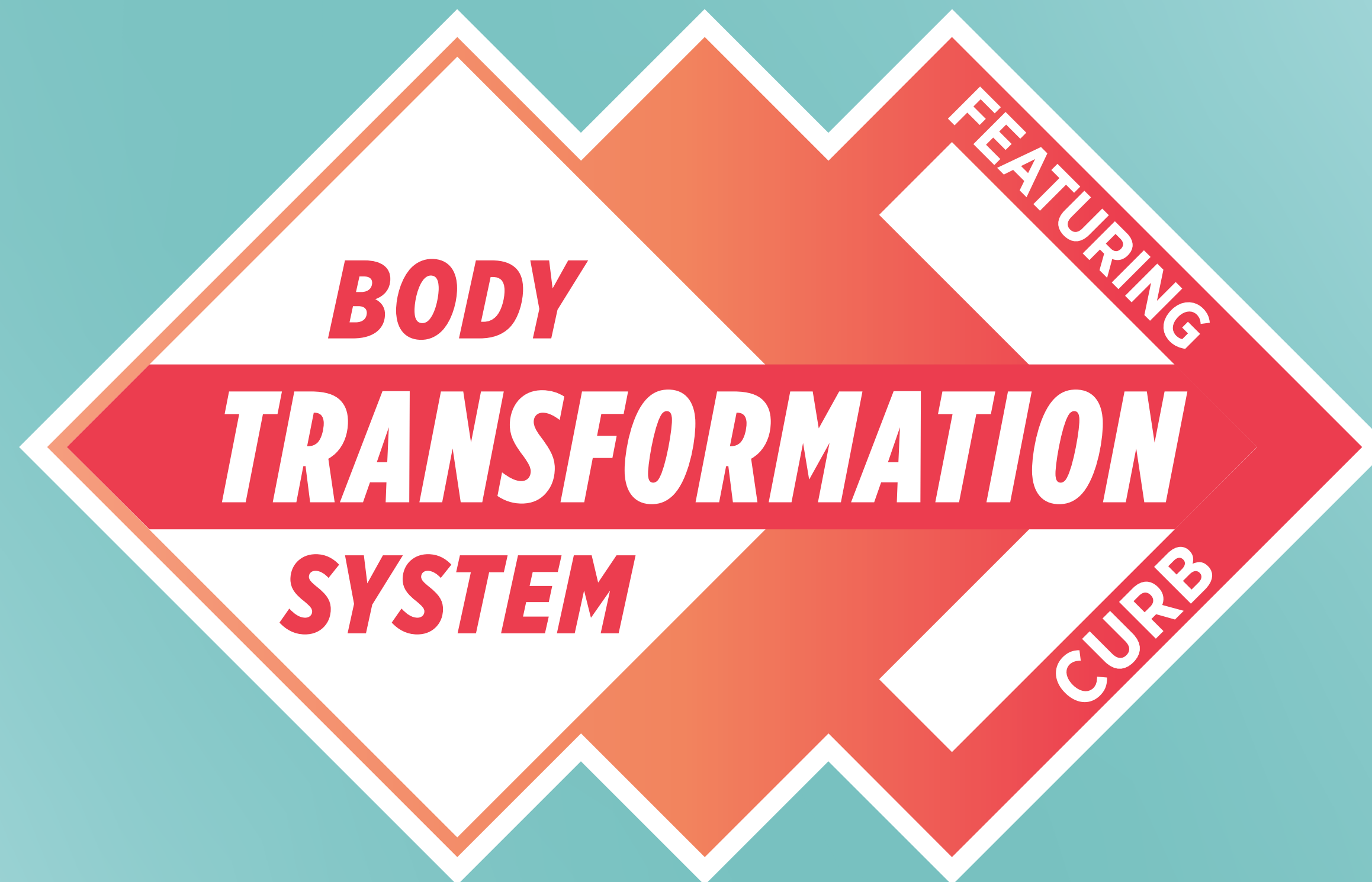


MÖDERE®



**BODY TRANSFORMATION SYSTEM  
USER GUIDE**

# CURB



## FEATURING SATIETY-GLP™ SUPPORT, GLYCOLEMON + METABIOME PREBIOTIC™

Curb your appetite and promote natural GLP-1 production, a hormone that signals your brain that you're full.\*

### Primary Benefits:

- Helps reduce cravings and keeps you feeling fuller, longer\*
- Supports both immediate and long-term weight management by altering the gut microbiome\*
- Includes natural ingredients that teach your body to support healthy weight naturally\*
- Clean, patent-pending formula exclusive to Modere\*

### Dosage:

Take once daily between meals when feeling hungry or 30 minutes before a meal.

