for anyone with kidney problems or for pregnant women or women trying to get pregnant, without doctor supervision.

It is always prudent to consult your physician before changing your diet and we recommend this course of action. You must consult your physician before you begin this Eating Plan if you are on medications to control cholesterol, blood sugar, or blood pressure. If you have an abnormal heart rhythm or have had a heart attack within the last six months you must not under any circumstances start this program without first taking this Eating Plan to your physician.

Your Eating Plan is based on a proprietary synthesis of the data that was obtained from you. This includes the results of your urinalysis and the measurements that you provided for us.

The Food and Drug Administration has not evaluated these statements. The products, tests, and your results are not intended to diagnose, treat, cure, or prevent any disease or condition.





Your FitTest® Report

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## Your FitTest® Report

# Introduction



This country is experiencing an epidemic of obesity — with a shocking increase in otherwise preventable diseases — and a surge in health care costs. In the past 30 years, the number of overweight people has skyrocketed until now, more than two thirds of Americans are overweight and half of those are obese. With weight gain comes increasing risk for a whole host of diseases:

- High blood pressure
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

The costs associated with treating disease associated with excess weight is estimated to exceed a quarter of a trillion dollars each year in the US — and many of these costs are borne by your tax dollars. Even five to ten percent reductions in weight are associated with dramatically lowered risks. Just how much risk do you want to be facing?

The FitTest helps you adjust your carbohydrate levels to shed fat weight while eating reasonable amounts of healthy proteins to prevent muscle loss.

Normalizing weight is therefore a critical step in determining overall health, and here at The Trump Network™, we believe that the best way to do it is to learn how to eat a healthy diet, from which weight loss will naturally follow. And a key part of that is learning one of the most important things you can know about your metabolism: how you handle carbohydrates.

The disruption in metabolism of the hormone insulin caused by excess carb consumption is a major factor. That's why we give you the numbers and an eating plan to follow. This isn't a diet — it's a scientifically calibrated way of eating that you can use as a lifelong foundation of good health.

In fact, we'll give you two options:

- 1) If you prefer to cook your own food, follow your FitTest Eating Plan exclusively.
- 2) If you want to have most of this done for you, begin the Silhouette Solution™, and use the FitTest Plan to create you daily approved meal.

# Your Results



**Jim,**  
**We have calculated your carbohydrate needs based on your weight, measurements, and your urinary microalbumin level.**

**NOTE:**

*The FitTest recommended carbohydrate levels are not intended for those who are engaged in daily intense physical workouts (greater than 45 minutes daily at maximum intensity), nor are they intended for those training intensely for any athletic event.*

*Please consult with your personal trainer or healthcare provider to determine your personal need for additional carbohydrates or calories.*

## How Your Carbohydrate Needs Were Determined

One of the primary goals of the FitTest Eating Plan is to help support normal carbohydrate metabolism and proper insulin levels. (FitTest 101 on next page explains why this is crucial to weight loss.) Among its many biological duties, insulin is the “Fat-Storage” hormone and if your levels are chronically high, then you will be in a chronic “Fat-Storage” mode.

Since carbohydrates stimulate insulin output, controlling carbohydrate intake is a logical way to favorably impact insulin levels. When followed correctly, Your Custom FitTest Eating Plan should help to support normal insulin function.

An important measurement that has been associated with insulin levels is microalbumin. Therefore, a vital part of the FitTest analysis is a measurement of urinary microalbumin (details on next page under FitTest 101).

Microalbumin Measurement
5 – 15 Slight
16 – 30 Moderate
31 – 200 Significant
<200 Frank Proteinuria

**Jim, your microalbumin level is**

**Microalbumin: 6**

At present, your microalbumin level is in the MODERATE range of concern. Your microalbumin level has been factored into the proprietary algorithm that synthesizes the complete spectrum of values that make up your total FitTest profile and predicts your FitTest Carb Level.

