

## **BIOS LIFE SLIM RESULTS**

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Todd,

I got the results of my blood work back this afternoon (11/17/08). Total cholesterol is at 173. Started at 368 in May.  
Triglycerides dropped from 169 to 115. That should help to add to my story with the 54 pounds and 22 inches lost so far.

Have a blessed day!

Sincerely,

John Denman

\* \* \* \*

I thought I would update you on my progress with Bios Slim because I was stalemated for awhile.  
I still weigh 165 but I am in size 8 pants down from 14!!!!  
I can't believe it. My blood pressure was never high but it is back to being quite low, I don't crave sweets and when I chose to eat them can't eat much at all. I have more energy. I sleep better.  
I have only gone down 1 size on the top darn it wouldn't mind a little more off there and the waist but maybe it will come.  
I had upped my Bios Slim to 3x/day. I have gone back down to twice for now. I don't want to get top heavy!!!!  
I have a friend on it now who has already lost an inch from her middle in a week.  
Joan

\* \* \* \*

Hi Vic

Rick and I will up the anti and start taking it at noon also but here is the good new!!!!!!!!!!!!  
My Triglycerides in May of this year came back at 1997. I just had another lab done and I started on the Slim June 1<sup>st</sup> and they are now 303  
My Total Cholesterol was in May 361 and they are now 221  
My HDL was 40 and they are now 55  
My AST was 16 and now its 23  
My CPK ( muscle irritation was 26 and now its 46  
WOW WOW WOW can you believe this, I am so excited about the changes in another month it will be even better, my doctor is thrilled!  
Love  
Ellen

\* \* \* \*

Hey Esther,

I just want to give you an update regarding my progress on Bios Life Slim. Again, I love the product. I have been using BLS for 7 weeks, in the first week and a half I lost 7lbs then the

next week I lost another 4lbs. Since then I have not lost any more weight but I lost inches. I am fitting clothes that I have not been able to wear in years. I am very comfortable in a size 12 and it will only get better from here.

Other people are taking notice and giving me compliments.

Love,  
Carrie

\* \* \* \*

My body fat was 21% as of February 28, 2008 (a moderate level according to a nurse at my fitness center) and as of October 28, 2008, it was down to 16.3 % which I'm proud to say is recommended for athletes (I like to consider myself one ). I feel fantastic and have improved on my Army Physical Fitness Test which I just took today, November 4, 2008...scoring a 100 out of 100 points for the 2 mile run, a 100 out of 100 points for push ups and 76 out of 100 points for sit-ups and I plan on turning that 76 into a 100! I credit this fitness level to several things...watching what I eat, exercising my cardiovascular as well as strength training and BIOSLIFE SLIM. According to the fitness test I took at my fitness center, I have the body age of a 30 year old (and I'm 38 years old y'all )!!!! I'm telling EVERYONE to stick with it (the eating, working out and BIOSLIFE SLIM) because I didn't feel like I was seeing physical results at first and I was disgusted but I just said that I'm going to stick with it because I did see a change in my "regularity" as well as not being able to eat as much as I'd like. For instance, tonight is the elections and I bought chips and dip to celebrate the APFT test I took earlier and watch the elections results but I'm full from BIOSLIFE SLIM and dinner so I can't (I don't do this regularly but I believe it's okay to "splurge" once in a blue moon). Don't get discouraged...just keep at it and most importantly, keep at it ALL...watching what goes in your body, exercising it in multiple ways (cardio AND strength) and of course, BIOS LIFE SLIM. I'm going to continue to take it and I'll let y'all know when I get a 100 out of 100 points for the sit ups !

P.S....I've been watching what I eat and exercising for a while and didn't see these results until I added BIOS LIFE SLIM to the mix!!!!

M.C.

\* \* \* \*

To: [Ladybizwiz@aol.com](mailto:Ladybizwiz@aol.com)

Date: Thu, 13 Nov 2008 05:57:58 EST

Subject: blood work

Cholesterol at 175.

HDL hit a new high for me at 64.

Triglycerides at a new low of only 44.

Glucose down.

All hail ... bios life slim. ... that stuff works!!  
Neal K.

\* \* \* \*

Hi Anrela,

I received my test results... I can tell you that from my previous testing back on 7/31/08, my triglycerides came down from an "almost unheard of # of 2173 to 448 (still high, but quite a lot better than before!) & my cholesterol came down to 179 from 439. hdl went from 30.9 to 36.0. Bad cholesterol is still on the high side, but I believe I can correct that with exercise. Aside from now taking the Bios life slim 2 to 3x each day, I am on meds for the cholest. & tri. as well as the med. I am now on for my newly diagnosed Type 2 diabetes I believe the combination of taking all of the above, as well as a strict diabetic diet, has been the factor of my #'s lowering.

I am very pleased with Bios life slim and plan on this as part of my daily routine for a very long time!!

Thanks, Lynn

\* \* \* \*

Ms Christie,

Thank you for checking on me. I started the Bioslim program on 11/05. As of 11/12, I have lost 6.5 pounds and 7 inches. I am so excited.

Wanda Johnson

\* \* \* \*

From: McClain

Sent: Tuesday, October 21, 2008 2:44 PM

To: Missy Straub

Subject: Re: More Bios Life SLIM Results!

I'm so grateful that not only has this product helped me lose 10 inches in 3 weeks, but it has helped my IBS/Ulcerative colitis symptoms, which I've been struggling with for almost 5 yrs. The Bios Life Slim has made me feel better intestinal- wise. I have more energy and it has decreased my appetite. I cannot wait to see the end results.

\* \* \* \*

My sister has lost 4 lbs since starting the Lean Control Meal replacement 10 days ago... it really has jump started her SLIM. Joani Hughart

\* \* \* \*

Jen,  
Okay...here's the scoop from October 08 labs...