# SCULPT



Help build lean muscle with the perfect 2:1:1 ratio of BCAAs + L-glutamine in a clean formula essential for muscle development\*

### Primary Benefits:

- Supports lean muscle growth when combined with resistance training and a healthy diet\*
- Helps boost performance when combined with resistance training and a healthy diet\*
- May help reduce muscle soreness after exercise when combined with resistance training and a healthy diet\*

### Dosage:

Take during or after a workout.

# TRIM



FEATURING A FIRST-IN-THE-WORLD  
COMBINATION OF CLA + COLLAGEN/  
HA MATRIX® TECHNOLOGY

Support your ideal body composition and a  
healthy fat-to-muscle ratio as part of a  
healthy diet and exercise program.\*

## Primary Benefits:

- May help reduce fat cell formation and fat cell size  
in conjunction with healthy diet and exercise\*
- Helps improve overall body composition\*
- Improves muscle tone and supports joint + muscle fitness\*
- Promotes youthful looking skin\*

## Dosage:

Take one tablespoon daily in the morning.

# BURN



FEATURING PROPRIETARY THERMOBLEND

Boost your metabolism and help burn  
more calories with plant-derived  
thermogenic ingredients.\*

## Primary Benefits:

- Increases energy levels and metabolic rate for  
effective calorie burning\*
- Helps maintain healthy blood sugar levels already within  
a normal range to help reduce unwanted cravings\*

## Dosage:

Take up to 3 capsules daily.

# PURE CHOCOLATE WHEY PROTEIN



Promote lean muscle growth and fuel your day with 21 grams of ultra-filtered, enzyme-assisted whey protein.\*

## Primary Benefits:

- Ultra-filtered whey protein speeds up amino acid delivery to muscles and supports muscle recover after exercise\*
- Helps build lean muscle when combined with exercise\*
- Enzyme-assisted formula provides comfortable digestion\*
- Gluten-free, soy-free formula is great for special diets and contains no artificial preservatives, sweeteners, colors or flavors

Dosage:

Take once daily.

\*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# MODERE BODY TRANSFORMATION PROGRAM

PROMOTING YOUR BODY'S NATURAL GLP-1 WITH CURB AND THE BODY TRANSFORMATION SYSTEM IS JUST THE BEGINNING! WITH MODERE AS YOUR WELLNESS GUIDE, YOU ALSO GET SUPPORT FOR EVERY STEP OF YOUR WEIGHT MANAGEMENT JOURNEY.

IN ADDITION TO USING THE PRODUCTS IN THE MODERE BODY TRANSFORMATION SYSTEM, HERE ARE THE PROGRAM BASICS TO HELP SUPPORT YOUR GOALS. →



# PRACTICE LOW GLYCEMIC EATING

Low glycemic eating refers to a dietary approach that focuses on consuming foods with a low glycemic index (GI). The glycemic index is a scale from 0 to 100 that ranks carbohydrates based on how much they raise blood sugar levels after eating. Foods with a low GI (55 or below) cause a slower, more gradual rise in blood sugar, while foods with a high GI (70 or above) lead to a rapid spike.

## Examples of Low GI Foods

---

- Vegetables: Leafy greens, broccoli, cauliflower, zucchini, peppers
- Fruits: Apples, berries, cherries, grapefruit
- Whole Grains: Barley, quinoa, whole oats, bulgur
- Legumes: Lentils, chickpeas, kidney beans
- Nuts and Seeds: Almonds, walnuts, chia seeds
- Dairy Products: Low Sugar Yogurt, milk (in moderation)

## Examples of Medium GI Foods (limit to 3-4x a week)

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- Couscous
- Whole Wheat Bread
- Brown Rice
- Sweet Potatoes
- Pineapple
- Popcorn

## Examples of High GI Foods (eat only in moderation)

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- White bread, pastries, sugary cereals
- White rice, potatoes
- Candy, sugary snacks, sodas