**Important Notice!** Because the presence of any microalbumin in the urine can be related to various health problems, we strongly recommend that you see your personal physician for further evaluation.

According to your FitTest urine analysis and the anthropometric data that was supplied to us by you, your FitTest Carb Level is

**Carb Level: A**

Jim, your ongoing carbohydrate level is 30 grams. Level A is the most aggressive Custom FitTest Eating Plan and allows 30 grams of carbohydrates per day. The kind of carbohydrates you need to eat will be outlined in Section 3.

# FitTest 101

## Microalbumin and You

One of the parameters used to determine Your Custom FitTest Eating Plan is a measurement of urinary microalbumin.

Albumin is one of the main proteins found in the blood. It is, however, not normally found in the urine except during times of illness such as fever, infection, congestive heart failure, and kidney disorders. Protein in the urine is not always a sign of disease because it can be found in the urine immediately after very vigorous exercise, however, because of its close association with adverse health conditions, it needs to be investigated.

Screening for frank amounts of albumin is part of a routine urinalysis as well as the “dipstick” urinalysis that is done in your doctor’s office. These tests, however, have no need to be particularly sensitive or sophisticated since their detection limits are set for large amounts of albumin. Based on research, there is strong evidence that much smaller amounts of albumin — microalbumin — can be excreted below the detection limits of these conventional tests. These minute amounts of protein in the urine can be an “early-warning” signal for future problems, but this signal cannot be picked up without specialized testing.

And that specialized testing for microalbumin is a vital part of your FitTest evaluation.

Every day, more and more research is confirming the relationship between microalbumin in the urine and specific types of health conditions, such as diabetes and heart disease. See the quote in the side bar from a study published in *Nutrition, Metabolism and Cardiovascular Diseases*:<sup>1</sup>

By screening for microalbumin in the urine, we can identify those individuals who may need an aggressive approach for supporting normal pancreatic function through dietary manipulation.

If your urine specimen contained microalbumin, Your Custom FitTest Eating Plan has been designed to provide the proper ratios of macronutrients (proteins, carbs, and fats) for supporting normal pancreatic function in response to a meal.

Further scientific detail about the significance of measuring microalbumin and its clinical application can be found in a special scientific monograph on the subject called “*Factors in Determining the ‘Right’ Diet*”, available through The Trump Network at 1-800-768-7667.

<sup>1</sup> Steijaert, MMC, VanGall LF, De Leeuw IH. Microalbuminuria in human obesity. Role of body composition, hyperinsulinaemia and hyperglycaemia. *Nutr Metab Cardiovasc Dis* (1997) 7:285-291.



*“Microalbuminuria is an important marker of clinical proteinuria and a predictor for cardiovascular disease and early mortality, especially in diabetes but also in non-diabetic subjects. Some recent studies have shown an increased prevalence of microalbuminuria in obese subjects and a positive association of albumin excretion rate (AER) with weight, body mass index (BMI) and the waist-to-hip ratio.”*

*And “Therefore, pathologic factors such as hyperglycaemia, hyperinsulinism, and hypertension may be involved in microalbuminuria in obesity.”<sup>1</sup>*

*The Food and Drug Administration has not evaluated these statements. The products, tests, and your results are not intended to diagnose, treat, cure, or prevent any disease.*

## How Your Protein & Fat Needs were Determined



Based on the information we received from you, we have calculated your daily protein requirement.

Picture this. Someone comes rushing up to you and says, “Guess what? Five pounds is on sale down at the store!” Of course, your first question would be, “*Five pounds of what?*”

This is exactly the question you need to ask yourself as you begin to lose weight. When you step on the scale and see that you have lost ten pounds, you want to be able to say with confidence that you have lost *ten pounds of FAT*.

One of the problems with some low-calorie and low-fat diets is that lean muscle mass can be lost, sometimes in a 50/50 ratio with fat. This is unfortunate because muscle is a *very metabolically active tissue* and the more you have, the more calories you burn. It can also be downright dangerous if you happen to lose muscle tissue from that very important muscle known as your heart!