Cholesterol down to 130 (147 on aug07)  
HDL Cholesterol up to 38 (32 on aug07)  
Hemoglobin A1C is 6.1 (6.4 on apr08...7.5 on mar07)  
Protein in urine (Calc Microalb/Creat RND Ratio) is 643 (957 on apr05)  
Weight is down 11 lbs since jun08 (started Slim aug 08)

He took me off the Glimepiride for sugar...

Anyway, he's very excited...as am I

Thanks for your time last night...

JC

\* \* \* \*

I have had fantastic results. I started on Bios Life Slim in 4/14/08. in 6.5 months,I have lost 50.8 inches total but only about 5 lbs!

I have dropped one dress size but only lost 5 lbs. I started losing in my legs and arms and now I am working on my waistline and abdomen and I suspect it will take quite some time. I do regularly exercise 45 mins almost 5-6 days a week and I did change my eating habits by reducing my carbohydrate intake.

Juliet Wong  
Registered Dietitian

\* \* \* \*

I think the key is commitment. Here are the results of those who have committed to the Bios Life program:

My Mom (she is 62) has been taking Bios Life Slim for ~ 5 months. It took a few months for her to really notice the changes.....she has lost 15 pounds total and we have lost count of her inches.....last measurements showed 17 inches, but that was 2 months ago. Also, she is off her cholesterol medication.

After 8 weeks of taking Bios Life Complete, these are my husband's labs:  
Triglycerides dropped from 201 to 79  
HDL (good cholesterol) increased from 38 to 50  
VLDL (bad cholesterol) decreased from 40 to 16  
His cardiac risk ratio decreased from 5.3 to 4.0!!

His total cholesterol is now under 200 and that hasn't happened in years!!!  
Plus, he has also lost ~ 10 pounds.

Jennifer Turner, RD, LD  
Registered Dietitian

\* \* \* \*

You can lose weight at any age. My mom has been steadily putting on weight since living in a "group home", she is 82 years old. Because of all of her medications, including steroidal inhalers, she has really struggled. I put her on SLIM a month ago. She was 191 pounds at her last doctor's appt. Yesterday, she went to the doctor's and she was 176 and was able to put her seat belt around herself without help from my sister. My mom AND HER DOCTOR were VERY excited for her. Now, the health care workers in her "home" and the doctor are taking a serious look at SLIM. I'm just happy for my mom and it is SO EASY for her to take. She says she is sleeping better and also having regular bowel movements---being on pain medication has caused constipation.

I know this is probably more information than a typical testimonial, but wanted to share.  
Clarice E. Yenor, RN

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Joan

\* \* \* \*

I'm excited to tell you that I've lost 8 inches in the past 2 weeks! Yeah! My energy level is up and I'm sleeping a bit better.

Now, stupid me, I've been measuring myself based on the side of the chart with the men's measurements.....only noticed there was a women's measurement side last week. It's ok because where I need to lose is mainly the chest, waist and hips. Everything else usually follows. In my hips alone I've lost 4 inches! In my waist, 2 inches and chest 1 1/2 inches and neck 1/2 inch. It has helped my bowel movements in a way that it's "more formed", but I still have to use the potty often.

So all in all, it's working! And I like it! Helene

\* \* \* \*

I just wanted to send my Blood Test updates. Before was June 2008 and now is Oct. 2008...My Tryglycerides went down 75 points to a perfect score and my HDL went up a significant 5 points and the Chol/Hdlc ratio dropped to a comfortable 5.3....

This Oct. test is a dramatic change from when I began in Feb. and am still off the Lipitor... By the way, I have lost 50lbs. and 21 inches total in neck, chest and waist.

Ed Jorge

\* \* \* \*

My husband's total cholesterol is down 70 points to 154, LDL's are down, he lost 5 lbs, and his liver functions have returned to normal! This has been without dieting and his doctor told him to keep taking the Bios Life Slim.

I will get my lab results next week. I have lost 1 3/4 inches off my hips and waist despite a weight gain, but my synthroid is being adjusted, plus I haven't been exercising. I also have trouble getting my 2 a day drinks in, on work days.

Lu Ann

\* \* \* \*

I've lost over 8 lbs. already.. I will keep you posted and thank you so much for touching base with me each and every time!! J

I will also, definitely let you know when I need another box ordered....I really love this stuff!

Lynn

\* \* \* \*

Hi,

I'm moving right along too. I started Monday and today I was down 2 pounds. I have changed my eating habits already. No soda, no sweets and no snacks and I haven't wanted any of those things. I'll say it's working for me!

\* \* \* \*

Hi Jan,

I have a pt who is in her early 70's and has been struggling to lose some weight. She would just lose a pound in one month and then maintain it for another. She was so upset on the previous visit--but had started taking Bios Life Slim 2 packets a day. Well, this week she came in with a huge smile on her face-said she felt like she could move a mountain. On the scale, she lost 3 lbs over the past 3 weeks, and finally felt clothes fitting better.

It does seem to work slower in some people.

Beth Urban

\* \* \* \*

Esther

Just a quick update on the Bios Life Slim....Started program on Monday and weighed in at 166.6.

This morning I weighed in at 160.6. I've lost weight fast in the past, but never 6 lbs. in less than 1 week. Yea!

Lasha S.

\* \* \* \*

Hi Esther,

As you know, I started using Bioslifeslim a week and a half ago. I absolutely LOVE it!!! After one week I had lost 4lbs and after I weighed in this morning I had lost another 3lbs for a total of 7lbs so far.

Thank you for introducing this product to me. I will keep you updated.

Carrie

\* \* \* \*

Jan,

Bios Slim has been a huge success for me. Once I retired from the U.S. Air Force, my weight went up, and so did my cholesterol. I was put on Zocor 20mg for a total Cholesterol of 220 and an LDL of 180. In two weeks, the leg cramps where so bad I could not walk! 6 months later and 5 months on Bios Slim and I am a new man. I have lost 12 pounds (182 to 170lbs) and my total cholesterol is now 170 with an LDL of 110.