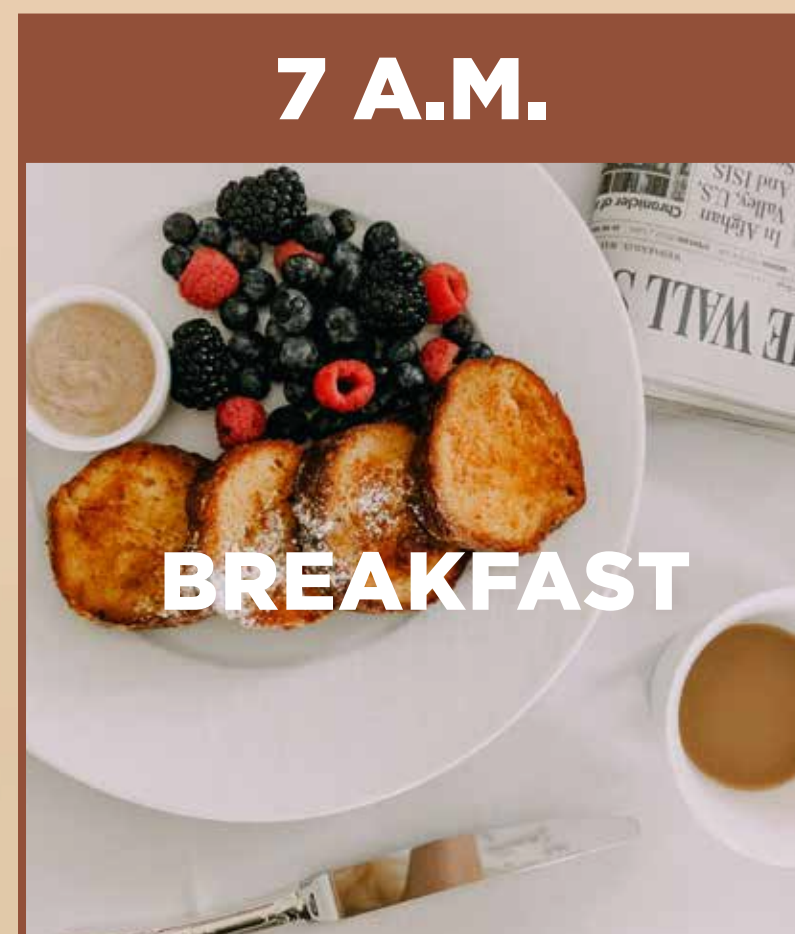
# FOLLOW A 4-4-12 EATING SCHEDULE

4-4-12 refers to an eating pattern associated with a specific eating schedule to optimize fat burning. It suggests that you eat breakfast, wait at least four hours, eat lunch, wait at least four hours, eat dinner, and then wait 12 hours until breakfast the next morning. You should try to avoid snacking (Curb helps make this easy).

For example, you might eat breakfast at 7 A.M., then wait to eat lunch till 12 P.M., then dinner at 5 P.M. with limited snacks and not eat breakfast till 7 A.M. the next day.

Modere Body Transformation System supports a wide variety of dietary choices including intermittent fasting, keto, macro/ micro tracking, etc. We don't recommend a specific diet but do recommend choosing foods low on the glycemic index such as lean proteins, whole grains, healthy fats and fruits and vegetables.

It's important to consider that eating schedules might not be suitable for everyone. If you're thinking about trying 4-4-12, it's a good idea to consult with a healthcare professional to ensure it aligns with your individual health needs and goals.