Exercise can help avoid this problem (more on this later) but the most helpful thing you can do is to make sure that you *eat enough protein to feed and nourish the lean muscle mass that you already have*.

So, based on the information we received from you, we have calculated your daily protein requirement. *You must eat at least the following amount of high quality protein per day:*

**Daily Protein Needs:**  
**86**

The amount and kind of protein you need to eat will be outlined in your Custom FitTest Eating Plan.

## Your Fat Level

There is no designated fat level on the FitTest Eating Plan. Now before you holler, “Yippee!” and go eat a jar of mayonnaise or head for the fried food buffet, please finish reading this.

There are good fats and then there are bad fats. On the FitTest Eating Plan we want to make sure that you are *eating moderate amounts of high-quality fat sources, including those containing essential fatty acids*. We also want to make sure that you are minimizing, or eliminating altogether, your intake of trans fats, those types of trouble-causing fats found in partially hydrogenated vegetable oil products.

So, slow down a minute and read about the FitTest Recommended Fat Sources. The amount and kind of fats you can and need to eat will be outlined in your Custom FitTest Eating Plan.

## Anthropometric Data and You

Someone once said, “Anatomy is destiny.” That statement has many levels of meaning and, for the purposes of the FitTest, it is particularly true in the following way:

In addition to the specialized laboratory testing of your urine, Your Custom FitTest Eating Plan is based on a synthesis of the carefully selected, information-packed measurements that we asked you to provide on your “current” anatomy. These measurements are a vital part of the particular “dietary destiny” that we have outlined for you in your FitTest Program.

A brief discussion will be presented here. Again, additional information is available in the scientific monograph, *“Factors in Determining the ‘Right’ Diet”*.

For now, we’d like you to know that this type of information — called anthropometric data — has been documented as yielding valuable information about an individual’s body composition. Body Mass Index and Waist-to-Hip Ratio are just two examples of anthropometric data. In addition, new research has shown that particular measurements can also provide a reasonable individual risk assessment for developing several metabolic health problems. Research also shows that, fortunately, unfavorable results and increased risk can be addressed and minimized through dietary intervention.

The scientific evaluation and weighting of all these measurements, factored in with your laboratory results and your personal/family health history, is synthesized together using a state-of-the-art proprietary algorithm. Developed by a cooperative effort between The Trump Network and Metamatrix Clinical Testing Laboratory, it provides a unique and effective approach to weight management through customized dietary eating plans.

### Note:

**If you are choosing the FitTest Eating Plan see page 10 for you next step.**

**If you are choosing the Silhouette Solution option, begin it now and refer to the Silhouette Solution Quick Start Guide for your next step. Use the tables on pages 11-14 of this guide to choose your Silhouette-approved meal each day.**



The scientific evaluation and weighting of all these measurements, factored in with your laboratory results and your personal/family health history, is synthesized together using a state-of-the-art proprietary algorithm that’s used to develop Your Custom FitTest Eating Plan to give you a more attractive and healthy body.

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The FitTest® has been designed to start you on a special MetPrep (Metabolic Preparation) Plan for two weeks.

2-Week

MetPrep™

## Square One for Everyone

### How your 2-Week MetPrep program works:

Inertia is defined as, “the tendency of a body at rest to remain at rest.” We find a similar concept in play when it comes to metabolic processes. There is a period of adjustment — that feels like a “resistance to change” — and that must be worked through as the system adapts to that change. For instance, the detox phase that sometimes occurs when *Custom Essentials*® — The Trump Network’s™ *customized nutritional supplement* — is introduced into a health plan is an example of that adjustment.

With the FitTest, you are introducing your system to a new way of eating and there *may be a period of “metabolic resistance.”* For that reason, the FitTest has been designed to *start everyone on a special Metabolic Preparation* — Your 2-Week MetPrep Eating Plan. This Plan, which should “jumpstart” even the most stubborn bodies, will gear up your metabolism so you achieve safe, rapid results.


