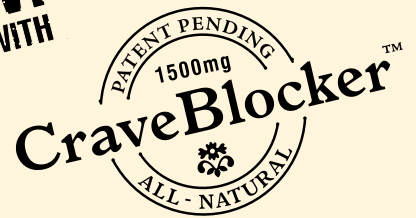




NEW!
NOW WITH



Attain[®] gave me the power to lose weight without feeling hungry.

Every year, millions of Americans try to lose weight, and every year, the vast majority of them are unsuccessful. While there are a number of reasons for the failure, one of the most common causes is hunger. In a world filled with empty calories and endless temptations, it's all too easy to give into cravings. That's exactly why Melaleuca created the all-new *Attain Bars* and *Shakes*. Powered by the patent-pending power of *CraveBlocker*,[™] *Attain* addresses the root cause of failure—hunger cravings—and fights them naturally, helping you control your appetite. Lose the weight without feeling hungry with *CraveBlocker*—found exclusively in *Attain*, and available only from Melaleuca.



Helps reduce cravings to support healthy weight loss.

What Makes Attain Better?

Part of what makes losing weight so confusing is the sea of products that all claim to help you lose weight. **What makes Attain truly revolutionary is the all-natural power of the patent-pending CraveBlocker[™] formula that actually helps stop cravings at the source, so you can safely and effectively lose weight without feeling hungry.**

What is CraveBlocker[™] and how does it work?

CraveBlocker's patent-pending formula addresses two sources of hunger cravings (your stomach and your brain) to help stop cravings right where they start.



Stomach: An empty stomach can lead to overeating. **CraveBlocker's combination of natural oat- and barley-derived beta-glucan and inulin fiber swell in your stomach,** helping create a physical feeling of fullness that fights hunger cravings so it's easier to avoid unnecessary snacking, nibbling, and overeating.

Brain: Whether our bodies need the food or not, many cravings are the result of the tempting sights and smells we encounter every day. **Using the power of natural whey protein isolates and potato protein extract, CraveBlocker[™] fights cravings by promoting the release of cholecystokinin (CCK).** This hormone tells your brain to turn off hunger cravings by inducing feelings of fullness and satisfaction.

How does Attain help me lose weight?

The key to any successful weight loss effort is reducing the calories eaten while increasing the calories burned. Simply put, eat less and move more. The solution to eating less is dealing with your hunger effectively. **Attain's patent-pending CraveBlocker[™] helps you do just that—eat less.** By including Attain in your healthy eating plan, you have the ability to deal with cravings more effectively and eat fewer calories throughout the day.

Try pairing an Attain Bar or Shake with a glass of milk and a piece of fruit for breakfast. For lunch, combine an Attain Bar or Shake with a salad or a small sandwich and some fresh veggies. Or have an Attain Bar or Shake for a healthy snack. You'll find yourself nutritiously satisfied with Attain.

How else can I manage my weight?

Achieving and maintaining your ideal weight requires three things: eating smart, getting active, and staying accountable. VFL.com is an online resource that gives you all the tools and tips you need to Just Get Started and stick with it—for life. For more information and a free site tour, visit www.vfl.com/tour.

VFL.COM
JUST GET STARTED