I'm still working on getting my HDL up, but I'm sure with the Omega 3 vitamins it will come up. Just a reminder to tell everyone to "Shake" the slim, don't stir it as it makes all the difference. The ironic part of this story is that I sold Zocor and I now work in the Biotech industry and it was a guy from the Knights of Columbus who helped me feel better! Thanks again for your support. Howard

\* \* \* \*

Hi Jan,

My diabetic co-worker who is on her sixth week of Slim- (on 2 DM pills) told me her provider has stopped one of her DM pills and has reduced the dose of her metformin to half. Her hgb A1C is right at target! This product rocks!

*Anrela*

\* \* \* \*

Here's the report on my recent doctor visit (July), although I have not measured anything yet:

Former cholesterol count: 220

Recent cholesterol count: 168

I am ecstatic!

Measurements and weight are secondary to this result, so that's why I say that I am totally sold, and ready to work on improving the secondary results: measurements and weight. (Early returns show weight down from a range of 7 - 10 pounds, without a real vigorous attack on it...)

So thanks for your help and we'll see how things develop as we carry on! The best realization is attitude and CAN DO results! There is hope, by golly! :)

Best regards,

Dan

*Judy Gilman, NP, CDE  
Nurse Practitioner*

\* \* \* \*

Hello Jan, After 4 months total now: 40lbs. lost, total inches lost 18+1/2 in. (3 inches neck, 7+1/2 chest and 8 waist) cholesterol down 50 points and off the Lipitor and sleep apnea gone!  
Thanks, Ed

\* \* \* \*

Using Bios Life Slim for a period of six months, I have had the following results:

- Waist reduced 4"
- Hips reduced 3 1/2"
- Neck reduced 1/2"
- Weight lowered 19 pounds (prior to the introduction of Slim, I had lost an additional 19 pounds using Bios Life Complete)
- Since introducing Bios Life Slim, my Fasting Blood Glucose has dropped 45.4% (and my doctor cut the dosage on one of my meds in half – since then my FBG has stayed down from the baseline an average of 41.5%)

I was diagnosed with Type II Diabetes about 15 years ago and have managed this condition, with the help of my doctor, with oral medications, diet and exercise. Bios Life Slim has had a tremendous impact on my health and has significantly reduced my risk of diabetic

complications. Earl Hadden

\* \* \* \*

Hi Jan,

I Need more Bios Life Slim. Almost finished the third month. I have seen dramatic results this month. I am down from a size 10 to a size 6. Thanks, Marisa

\* \* \* \*

Hi,

My name is Karen and I'm 54 years old. I have used the BiosLife Slim for 2 months; 2 packets a day. The biggest difference I noticed immediately was my low blood sugar issues disappeared. I noticed an incredible feeling of "stability" with my glucose, all day long!

Although I didn't have a lot of weight to lose, I did measure myself and was pleasantly surprised!! I also went from a size 12 to 10 pant. The biggest loss was in my waist and that was the area I really wanted to target. Followed by the abdomen and hip area, which for me being post menopausal, was totally exciting.

	START	2MONTHS
TOTAL		
Weight.....	145.....	140.....5#

\* \* \* \*

I have been taking Bios life Slim for the last 3 months. I do not have any idea yet re: the effect it has on my blood work but I feel a difference in my outlook. I have more energy, I am more alert, less sleep deprive and most important I feel light!!!

My weight is still the same. However, I am now a size eight instead of a size 10 and that is the reason why I'm joining the company. I, not only can help friends and families to be healthier and happier, but will also have an income to look forward to.

Maria Z.

\* \* \* \*

My name is Karen and I'm 54 years old. I have used the Bios Life Slim for 2 months; 2 packets a day. The biggest difference I noticed immediately was my low blood sugar issues disappeared. I noticed an incredible feeling of "stability" with my glucose, all day long!

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	START	2MONTHS	TOTAL
Weight.....	145.....	140.....	5#

\* \* \* \*

Jan,  
 I am beginning to wear clothes that I have not worn in the past 6 months. I have noticed more tone on my legs and arms.... I have lost 8 pounds since I started. I have just started on my 3<sup>rd</sup> month. I have not exercised like I would have wanted so I am excited so far. I hope to see more results as time goes on.

Thanks again,  
 Tonya

\* \* \* \*

MRS CHRISTIE,

I WILL HAVE YOU TO KNOW THAT MY DAUGHTER HAS LOST 16 POUNDS IN THREE WEEKS SINCE WE HAVE STARTED THIS BIOS LIFE SLIM PROGRAM. WOW!

SALLY SANDERS

\*\*\*\*\*

Hi Jan  
 I have several people interested in starting on Bios Slim.  
 I have now been on it almost a month and have now lost 7lbs and 8.25". I love it!!!!  
 I am still taking Bios Slim twice a day and Bios Life at noon in between the Slim.  
 This stuff is really easy to sell all you have to do is be around people and they see your body change.  
 I am also sleeping much better for the first time in about 25 years.  
 I have more energy too, it is just great!!!!  
 Joan R.

PS yes you can share this. I am a 61 year old RN who works with Medically Fragile Children and I work 6 days a week and about 48-60 hrs up this schedule but I love the kids.

Both the person reporting these results and his wife are medical doctors.\_

\* \* \* \*

I am losing inches like crazy on Slim and IT REALLY MAKES YOU FULL AND NOT HUNGRY. So yes Jan ITS WORKING FOR ME.