After two weeks, you will start Step 2 of the FitTest Eating Plan which is Your Custom Eating Plan.

For some, whose FitTest results indicate a need for a more aggressive approach to normalize their metabolism, the 2-Week MetPrep Eating Plan (with a few modifications) will continue to be their Custom FitTest Eating Plan for a period of time.

Are you ready? *Let’s MetPrep™.*

# FitTest Eating Plan Step 1

## The MetPrep FitTest Eating Plan

<p>You can eat <b>UNLIMITED</b> amounts of the following vegetables. Add to salads or eat raw as a snack.</p>	<p>You can eat <b>LIMITED</b> amounts of the following vegetables.</p> <p><b>Cooked:</b> Up to 1 cup total of any combination per meal OR</p> <p><b>Raw:</b> Up to 2 cups total of any combination per meal OR</p> <p><b>Cooked and Raw:</b> Up to 1.5 cups</p>	
<p>Celery</p> <p>Chives</p> <p>Cucumbers</p> <p>Jicama</p> <p>Lettuce: Dark leafy greens preferable</p> <p>Mushrooms</p> <p>Olives</p> <p>Onion: Raw only — limit to 3 – 4 rings or chopped equivalent</p> <p>Parsley: And all fresh herbs</p> <p>Peppers: All types: green, yellow, red, and hot</p>	<p>Artichokes</p> <p>Asparagus: 8 spears</p> <p>Bean sprouts</p> <p>Beans, Green: Wax or Italian</p> <p>Broccoli</p> <p>Brussels Sprouts</p> <p>Cabbage</p> <p>Cauliflower</p> <p>Eggplant</p> <p>Greens: Collard, turnip, mustard, beet, kale, Swiss chard, etc.</p> <p>Kohlrabi</p> <p>Leeks</p> <p>Pea Pods</p> <p>Spinach</p>	
<p><b>Season to taste salad garnishes.</b></p>	<p>Summer squash: Yellow crookneck, zucchini</p>	
<p>Grated Cheese</p> <p>Chopped Hardboiled Egg</p> <p>Crumbled Bacon Not "fake"</p>	<p>Tomato: If using canned, check label for carb level</p> <p>Water chestnuts</p>	

You **MUST** eat two large green salads per day made with dark leafy greens (at least two cups per meal). Minimize Iceberg lettuce because it doesn't contain the mineral levels that darker leafier types do. If you live in a cold climate and don't like to eat so many salads in the winter, you can substitute lightly steamed greens.

# Protein

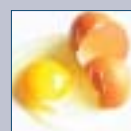
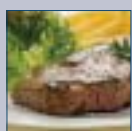
Your calibrated minimum protein intake as determined by your test results shows that you need to eat at least 86 grams of protein daily

Prepare your protein dishes any way you want except breaded.

## Remember.

Jim, you **MUST** eat your required protein needs throughout each day. This will maintain your lean muscle that in turn helps burn fat.

Eat all you want of these protein foods. You **MUST** at least eat the specified grams per day to maintain your lean body mass for maximum fat loss as you lose weight. See *Protein Gram Calculator* at right for grams per serving. Vegetarians see chart on next page.



### Fresh Meats

### Poultry

### Shellfish

### Eggs

### Fish

Beef  
Pork  
Lamb  
Bacon\*  
Sausage\*

Chicken  
Turkey  
Duck  
Quail  
Cornish Hen

Shrimp  
Lobster  
Oysters  
Clams  
Mussels

Scrambled  
Over easy  
Hard-boiled  
Poached  
Deviled

All kinds, 2-3 servings weekly.  
*Recommended: deep sea, cold-water fish, e.g., salmon or tuna. Avoid farmed fish.*

\*Bacon and sausage are allowed but look for brands without nitrates or nitrites and no sugar. NO processed luncheon meats such as hot dogs or bologna.



