

TAKE CONTROL OF
YOUR WEIGHT TODAY

S.M.A.R.T. GOALS

S

SPECIFIC

Goals need to be clearly defined.

"I will reduce my sugar intake to aid my weight loss goal."

M

MEASURABLE

Goals need to be evaluated for success.

"I will log my daily meals for the next month to see if I am meeting my goals."

A

ATTAINABLE

Goals need to be obtainable.

"I will attempt to walk for half hour each day during the first month of my exercise program."

R

REALISTIC

Goals need to be sensible.

"I will aim to lose 1 to 2 pounds per week."

T

TIMED

Goals need a time frame for achievement.

"I will train to be able to run next year's 5K."

Choosing the right supplement to help meet your needs is also key in your weight management journey.

NATROL®

Today and beyond, Natrol is driven to be the most desired nutritional supplement brand that supports your healthy life.

OVER 35 YEARS QUALITY UNCOMPROMISED®

Natrol, LLC.
21411 Prairie Street
Chatsworth CA 91311, USA
www.natrol.com

Available at all Leading Pharmacies

Celleno L, Tolaini M.V, D'Amore A, Perricone N.V, Preuss H.G. A Dietary Supplement Containing Standardized Phaseolus vulgaris Extract Influences Body Composition of Overweight Men and Women. Int J Med Sci. 2007; 4(1):45-52

Visit us: pharmtechcaribbean.net

Follow us: [f](#) [@pharmtechcaribbean](#)



PHARMTECH
Caribbean Limited

Sole Distributor:
Pharmtech (Caribbean) Ltd.
23 South Trunk Road, La Romaine, Trinidad, W.I.
Tel.: (868) 657-1887 Telefax: (868) 657-7456

NATROL® WEIGHT MANAGEMENT

Maintaining a healthy weight is a key component of overall health

CONFIDENCE.
OWNED.



LOSE THE WEIGHT... ...AND KEEP IT OFF!

FOCUSED ON CARBS?

Tired of having to deny yourself your favourite foods?

INTERCEPT THEM!

TARGET WEIGHT ACHIEVED?

Achieved the weight loss goal you've set for yourself and want to ensure the pounds don't creep back?

KEEP THE POUNDS OFF!

Let Natrol support you in achieving, and then holding on to, those weight goals with their range of weight management products.



*used in conjunction with a sensible meal plan and exercise

CARB INTERCEPT with PHASE 2 CARB CONTROLLER and CHROMIUM

How Does It Work?

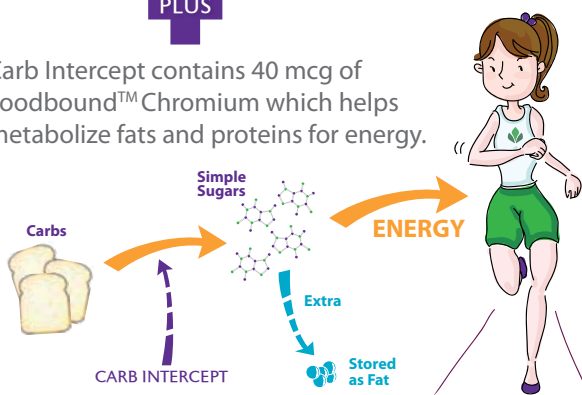
Each serving of Carb Intercept provides 1,000mg of ***Phase 2 Carb Controller™**, a clinically tested ingredient that inhibits the enzyme responsible for digesting starch into simple sugars that the body absorbs and uses as fuel.

Our diets today are very often carbohydrate laden. When the body breaks down these carbs, it simply cannot utilize all of the sugar and instead stores it as fat. This is where Carb Intercept can help!

Carb Intercept allows you to still enjoy your breads, pastas and other carb-containing foods by reducing the amount of carbohydrates that are broken down. Some is still converted to the simple sugars your body needs for energy, but the remainder passes through the body undigested - that is, unable to be stored as fat.

PLUS

Carb Intercept contains 40 mcg of Foodbound™ Chromium which helps metabolize fats and proteins for energy.



Carb Intercept Phase 2 + Chromium contains no stimulants – like caffeine – so there is none of the associated jitters that some persons experience as with many other weight loss products.



*Phase 2 Carb Controller contains the extract phaseolus vulgaris – sourced from the White Kidney Bean. Phaseolus vulgaris is a safe and effective aid proven to help in weight loss and management programs.

TONALIN CLA



Holding on to a healthy weight for life involves keeping fat off and maintaining lean muscle.

Meet Tonalin CLA

The sweet taste of weight loss can sour when lost pounds creep back. But researchers may have found a solution to maintaining healthy weight for the long haul. Tonalin CLA is clinically proven to reduce up to 9% of body fat and increase the body's total lean muscle mass.

It may also help to decrease the amount of fat that is stored by the body, so that you can stay leaner for longer.

Seven controlled, clinical trials conducted prove that Tonalin CLA works! It's the most researched, naturally sourced, fat fighting supplement that is guaranteed to bring about results when used alongside proper diet and exercise.

SO GOOD - IT'S PATENTED

Tonalin CLA is the only patented form of conjugated linoleic acid (CLA) that works to help the body 'partition' the way energy is stored and utilized. They can help support body fat reduction and increased muscle retention.



*CLA (Conjugated Linoleic Acid) is a fatty acid derived from safflower oil.