Sandra Phillips,  
 Dietitian

\* \* \* \*

Here are the details of Kathy's size loss in inches on SLIM from 4/28/08 to 7/28/08.

total loss : 35 inches

Neck	1.75
Chest	1.5
Up R arm	2.0
Up L arm	2.0
Ribcage	1.75
Waist	1.00 (8/6/08)
Abdomen	1.50 (8/6/08)
Hip	4.00 (8/6/08)
Up R Thigh	2.0
Up L Thigh	2.0
Lwr R Thigh	2.5
Lwr L Thigh	1.25
Up R Knee	3.75
Up L Knee	2.75
Calf R	1.25
Calf L	1.25
Ankle R	1.5
Ankle L	1.5

Total LOSS 35.25

Although Kathy started SLIM 4/28/08 she only began consistently taking it about 8 weeks ago when she noticed 'something was happening' when clothes began fitting loosely. This encouraged her not only to take SLIM more consistently but to start changing her high stress lifestyle as a physician and find the motivation to start exercising more consistently. She is still in the process of making changes to her diet. SLIM has given her the strength of will and discipline to do it. These results reflect how SLIM can help facilitate a healthier lifestyle. It has a positive psychological effect on you when small gains in fat loss are realized. I would say SLIM is a safe natural gateway to better health (and wealth). Kathy and I are 'all shook up' about SLIM. That song would have a different meaning if Elvis had access to SLIM . It's changed our lives. Keep shaking it everyone.

S. Duncan

.....

I just got the results of my latest lab results. My doctor said “these are the numbers of a teenager”. “These are fantastic, what a way to start a Friday”. “What have you been doing”? So I told him all about Bios Life Slim!!

Thanks,  
Ed

Glucose	80	109
Hemaglobin A1C	5.8	6.6
	7/15/2008	1/11/2008
Cholesterol	135	171
Triglycerides	52	63
HDL Cholesterol	56	59
Calculated LDL Cholesterol	69	99
Risk Ratio LDL / HDL	1.23	1.68

\* \* \* \* \*

I've been doing really good thank you. What I've noticed so far is a reduction in cravings, and some of my clothes I have noticed a slight difference in tightness. I have also been going to the gym trying to enhance the outcome. So far so good!

Thanks!  
Kristen

\* \* \* \* \*

For most of my adult life I have fought weight. It seemed to pack on especially after my last child in my mid thirties. I developed many health challenges trying to 'lose' weight with every conceivable 'weight management' program and center for years. This ended up costing me thousands and thousands of dollars and eventually my health. When I came to Unicity I was an unbearable and unsightly 361 lbs. Through the use of these products with cleansing and balancing that I could shed many lbs. In fact I did. My best weight ever since I was 21 years old was achieved here, 188 lbs. Then menopause hit along with a boat load of stress and the weight began to creep back on. I again found myself this past winter wearing a size 20 or 22 depending on the manufacturer.

I began taking Slim at the end of January and did not see dramatic results right away. In fact for me it has been inch by inch and ounce by ounce wins. Last Thursday I purchased the very first size 14 that I have owned in over 30 years. To date 6 months into my process, I have lost over 60 inches and just 35 lbs. I look and feel better than I have in years AND it feels great. I am not done yet!

Last week I was delivering some BiosLife Complete to one of my customers who I have not seen in a couple of months. The response was 'What are you eating?' (my reply was Slim) The next statement out of this customers mouth was 'then why are you selling me this, I want what you are taking' :-)) Now I am ready to roll.

Darlene

\* \* \* \* \*

Hey Jan, One of my customers lost 22 pounds in 2 1/2 months. She refuses to measure herself, but she did say that she has to wear a belt now.

\*\*\*\*\*

My sister Julie a Franchise owner told me that she has lost 8 lbs and her husband 10 lbs on SLIM (in a month or less) . Wow she is truly a walking advertisement among the military who require “fit lean machines for their positions”. Joani Hughart

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Here are a few success stories ...

My nephew Kelly age 43 has an artificial hip (due to a car accident when he was 6 yrs old that left a hairline fracture in the hip and went undetected until he went to the Fowler-Kennedy Clinic 8 yrs ago. Kelly is 6'4" and weighed 280 lbs, now after 6 weeks on the Bios Life Slim he weighs 254 lbs. He wants to get down to 225 lbs and he will!!!! Kelly cannot walk fast or exercise due to his hip. His Mom is a nurse who does not have a big belief in natural products, but now asked me for a pack of Bios Life Slim on Friday.

Mary a retired School Teacher has diabetes and high blood pressure and after 1 month on Bios Life Slim is down 10 lbs and a few inches off her waist and stomach (the roll).

Mary's Doctor told her to keep on doing what she is doing and she has started her 2nd pack and is very happy.

I have lost 5 lbs and 2 inches off the waist, stomach and hips after 6 weeks on Bios Life Slim. After finishing 2 packs and came off and still had my appetite diminished and no cravings. I am starting my 3rd pack now.

I have 10 clients on the Bios Life Slim and all are getting results particularly diminished appetites and no cravings.

Marilyn Johnson

\* \* \* \*

I was told to share with you my results of being on slim for a month. I am 19 yrs old and am looking to lose about 40 pounds. In the month I have been on slim, I have lost 14 pounds and many inches. At this rate I will be reaching my goal in another 2 months, just in time to go back to school and no one will recognize me! I love it and am going to tell all my friends at school about it! Thanks-Erin

\* \* \* \*

From: [Waynella McNeil](#)

I have genetic high cholesterol and have used (and LOVED) Bios Life Complete for over 5 years. I wanted to see if Bios Life Slim would be the same.

Here are my numbers! I'm thrilled.

	tc	hdl	trg	ldl	risk	glu
Bios Life Complete (3/15/2008)	209	59	62	124	3.7	94

Bios Life Slim (6/26/2008) 180 70 45 101 2.6 86

I didn't have a lot of fat to lose, but certainly lost the "cottage cheese" at the top of my thighs!  
I'm a happy camper!

