



## CLASSIC CELLULAR NUTRITION

Regime	Meal	F1 – Shake	Fiber & Herb tablets	Multivitamin complex - tablets	Substitution for F4 Capsules - Omega369	F5 – tablets cell-u-loss
Reduction	1x (light)	2x	3x2 (2-2-2)	3x1 (1-1-1)	1x1 (1-0-0)	3x1 (1-1-1)
Regeneration	1x - 2x (common)	2x – 1x	3x2 (2-2-2)	3x1 (1-1-1)	1x1 (1-0-0)	3x1 (1-1-1)
Realimentation	3x (common)	3x	3x2 (2-2-2)	3x1 (1-1-1)	1x1 (1-0-0)	3x1 (1-1-1)

**REDUCING REGIME** – is regulation of body weight down (about 5 kg a month). Shake F1 **substitutes** two daily meals, the best are breakfast and dinner (Shake is a "liquid meal"). It is recommended to use **Fiber & herb** tablets and **F5** about half an hour before meal or Shake because they reduce appetite. Use other tablets closely before meal. The best is one light warm meal at noon that shouldn't contain sausages and over-supply of sugar and fat. Keep away from minifood (chips, crackers etc.) and sweet drinks, liquor (stops reducing of weight for 3-5 days), beer (is caloric rich) and to limit caffeine drinks (they drain organism – instead of them we recommend Guarana tablets). We recommend combination with **Thermojetics** Herbal Concentrate that supports the process of lipolysis (fat fission) and supports especially body shaping for maximization of reducing effect. Next special fibre **PSYLLIUM** is a suitable supplement to Shake.

**REGENERATIV REGIME** – without reducing of body weight; though mostly people lose weight 1 up 2 kg. If even this small weight loss is undesirable we recommend replace by Shake F1 not two but only one meal. If there is some Shake left after 30 days you can consume it single without tablets. The tablets are used just before meals. For better organism cleansing we recommend to combine cellular nutrition with herbal drink of aloe vera – **Herbal Aloe Concentrate**.

**REALIMENTATION REGIME** – is regime of building muscle mass. Drink 3x daily Shake F1 (25g powder for one serving) to common daily food (at least 3 meals a day) and use all the additional tablets (**Fiber & Herb, Multivitamin, F4 and F5**). If there isn't for example regeneration after long time lasting illness etc. it is necessary to exercise intensively. The use of cellular nutrition in this regime is recommended to be completed by adding of **three Shakes F1** to the set of cellular nutrition. Then the product can be used in the recommended dosage.

### GRIFFS FOR PREPARING OF SHAKE AT THE REDUCTION OF WEIGHT:

Mix (preferably by an electric mixer) one level spoonful (cca. 9g) into 0,2 l of favourite liquid preferably into low fat milk. You can also use water, juice, white or fruit yoghurt, fat-extracted curd etc. You can also stir up Shake in milk and mix in white yoghurt. Mind the fact that about 40 % of adult the population has not enzymes needed to digest milk already and that is why they can't use milk for preparation of Shake. Mind the additional caloric intake especially at Reduction regime (fruit juice and fruit like bananas, table grapes etc.). It is recommended to add a special fibre **PSYLLIUM** into Shake for limitation of feeling of hunger – more information see at [www.hl.cz](http://www.hl.cz)

### DOSAGE FOR CHILDREN:

- children up to 4 years - only F1 in quantity of 0,11g of Shake x weight of the child in kg
- children from 4 up to 8 years - 1/3 of dose for adults (tablets only 1x daily)
- children from 8 up to 12 years - 2/3 of dose for adults (tablets only 2x daily)
- children above 12 years – full dose like for adults

### DOSAGE FOR CUSTOMERS ABOVE 60 YEARS:

It is recommended to start with a third of dose, after 3-5 days if you feel well to increase on two thirds and after other 3-5 days to apply full dose for adults. Lowered dose means e.g. 1/3 – tablets are used only 1x not 3x daily; dosage of Shake is the same.

### GENERAL INSTRUCTIONS:

Tablets are used as one piece – it's not suitable to cut or chew them. If that bothers you the size of tablets order the crusher of tablets (CZK 125,-). Tablets should be taken 3 times a day (excluding the above exceptions). The rest of product remaining after 30 days you can use up next month of course. If you forget to take tablets e.g. in noon it is necessary to take even those forgotten in the evening because it is needed to keep the daily dose of all tablets. It is necessary to drink down every tablet at least with 0,2 l of liquid. Besides this quantity it is needed to increase markedly intake of liquids, at least for 3 litres daily, especially in the first week. It is because of increased levels of harmful pollutants that are released from the gastrointestinal tract through the body and are excreted by urine, especially in the first days of cure – so-called **Detoxication**. If there is a long-term diseased person you can start with 1/3 of dose and increase it gradually like at older people. **If the client uses any medicines regularly it is necessary to consult it with a physician before start of cure** – you can find composition of the products on our websites [www.hl.cz](http://www.hl.cz)

Before using of the Cellular nutrition there is necessary a consultation with a doctor at persons who are treated with oral antidiabetics, diuretics and antihypertensives. People suffering from diseases of heart, liver, gastric ulcers, people after cerebral apoplexy and pregnant and nursing women should also consult it with a doctor before usage. The product is not suitable for people with celiac disease, lactose intolerance and those allergic to bee products.