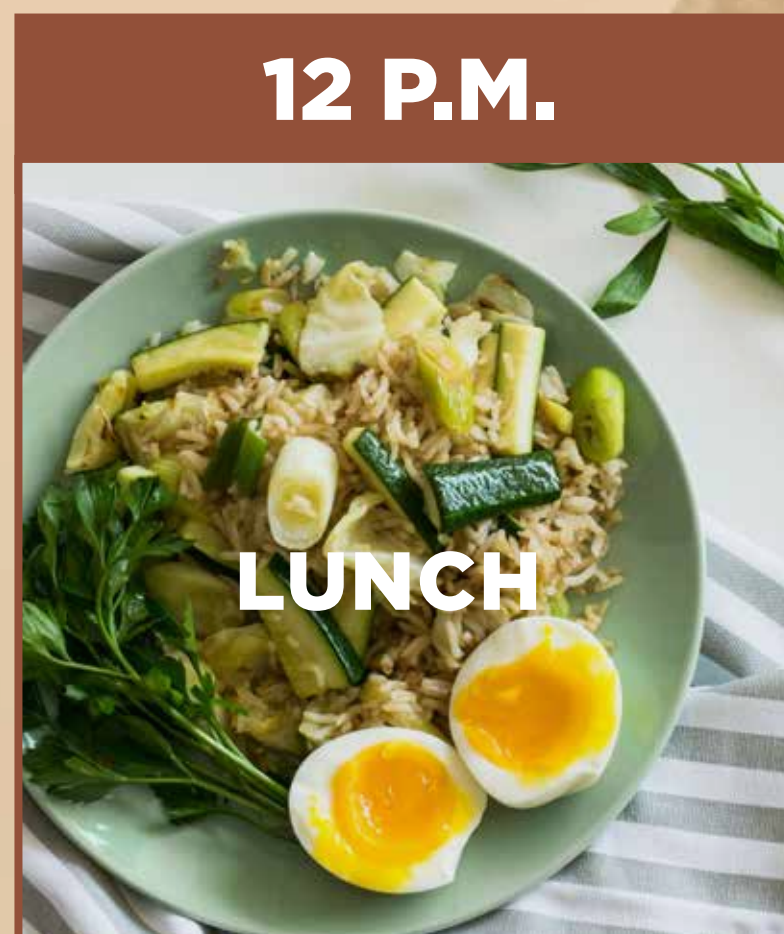
**7 A.M.**

**BREAKFAST**

**WAIT AT LEAST**

**4 HOURS**

**NO SNACKING**



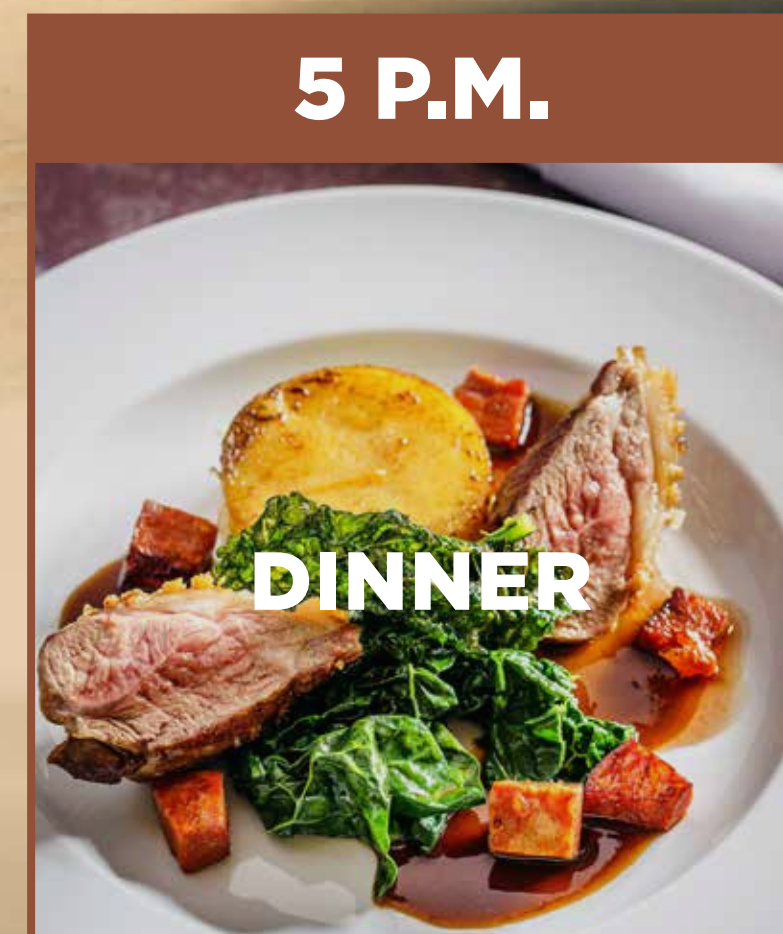
**12 P.M.**

**LUNCH**

**WAIT AT LEAST**

**4 HOURS**

**NO SNACKING**



**5 P.M.**

**DINNER**

**WAIT AT LEAST**

**12 HOURS**

**NO SNACKING**






## EAT A RESET MEAL 1X PER WEEK

A reset meal is a meal designed to help "reset" or recalibrate the body. Diets that are too restrictive leave too much room for guilt and failure. People can't keep up with diets that are too impractical to maintain as a lifestyle. Part of our Body Transformation System includes having 1 reset meal each week. This meal allows you to eat whatever you want for one meal.

### Reset Meal Tips

- Take Curb before eating
- Keep your meal to 60 minutes
- Don't go too crazy!



## GET 30 MINUTES OF EXERCISE 5X A WEEK

Exercise is important because it improves physical health by strengthening muscles, boosting cardiovascular function and helping to maintain a healthy weight. It enhances mental well-being by reducing everyday stress and occasional anxiety while promoting better sleep and mood. Regular exercise also supports long-term health and it improves overall energy, resilience, and quality of life.

The Body Transformation System Program recommends doing at least 30 minutes of activity 5 times a week. Exercises can include strength training, walking, cycling, high intensity interval training, running, etc. The important thing is you move your body in some capacity for 30 minutes 5x a week.

# JOIN THE BODY TRANSFORMATION FACEBOOK GROUP

Don't forget to join our Body Transformation community where we share our success stories and champion each other on our journey to healthy weight management! Find workout and recipe ideas, unlock exclusive access to weight management webinars and more!