WM / Hawaii

\* \* \* \*

I just wanted to share that one of my patients who has been using Slim 3 x day, over the past few weeks has lost 12 lbs!! Needless to say she is very happy with the product. She has been doing some exercise--but nothing that would equate to 12 lbs wt loss

Beth Urban, RD CDE

\* \* \* \*

Well, this is my 4th mo. on slim. I can say that I LOVE THIS PRODUCT!! I have some stellar lab results as well as a more sculptured body & much more muscular look. Before slim, my 12 year old son, pinched the fat on my arms. Now, there is none to pinch! Actually, my inch loss is more in my thighs (1/2 in each thigh) than anyplace else. More than anything, though, I look & feel great. It has helped a lot w/cellulite on my legs, too. I look so much better in a swimsuit. YEAH SLIM!!!

I want to share my lab values. I did nothing different w/my diet or exercise.

9/18/07 TC 222 Tri 138 HDL 66 LDL 128 pre-slim

6/03/08 TC 191 Tri 89 HDL 80 LDL 93 post-slim

My daughter is on her 4th slim mo. as well. She has lost 1/2 in. in each thigh as well as an inch off her hips. She looks so much better, too. Tell people to hang in there. We did not get results the 1st 3 mos.

Kathy Woods, CRNAP

\* \* \* \*

I wanted to mention, that even though I wasn't losing alot of fat in the 1st 90 days, my appetite was down at least 50%, cravings down by 98% and energy level up by 90%. I don't get those afternoon "slumps", even in this hot TX summer!! My hub is on his 3rd mo & I've never seen him eat so little in 22 yrs. I love it!! He said his cravings are down 95% & his appetite by more than half!!. These are results, too. WE LOVE BIOS LIFE SLIM!!!

Kathy

\* \* \* \*

I have been on Slim for 5 weeks, no weight loss yet, but have lost 6 cm in my thighs. Clothes starting to feel looser. Absolutely no cravings for carbs and go from breakfast to lunch without thinking of snacking.

The best part is that I feel I can now THINK about what I am putting into my mouth, instead of reacting to the cravings.

Rosie King APRN, BC  
Tucson

\* \* \* \*

One of my long-time friends in Austin, TX is on her 3rd mo. of Bios Life Slim. She is down 2 dress sizes. She has misplaced her beginning measurements & is looking for them. She got one of her best friends on it as well. She loves Bios Life Slim!!

Kathy Woods CRNAP  
Arlington, TX

\* \* \* \*

I just started slim a few weeks ago, I could never eat any carbs without blowing up, and I've been on the austerity program for years and years as I was an incredibly heavy kid, I weighted 172 at 15 1/2 and lost the weight and kept it off but it's always been a battle! I've won but at a major cost. For the first time ever I can eat like a person! AND my clothes are getting loser! How insane is that!!! It is amazing.

Whatever cravings I had for sweet things are pretty much gone! I rarely gave into those cravings but I had them. I can't wait to see what happens when I've actually been on the drink for 3 months! I am never going off of bios slim and I want all my patients to drink it! I want everyone I know to drink it that needs it, which is plenty of people!!! The world is getting fatter and fatter.

I actually have to reach for calorie dense foods now healthy ones! But still! I now eat when I'm hungry what I want and don't think about calories, only about whether it's healthy and if I am in the mood for it!). I drink it at the bus stop every morning and as I get smaller and smaller people are getting more and more interested! (not that I was huge, but my whole shape is changing!) Needless to say my husband is thrilled :-)  
Nancy

Judy,  
I have to give you my update - I'm blown away!!  
Even with missing one slim before a meal this weekend, drinking one after a meal when I

remembered, munching pretty much the whole way home last night, and missing the tea and one LFiber drink this weekend - I still measured a loss of over 2 inches this week!!!!  
If I add up the last two weeks, I'm over 5 inches lost! Amazing - I don't really feel it too much in my clothes because of course the inches are total body, but I really can notice it in the tummy bulge!! And the loss of cravings for sugar are amazing - I really wanted a chocolate muffin for breakfast this am - but had the meal replacement shake instead - wow it really does taste pretty good!

Thank you for happening into my life - you rock!!

Lynette

\* \* \* \*

Hi

I am almost afraid to tell you this as it seems too good to be true.

I have been on Bios Slim twice a day and Bios Life once a day (three altogether) for a week. I measured and weighed myself before I started. I wasn't going to weigh or measure this early but I stepped on the scales and I am down 5#!!!!

Is that possible??? I have lost 4" already!!!! I am most interested in getting the spare tire off and I haven't lost any at my waist yet.

This stuff is awesome!!!!

Joan

\* \* \* \*

Shared from Judy Gilman, NP CDE:

Judy,

I just want you to know, as you know my daughters situation, that in 1 week she has lost 3#"s and 5.25 inches. Ashley tipped the scale at over 200#"s and was devastated 1 week ago. I praise God that she saw results so soon as she certainly needs the motivation and this has done it for her. This will help her heal and learn how to feel good about herself again after her loss. I pray that it continues for her!

\* \* \* \*

Christine

From Christie (Nurse Practitioner)

To date, I have lost about 5lbs, and 9inches after almost 7weeks, sleeping much better, have much improved digestive function and of course much energy. I could have lost more weight if I was exercising, but my schedule is so hectic and I have not been able to dedicate time for exercise. My husband has lost about 4lbs and at least 6inches, has incredible energy and has become an advocate for SLIM. I put him on it because of his cholesterol as he doesn't have much weight to worry about.

\* \* \* \*

I've lost 10 lbs and 6 inches from my waist on Bios Life Slim!

I totally sound like an infomercial but oh well. Its working. With almost no effort on my part. Isn't that what we all want? A magic pill, powder, whatever that makes you lose weight just by existing. Well, 10 days into it and its totally still working like magic. And yes, that math is right. 10 lbs in 10 days. Say what?