No processed cheese food products of any kind. Examples: cheese in a box, can or jar.

### Hard cheeses

### Soft cheeses

All kinds — up to 2 ounces per meal: Two (2) ounces is approximately the size of 2 packs of gum (5-stick packs) or the size of one plastic-wrapped, single-sliced American cheese. Do NOT eat those plastic-wrapped slices. They're mentioned only for size comparison.

Cottage cheese, cream cheese and sour cream — up to 1 ounce per meal: One (1) ounce is approximately the amount in 1/2 of an ice cream scoop or 1 pack of gum (5-stick pack).

## Protein Calculator

Use this handy tool to help you meet your daily protein needs.



Meats

3.5 ounces (about the size of a deck of cards) contains 25-30 grams



Chicken

3.5 ounces (about 1 breast or 2 drumsticks) contains 25-30 grams



Eggs

1 large egg contains 6 grams



Fish

3 ounces fresh or frozen contains 20-25 grams. If canned, just read the label, but watch out for portion size.



Shellfish

3 ounces of lobster meat, 12 lg. shrimp, 6 lg. scallops, 9 sm. clams, 6 med. oysters each contain 10-15 grams



Cheese

Hard: contains 6-7 grams per ounce  
Soft: contains 3-4 grams per ounce

## Vegetarians



Total vegetarians must focus on protein foods such as tofu, tempeh, and spirulina. Lacto-ovo vegetarians may add protein shakes with meals to fulfill their daily protein needs. Don't forget to include the carbs in your daily count.

Foods

Protein

Carbs

Firm Tofu	10g per 1/4 c	2g
Tempeh 8g	per 1/4 c	7g
Spirulina Powder	15g per oz	7g



## Fats

### Eat and Enjoy High Quality Fats

Since the primary focus of the FitTest is controlling carbohydrate levels, and since fats and oils contain no carbohydrate, there is no set fat level for the FitTest. This is one of the factors that make FitTest eating so enjoyable. Have an oil-based dressing on your salad, a little olive oil or butter on your broccoli. These dietary luxuries make all the difference in eating satisfaction and in staying on your eating plan.

On the FitTest, you may have moderate amounts of high-quality fats. Moderate means the amounts found in lean meats, fish, and poultry. You may use small amounts of added fats from the list below to add flavor and enjoyment to your food. Remember, fat is a concentrated source of calories and a little goes a long way.



**You MUST eat high quality fats every day to protect your heart and for enjoyment.**

*Use MODERATE amounts as needed for taste and texture.*

Olive Oil	OK for cooking (Extra Virgin preferred)
Canola Oil	OK for cooking
Flaxseed Oil	DO not heat (Good source of essential fatty acids)
Safflower Oil	DO not heat
Almond Oil	DO not heat
Butter	Use only small amounts. (Do NOT use margarine unless trans-fat free)
Mayonnaise	<u>Only</u> use small amounts.
Cream	Yes, real cream. Use organic brands that are hormone and pesticide free
Half and Half	Limited, AND be careful. Contains carbs so subtract from your daily count.
Salad Dressings	Choose low or no carbs. Have one serving. Usually 2 tablespoons.
Sauces	Choose low or no carbs.
All nuts and seeds: almonds, cashews, pecans, peanuts, walnuts, sunflower, sesame, pumpkin etc.	Be prudent and use these foods moderately as a salad garnish or one small handful as a snack. They are high in calories.

## Fluids and Snacks

### **Drink fluids to help you lose weight faster:**

Water, water, water (shoot for half your body weight in ounces: for example, if you weigh 200 lbs, try to drink 100 ounces.) Salty food makes you bloated because your tissues hold the fluid. Believe it or not, the best way to eliminate the bloated feeling and appearance is to drink more water.

Enjoy the following fluids.

