



M3 SYSTEM

KEY INGREDIENTS

- *Sinetrol® Xpur citrus fruit extract and guarana*
- *Plant-derived caffeine*
- *Pea protein*
- *Essential amino acids*
- *Oat bran*

PRODUCT DESCRIPTION

M3 is Modere's first nutrition system developed around the Mediterranean lifestyle. M3 slots conveniently into your daily life with no disruption to your mealtimes. At the same time, we encourage you to eat wholesome foods and make sure you stick to the healthy lifestyle choices. The three products in the M3 System are Ignite, a food supplement, Sustain, a protein shake mix, and Sync, a pre-meal fibre drink mix.

M3 is healthy lifestyle and good nutrition combined with weight control. The M3 System, as a combination of products, the M3 Pledge and the Mediterranean diet sets you on the path to a healthier lifestyle. Making that lifestyle part of your normal, routine behaviours will result in success.

PRODUCT BENEFITS

- Contains a mix of patented ingredients.
- Together, the three products in the M3 System contain a special combination of 15 healthy and effective metabolism-supporting nutrients.
- Chromium and zinc contribute to normal macronutrient metabolism.
- Vitamin A contributes to normal iron metabolism.
- Vitamins C, B6 and B12, thiamine, riboflavin, niacin, pantothenic acid, phosphorus, iron, magnesium, calcium and iodine contribute to a normal energy-yielding metabolism.
- Dairy-free and suitable for vegetarians.

DIRECTIONS/USAGE

- **IGNITE:** For adults over 18 years of age take 2 capsules twice daily with meals. **CONTAINS CAFFEINE.** Not recommended for children, pregnant women, or individuals sensitive to caffeine (152 mg per daily serving).
- **SUSTAIN:** Mix one packet (24 g) with 180 to 240 ml of cold water or your favourite low-calorie milk or a milk substitute. Consume once a day as your mid-morning or mid-afternoon snack.
- **SYNC:** Take 20 minutes before a meal, once a day. Mix one scoop (13 g) with 180 to 240 ml of cold water or your favourite low-calorie milk or a milk substitute.

INGREDIENT LIST

IGNITE: L-carnitine l-tartrate, citrus fruit extracts (grapefruit, orange), green tea leaf extract, hydroxypropyl methylcellulose, maltodextrin, coffee bean extract, antioxidant: L-ascorbyl palmitate, guarana seed extract, thickener: gum acacia, olive extract, chromium enriched yeast, acid: citric acid.

SUSTAIN: Pea protein isolate (54%), fructooligosaccharides, maltodextrin, flavours, potassium salts of orthophosphoric acid, anti-caking agent: calcium phosphates, medium chain triglycerides (powder) from coconut oil (3%), acid: citric acid, thickener: tara gum, magnesium oxide, anti-caking agent: silicon dioxide, sweetener: steviol glycosides, acid: malic acid, zinc gluconate, kelp powder (*Ascophyllum nodosum*, *Laminaria* sp.), L-ascorbic acid, ferrous lactate, thickener: acacia gum, d-alpha tocopherol, nicotinamide, modified food starch, calcium d-pantothenate, sucrose, corn starch, antioxidant: tocopherol-rich extract, pyridoxine hydrochloride, riboflavin, retinyl palmitate, thiamin mononitrate, beta-carotene, corn oil, water, pteroylmonoglutamic acid, cyanocobalamin, antioxidant: alpha tocopherol, cholecalciferol.

SYNC: Whole **oat** (*Avena sativa*) bran (58%), cocoa (*Theobroma cacao*) bean powder (11%), inulin, fructooligosaccharides (FOS), thickener: gum acacia, apple (*Malus domestica*) pectin (6%), pea (*Pisum sativum*) fibre, flavours, salt, sweetener: steviol glycosides.

M3 requires lifestyle changes, which include reduced calorie intake, balanced diet and regular physical activity. Consult your physician prior to starting any new diet or exercise programme.