I've always felt that my body was somehow broken and that's why I don't lose weight. Even with diet and exercise I'll lose weight the first week or so and then it's.....nothing. And then when I stop beating myself up at the gym and stop counting every freaking morsel of food that goes into my body, I gain back what I lost and then 5-10 lbs more. Its like I can' never get ahead. But drinking this little drink makes me think that it really is broken. And that its in the process of being repaired right now. That's pretty much the whole premise behind Bios Life Slim. Carol C.

\* \* \* \*

Remember last week I had questions about SLIM? Guess what? All of a sudden (but after 8 weeks) Slim is working on me. We got dressed to go out on a dinner date. My pants were not tight and when I put my good belt on it was way too big. I had to find an old belt to wear. What happened? Every one at diner was commenting on how thin I looked? Wait till I email my gang of twenty! Steve

\* \* \* \*

Please feel free to share with this with the team. I am so excited about the results I have had with SLIM. I have gone from size 18 to size 16. The most incredible part is that the biggest changes have been in my legs where I have always carried most of my weight. The most amazing part is not just the weight loss but the increase in energy. I am walking and biking more and I am sure that helps. The interesting part about it all is that I have only lost 3 pounds. The great part is that my husband can tells me my butt is shrinking!

Total Inches lost = 19.5 since April 13, 2008:

Chest = 8.0 "

Waist = 1.0"

Abdomen = 2.5 "

Hips = 1.0 "

Thighs = 3.0"

Upper Knee = 2.0"

Calves 1.5"

Ankles - 0.5"

Woo Whoo!

Mary

Jan,

Thanks for you let me and Joy try slim first in Taiwan .

Do you know in just 7 days I must change my jean from size L to M.

That's really amazing. My friend all said "you looks thinner"

I just share the slim for them.

We are looking forward slim come to Taiwan as soon as possible.

Thanks again.

Jenny Huan

\* \* \* \*

I am very excited because I thought they were going to give me more drugs to take if my numbers were bad. I already take 5 different drugs for Atrial Fibrillation that I've had for years. So I will follow your lead Jan, and continue the Slim, try and stay away from eating crap, and a little exercise.

I have been taking the Slim every day 2X a day and cutting down on Sugar, Pasta, Bread, etc. The A1C test came down from 9% to 6.8% and 235 down to 157. TC is at 180 TRI 400 to 200.

Hopefully, after taking the Slim for 3 months they should be even better, right? Thanks and have a great weekend.

John

\* \* \* \*

Rhonda is a receptionist for family practice doctor. She started using Bios and had blood drawn on Mar 7. She had it drawn again yesterday May 21. Here are her results.

TC 206..... to 136....Trig 304 to 108 (almost a 200 point drop)

The Ratio was lowest ever in her words. She called me very excited to share her results, and then added the doc she works for was very impressed.

Regarding my sister in law..

She already lost 13lbs and 3inches from waistline. My brother Ringo lost 16 lbs just by using it daily x ~12 weeks.

AG

\* \* \* \*

I wanted to share this information with you as I am so excited. I saw my Dr. on Monday; she said there was no way I could have gotten the results this dramatic on medication alone. She

also said that if I continued this good that there was a possibility that she would reduce my medication or discontinue it.

A little background first. In Jan. 2008 I decided to stop my cholesterol medication,( not a wise or smart move)and was only taking my Bios Life on a hit and miss bases. Had my lab work drawn on 2/1/08 and saw the Dr. She told me to start taking my medication again, which I did. She also sent me to a Diabetic Class.

I started my medication, my Bios Life, (and then Bios Life Slim in April) and watched my diet, eating more high fiber foods. My lab work was redrawn on 4/29/08. The following are my results.

	2/1/08	4/29/08
Triglycerides	240	139
Cholesterol, Total	277	123
HDL Cholesterol	47	53
LDH Cholesterol	182	42
Hemoglobin A1c	6.9	6.3

And to add icing to the cake I now can get into a pair of jean shorts that I have not been able to wear in 4 years. Also a pair of capris that I bought last year. I could not get either pair zipped up and fastened at the waist. I have lost 10#s from 2/1/08. I might add my exercise level was very low, that is the only thing my Dr.has encouraged me to do increase my exercise to 3 times a week. Bios Life Slim is my friend and just think of what I can do now by adding the exercise.

Katie Baxter, RN

\* \* \* \*

BTW, one of my male customers told me that after 2 weeks on Slim, his pants are falling off! YAY!

Laurie

\* \* \* \*

I am down at least 5 lbs (last weeks weight) and 2 inches on chest and hips and one inch on the waist since starting SLIM!

Deb

The Bios Life slim is going great! What I like the best is how good I've been feeling. It must be all the vitamins and minerals in it! Could you send me 2 more months supply? Do you still have my credit card number? You can charge it to that again. If you don't have it, let me

know. I'm even getting use to the taste of it. It sure does thicken up fast. Thanks much. Liz

\* \* \* \*

I'm at work so if you left it this morning I was already gone! It's going well. With BLS, diet and exercise, I've lost about 4 lbs. since April 1. I haven't taken measurements again yet...I will May 1. It fills me up and curbs my appetite a little more than regular bios life. I will run out soon and would like another order of BLS. I would prefer the canister if you have it in that form. Thanks for checking on me!!  
Kelly

\* \* \* \*

I want to let you know that I entered the SLIM contest. Since I have started on SLIM I have lost 4.5 inches and 3 pounds. I am so excited about this opportunity. Thank you Unicity.  
Mary

Mary B.  
Nurse Practitioner

\* \* \* \*

Dr. Mays,

Haven't seen you lately in the hospital. Just wanted to let you know how things are going. Actually I find the results a little hard to believe, but my clothes are proving it. Since 4/8 I have lost a total of 26 inches and 5 lbs. on Bios Life Slim.  
Thanks  
Leslie K.