1. Natural spring water or flavored waters with zero carbs
2. Club soda with a twist of lemon or lime
3. Herb teas
4. Coffee or tea

**Diet sodas:** Only if you must. Just don't make it a habit.

**Alcoholic Beverages:** None are allowed during the MetPrep Plan.

**Sweeteners:** Try natural no-carb sweeteners such as Stevia. Use small amounts of sucralose products if necessary. Avoid aspartame.

### **Snacks:**

The Silhouette Solution products are the ideal way to snack and still reach your daily protein needs. They're, tasty convenient and low in carbs. Remember, it's important that you don't ever miss a meal, and remember too that it's crucial to eat when you're hungry and eat when you're not hungry. Silhouette Staples are also a great way for you to satisfy your sweet tooth while packing down those protein grams, especially when you're running short for the day.

Other snacks can include any protein foods, for instance, beef jerky or deviled eggs. It's always best to seek out organic sources of these items whenever possible, and use them in moderation.

*That's all there is to the MetPrep Plan. If it's not in Your 2-Week MetPrep Eating Plan, or part of the Silhouette Solution, DO NOT EAT IT!*

## Fluids and Snacks



Drinking plenty of water helps you lose weight because it enhances cellular function, which increases your fat burning efficiency.





## Typical MetPrep Meal



Use this page as a quick reference guide to give you a feel for what you'll eat during a given meal.

Refer to page 18: Your Custom FitTest Eating Plan for the finer details.

### Basic structure of a typical MetPrep Meal

			
Salads	Protein	Vegetables	Fluids
<p>Eat dark leafy greens with celery, chives, cucumbers, peppers, mushrooms, olives, parsley, onion, and real dressing.</p>	<p>Eat 1/3 of your protein gram allowance. Beef, chicken, Cornish hen, turkey, quail, fish, eggs, and cheese.</p>	<p>Enjoy artichokes, squash, asparagus, cabbage, broccoli, spinach, eggplant, etc. Season with oils, herbs, and spices.</p>	<p>Drink spring water, club soda with a citrus twist, tea, herb tea, or coffee.</p>





An important component to the FitTest program is exercise:

### Here’s how simple it is to “gain without pain.”

Any time you’re shedding fat in a weight management program it’s the changes in food intake that have by far the most significant effect. Exercise, despite what some people would have us think, plays a far smaller role. This is easily illustrated by the fact that a simple digression, like eating a cookie, can require a five-mile run to work off those calories alone. It takes a lot of exercise to work off a little food.

However, exercise has more effects than just burning off calories, and it’s those we want you to focus on as you pursue your new weight. The human body is meant to exercise, and if you think about it, it’s in just the last few decades that the US population has become so sedentary. When a human body is well exercised, everything works better. Metabolism is faster, the tissues are better oxygenated, and the development of lean muscle mass with resistance training allows you to burn more calories, even at rest.



So how much exercise should you have? Well, that’s in part, up to you, and if you’re doing a LOT of it, you’ll need to increase your food intake levels to compensate. Your coach or personal trainer will figure that out for you. The FitTest is designed to work best with people who do moderate exercise several days a week. Recent studies have shown that the benefits of exercise show up at a much lower levels than was thought previously. In fact, a good walk can accomplish almost as much as some of the more strenuous activities like running or gym workouts, at least when it comes to weight loss. So that’s the best place to begin. Just walk: around the parking lot, in your neighborhood, on the beach, up a hill, in the mall if the weather’s bad. Start with 20 or 30 minutes three times a week and increase it from there. Take a buddy so you can adjust your pace while you’re chatting. You should be moving at a pace that will allow you to carry on a conversation, but a slightly breathless one. Simple as that.

When you’re ready to kick it up another notch, start doing some weight training. This not only helps build that energy and fat-burning lean muscle mass, but the microscopic tissue damage that results from a harder workout triggers the body to release human growth hormone (HGH) to begin the repair – and increased HGH levels are known to improve lean muscle mass, burn fat, and increase your weight loss potential.