\* \* \* \*

MRS HARRIS,

I LOVE BIOS SLIM. I AM DRINKING IT 3 TIMES A DAY AND IT IS CRAZY MY CRAVING FOR SWEET IS NOW GONE. AFTER DRINKING IT, IT CURBS MY APPETITE. I FEEL LIKE IT WILL WORK VERY WELL WITH ME. I AM SO EXCITED ABOUT THE WHOLE EXPERIENCE.  
HAVE A NICE DAY,  
EDITH

\* \* \* \*

4/27 Dr. Mays,

Haven't seen you lately in the hospital. Just wanted to let you know how things are going. Actually I find the results a little hard to believe, but my clothes are proving it. Since 4/8 I have lost a total of 26 inches and 5 lbs.

Thanks, Leslie K.

\* \* \* \*

4/27 Good morning

Just had our 2nd weeks weigh in: Bruce lost another 5 pounds & 2 inches = total 10 pounds & 4.25 inches, & I lost 3 pounds & 1.75 inches = total 6 pounds & 4.25 inches. I guess you know we are VERY happy.

Talk to you soon. Linda

\* \* \* \*

I am down at least 5 lbs (last week's weight) and 2 inches on chest and hips and one inch on the waist!

Deb

\* \* \* \*

4/08

I lost 2 belt sizes and 5lbs since I saw you and started my SLIM. Enjuvinate is also awesome, from what I have read about the pituitary, when it gets lazy its the main reason why men get a belly, the pituitary complex in enjuvinate is working unbelievable, my body is transforming for the better for sure, muscles popping out everywhere. There is so much great protein and amino acids in this I would think it would be great to add this to any diet, its easy, take it every other day a hour before bed, can't wait to add the liver essentials, I'm very excited, and I need 2 more boxes!!!

Angelo

\* \* \* \*

Lara lost 3inches in her waist line, she did not measure her hips. She certainly looks smaller. I'm using it now too- I lost 2lbs in 4 days and 1 inch from my waistline.

Anrela

\* \* \* \*

I've been on Slim and Liver Essentials for 3 weeks. I've lost 6 lbs and 8 inches!!!!!! But the most amazing thing is that I for the first time in my life I feel FULL eating a normal amount of food. Plus I have not had a piece of chocolate for over 2 weeks.....that in it's self is amazing

because chocolate is usually a MAJOR food group for me!!!! So bottom line to that is big decrease in cravings. I LOVE Slim!!! Joy

Following are some additional stories on my slim clients:

Heidi told me she lost 5 inches in month.

Billie said she has so much more energy for just one week on slim.

Kathy said craving for ice cream when her family members are eating at night are gone after two weeks.

Karen who went from complete to slim total cholesterol from 300 to 170.

Thanks

Missy Straub

\* \* \* \*

I decided to check my measurements this morning, since I have been on Bios Life Slim for a month.

I have lost an accumulative of five and a half inches.

I am excited about this as one goal of mine was to have my clothes fit somewhat looser.

Now the goal is still to have the clothes fit looser; just about four sizes smaller. Since I am an older female (59yrs) I feel this is a great start. I have not (on propose) been exercising. Let's see what happens this next month with exercise!

Thanks, Micki

\* \* \* \*

Tiney Ray....My story; I have been on the bios life for 2 weeks. I lost an inch on my waist and abs. My body fat was 16.9 now its 15.4

Remember my sis-in-law Lara? Well, she started Bios Slim 16 days ago- lost 8 lbs. also 2 inches less in her waistline!

Anrela

\* \* \* \*

Husband and Wife Results:

Results:	Start	Week 8
Tom: neck	16 ½	16 ¼
chest	44 ½	42 ½
waist	38	37
weight	199.6	190

% body fat 24.3                      22.6%

Cheryl chest	36	36
belly	33 ½	31 ¼
hips	36 ½	36 /12
weight	131.8	130.8
% fat	28.7%	27.1%

I was just wondering if you ordered the Bios Life Slim for me. I have a ten day supply left. I weighed myself today and lost 9 & 1/2lbs. I can tell from the way my clothes fit. Sometimes I drink the Lean Complete everyday for breakfast or lunch and sometimes it's every other day. It is very filling and I love the rich taste of the chocolate. Lately, I've been mixing chocolate and vanilla together as you suggested. I don't have those hunger pangs in between meals and I don't snack like I used to. I take my packet of Slim with me if we go out to eat. The packets are very convenient. I also like the Kashi cereal you recommended and look forward to eating it when I don't drink the Lean Complete for breakfast.

Thanks for all your help. It's a good feeling when you start seeing results.

Sandy

\* \* \* \*

Our cruise is two weeks from tomorrow. I'm getting really excited! I don't feel so bad in a bathing suit now that I lost a little weight and hopefully a couple more lbs before the cruise!!!! It's amazing how Bios Life Slim works and seeing results can really "perk up" a person. I am very positive about the Slim and the Lean Complete.

Let me know when the next shipment arrives.

Sandy

\* \* \* \*

Sunday update....Week 3 - no size different as far as measurements are concerned. I have lost about 7-8 pounds. Yippee! I feel really good. Walked 4 miles around town yesterday. So I will keep on goin!

Jan

Just wanted to let you know that after six weeks of Bios Life I had my lab testing and my Cholesterol dropped 54 points, Trig dropped 10, Risk Factor 3.0, LDL dropped 20 and I lost the 10 pounds Dr. Graeca wanted to see. I have had some gas and constipation problems, but nothing severe. I see the PA on Monday and I have my Physical August 8. Hope I can keep losing or at least stay the same until then. Also I did receive my next shipment on time.

Thank you,  
Carol

\* \* \* \*

So far I have lost around 12 pounds. I weighed myself at the gym around a month ago and I was 238. Last Thursday I weighed in at 226. As far as inches go, sorry I do not have an exact measurement but before this when I returned home from work it was all I could do to get out of my jeans due to the fact they were digging into my stomach so bad that they left marks in my stomach pretty much into the next morning. My waist jean size is 36 and now I pull them out of the dryer and bolt them on with absolutely no discomfort.

Ken

\* \* \* \*

I have been using Bios Life Slim for 6 weeks. In 2 weeks I lost 8.25 inches! I was very excited! The next 2 weeks I lost another 2.5 inches. I had heard how people were no longer hungry but not me...I was still hungry. I was not able to go by those sweet rolls in the store and easily pass them up as I heard others say. I still wanted my 9:00pm snack. Then another Franchise Owner said she was taking Liver Essentials and was thrilled she was losing more fat since she started them. I ordered them and began taking them. I measured today and have now lost a total of 21.75 inches, head to toe!!! I see dimples in my cheeks...my face cheeks that is! My clothes are fitting much better. I actually put on a pair of pants I have not been able to wear in a year! Even my shoes are sliding up and down! Oh yes...I can pass up those sweet rolls now and I no longer need that evening snack. Today I've started walking and using some of that weight equipment in the basement. I did have to dust it off. You can imagine how excited I am about BL Slim.

Martha

I am extremely lactose intolerant. I have noticed that when I take Bios Life Slim right before I eat dairy, that I am not sick afterwards. Is this a plus in taking this on top of losing weight? Usually within minutes of eating dairy I will feel the symptoms coming on but this past week I have eaten more dairy at lunch and the side effects are hardly noticeable. Just wanted to share that with you. Have a great day.

Penny

\* \* \* \*

FYI

On my first 30 days on slim I have lost over 10 pounds and 11 inches. I eat three times a day with a snack in the afternoon and I am not looking for anything after dinner. I have not changed anything about the way I eat since I am already a pretty healthy eater, and I still enjoy my beer in the evening. I also try to work out at least 3 days a week. I will take a picture of the 5 pounds of fat. I think that would be interesting for people to see.

Talk to you soon. Love ya, Trish  
Sent via BlackBerry from T-Mobil

\*\*\*\*\*

FROM ONE OF QUEENIE CHENS PATIENTS.... IRMA G. start: 4/08

	neck	chest	abdomen	waist	hips	l.thigh	r.thigh	l.arm	r.arm	<u>TOTAL LOST</u>
	17.5	48	55	50	54	30	28	19	18	0
5/6	16.5	47	55	51	52	27	28	19	19	5
5/13	"	46	54	49.5	51.5	26	28	19	17	10
5/20	"	45.5	54	49	52	26	27	19	17	12.5"

To report on Slim I spoke with a lady last evening whom I had seen last week in the office with her 18 y/o daughter, and got talking about weight loss, diabetes, etc.... I sold the 18 y/o a box of slim and her mom told me last night that she has lost 9 lbs in 1 week! I did re-emphasize not to be watching the scales but to do the weekly measurements..... Bill These are my numbers. Slim seems to be working very well, my Doctor was very impressed. I just got my numbers back from the A1C Test. So I am scheduled for another A1C in 3 months. I have been taking the Slim every day 2X a day. The A1C test came down from 9% to 6.8%. Sugar Levels were 235 down to 157. TC Was 208 is now 170 TRI 400 to 200. My Bad Cholesterol is still a little high but with some exercise the Doctor said that should come down as well. Thank you.

Sincerely yours,  
John M. Stanisci  
New York

\*\*\*\*\*

Jan,

Vickie is a long time satisfied Bios Life customer. She works full time as an administrative assistant at a very high end dude ranch about 45 miles from me. She and a group of staff recently started a weight loss program. Vickie had lost 25 pounds on Complete after she started taking it for her Pre Diabetes and cholesterol but had to stop for awhile when her husband got laid off from work during the winter. I kept sending her my customer emails so she knew when Slim came out and soon both she and her husband decided to start Slim. He has lost 25 # and she another 10 # so of course she told her new weight loss group about Slim. She called and told me about their interest. We decided it would be a good time for her to become a Franchise Owner and get some income while she is spreading the word!

\*\*\*\*\*

Hi Everyone!!!

I just wish to thank everyone for joining me in using the Slim! I have been in touch with most so far and everyone is thrilled and wanting their second box.

I have had such great success stories coming in!!! I can hardly believe this! It is so simple, it

tastes great and it works!! WOW!!!

I introduced it to a friend on July 3<sup>rd</sup> and she has already felt an INCREASE in energy and people are asking her what she is doing because she has gone from an 11 down to an 8!!!

Another friend has lost 10". I have lost and have gone down 1 size so far and am looking forward to more!

My friend from London, Larry said it will NOT fail! I am excited to say that from the response from all of you that is absolutely true!

I knew there was a hormone imbalance causing me to gain and now I am coming into balance and seeing it before my eyes. The fact it is 100% natural is awesome!

If you have friends that you believe would be interested please allow me to help you explain the product and get them started. It may be time to look at becoming a Preferred Customer if you haven't already. Ask me and I will explain.

Thanks again for joining our group and please keep me posted to your results.

God Bless,  
Dianne

Hi Vic

Rick and I will up the anti and start taking it at noon also but here is the good news!!!!!!!!!!!!!!  
My Triglycerides in May of this year came back at 1997. I just had another lab done and I started on the Slim June 1<sup>st</sup> and they are now 303

My Total Cholesterol was in May 361 and they are now 221

My HDL was 40 and they are now 55

My AST was 16 and now its 23

My CPK ( muscle irritation was 26 and now its 46

WOW WOW WOW can you believe this, I am so excited about the changes in another month it will be even better, my doctor is thrilled!

Love  
Ellen