Of course, exercise has far more benefits than weight loss. Chances are you’re also going to feel much better, and so the double benefits of dropping weight, and getting fitter can be yours together.

## Exercise



**As you increase your muscle mass, you increase your fat-burning potential.**



## Your Custom Eating Plan

Jim, your ongoing carbohydrate level is 30 grams.


*Congratulations on finishing your MetPrep! Now it's time for the second part of the program, where you adjust your carbohydrate intake to your Custom Carbohydrate Tolerance Level. Note that if you came back as a category A, you'll be keeping your carbohydrate level at 30 grams per day. It's not a misprint.*

*For those in the B and C categories, your carbohydrates are adjusted upward as indicated. It's easy to do. Your updated Custom Carbohydrate page is on the right. Note that you should elevate your carb levels gradually, and not just suddenly increase them.*

# FitTest Eating Plan Step 2

Continue to eat everything on the MetPrep and add the following:

## Your Customized Carb Plan A Additions

Limited Carb Fruits: Each indicated amount = 10 grams of carbs. Limit fruit carbs to 20 grams per day.	Portion Size	
Apple ½	small	
Blackberries ¼	cup	
Blueberries ¼	cup	
Raspberries ¼	cup	
Strawberries 2/3	cup	
Cherries (fresh)	5	
Peach (fresh)	½ small	

It's important to keep your protein levels just as high as they were before. It's also important to increase your carb levels gradually, and not suddenly increase them. Using Your Custom FitTest Eating Plan, taking your FitCaps diligently, and doing all the things we recommend, you can continue with this until you reach the weight you desire.

# Custom Nutrients



The Trump Network™ has designed accelerators that help target your specific level of carbohydrate intake as outlined in Your Custom FitTest Eating Plan.

## Boost your body's metabolism

Mobilizing fat stores and building additional lean muscle mass requires energy — and the creation of energy requires a full complement of essential nutrients, such as the vitamins and minerals found in the *Custom Essentials*® individualized blend.

We know that many of you *regularly take your Custom Essentials*® — The Trump Network's customized nutritional supplement. During your period of weight loss, you must make sure that this pattern continues faithfully.

*To enhance your program* of sound nutrition during weight loss and beyond, we have created several products that have been shown to have a beneficial effect on the fat-mobilization and carbohydrate-regulating process.

The first product, *FitCaps*® *BaseAccel*, provides the foundation. If your test results indicate this product is for you, it is to be used both during the weight loss phase and after you have reached your goal to maintain your new level of fitness.

The second product is actually a series of customized products called *FitCaps*® *CustomAccel A, B or C*. The CustomAccel products contain carbohydrate-moderating nutrients that are targeted to your specific FitTest Carb Level (A, B, or C). *FitCaps CustomAccel* contains potassium and magnesium, two vital minerals that can often be lost during weight reduction. *FitCaps CustomAccel* is to be used only during your weight loss phase.

Jim, based on your test results, your two customized FitCap products are:

## BaseAccel

## CustomAccel A

These two products add a carefully crafted nutritional punch to your weight management program, helping to normalize your carbohydrate metabolism and reshape your body. If you find you need a little continuing help, you may safely take your *FitCaps BaseAccel* until you reach your final goal or to help maintain your new level of metabolic and physical fitness.

You can choose to take these whichever plan (Fit or Silhouette) you are on.

# FitCap™ Ingredients

## CrystaLean

A special form of resistant starch. Several studies, including one published in *Diabetes*, demonstrated that CrystaLean significantly moderates glucose release after a meal, thereby reducing the release of insulin.

## Gymnema sylvestre

An Ayurvedic herb native to the tropical forests of India. Extracts of this plant have been evaluated in clinical studies and show the ability to improve blood sugar control. In diabetic studies, both Type I and Type II diabetics have been able to reduce their insulin requirements.

## Garcinia cambogia

This plant, a sour fruit also known as the Malabar tamarind, yields an extract rich in hydroxycitric acid, or HCA for short. HCA has been researched at prestigious institutions such as Brandeis University, where studies showed that HCA inhibits the enzyme that converts carbohydrates into fat.

## Choline and Inositol

Sometimes known as “lipotropics” (or fat movers), these nutrients are necessary for the proper metabolism of fats.

## Chromium

Two forms of chromium are found collectively in your FitCaps, polynicotinate (bound to the B-vitamin niacin) and picolinate. The polynicotinate form of appears to have blood sugar stabilizing effects, while the picolinate form helps in achieving fat loss and maintaining or increasing lean body mass.

## Vanadium

Assists chromium in stabilizing blood sugar levels.

## Bromelain

This versatile digestive aid extracted from pineapple helps to break down protein and can do so in the stomach (at low pH) and in the small intestines (at high pH).

## Cayenne and Ginger

Added for their thermogenic (heat producing) properties.

## Magnesium and Potassium

These two vital minerals are sometimes lost in the initial fluid loss that occurs as carbohydrate intake is reduced. Because they are important to muscle contraction, we have added them to CustomAccel to insure extra intake during the weight loss phase.



## CustomAccel

Each formulation includes varying amounts of these ingredients:

**Chromium** (Polynicotinate)

**Vanadium** (from Vanadyl Sulfate)

**Bromelain** (10,000 mcu/G rated)

**Inositol**

**Choline** (from 400 mg of Choline Bitrate)

**CrystaLean® Brand of Maltodextrin** (Resistant Starch)

**Cayenne** (fruit)

**Ginger** (root)

**Garcinia cambogia** (fruit)

**Gymnema sylvestre** (leaf)

**Potassium** (from Potassium Aspartate)

**Magnesium** (from Magnesium Aspartate)

# FitCaps™

## BaseAccel™ and CustomAccel™



### BaseAccel

#### Supplement Facts

Serving Size 2 capsules  
Servings Per Container 60

**Chromium**  
(Polynicotinate)  
200 mcg

**CrystalLean® Brand  
of Maltodextrin**  
(Resistant Starch)  
300 mg

**Gymnema Sylvestre**  
(leaf)  
10 mg

**Garcinia Cambogia**  
(50% HCA)  
425 mg

### Product Overview

The Trump Network's FitCaps, BaseAccel and CustomAccel, have been formulated to provide both general and specific nutrients that have been shown to support or enhance weight management.

BaseAccel, created for everyone who is on the FitTest Program, contains special herbs and extracts that favorably support carbohydrate metabolism.

CustomAccel A, B, or C (individually assigned based on your FitTest results) contains varying levels of carbohydrate-moderating nutrients that are coordinated to the specific carbohydrate intake levels determined in the FitTest.

### Healthy Highlights

- Both FitCaps products contain CrystalLean® brand of resistant starch. When taken as part of a meal, this starch helps to create a damping effect on the release of blood sugar into the blood stream, slowing the insulin response and minimizing any "sugar rush."
- Two different forms of chromium are included to help aid in blood sugar regulation and support the gain of lean body mass.
- The herb, Gymnema sylvestre, and the fruit rind extract, Garcinia cambogia, are included for their favorable influence on the regulation of dietary carbohydrates.
- Additional potassium and magnesium help to replace valuable minerals that can be lost during weight reduction.
- Cayenne and ginger are included as natural thermogenic agents.

### As Part of Your Plan

Together, these two FitCaps Accelerator products, BaseAccel and CustomAccel, add a carefully-crafted nutritional punch to your weight management program. Once you have achieved your goal, you may discontinue the FitCaps CustomAccel and remain solely on the FitCaps BaseAccel, which will help you to maintain your new level of metabolic and physical fitness.

**Recommended Usage** Take with meals as directed on label.





The Trump Network™ is the first company to offer customized nutrition based on scientific metabolic testing that is affordable. We are changing the health of America, one test at a time.

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