

MÖDERE® FAQs

MODERE BODY TRANSFORMATION SYSTEM

Healthy Weight + Fitness | Body Transformation

Why do I need the Body Transformation System?

- For some of us, diet and exercise alone aren't enough. Whether you're trying to lose a specific number of pounds or a percentage of body fat, the typical advice of diet and exercise fails to address appetite and hunger. More specially, they don't address the 3 key factors that affect hunger cravings: GLP-1, blood sugar and gut bacteria.

The Modere Body Transformation System takes a holistic approach that accounts for these 3 key factors while simultaneously supporting lean body composition, boosted metabolism and helping improve muscle tone when combined with healthy diet and exercise.*

What is GLP-1?

- GLP-1 is a hormone naturally produced in the gut that plays a crucial role in regulating blood sugar, metabolism and appetite. GLP-1 sends signals between your brain, stomach and pancreas, affecting your overall metabolism. By telling your brain that you're full, telling your pancreas to produce insulin and delaying stomach emptying, GLP-1 helps control your appetite.

What is a GLP-1 agonist?

- GLP-1 agonists are a class of medications, like semaglutide, that contain peptides that mimic your body's natural GLP-1.

What is GlycoLemon™?

- GlycoLemon™ is Modere's exclusive trademark for the lemon bioflavonoids used in Curb. GlycoLemon is fueled by Eriomin®, high-potency lemon bioflavonoids that support natural GLP-1 and are derived using a proprietary extraction process. Eriomin is backed by multiple scientific studies, including human double-blind, placebo-controlled clinical trials. Across these studies, participants experienced an average increase of 17.5% in GLP-1 compared to placebo, with one study showing increases as high as 22%.*

What makes Curb different?

- Curb is a dietary supplement that supports natural GLP-1 production in the body. Ingredients in Curb also deliver benefits like helping to curb appetite, helping you feel full, slowing stomach emptying and supporting healthy blood sugar levels already within normal range.*

Curb is formulated with Satiety-GLP™ Support featuring glucomannan from konjac root and GlycoLemon™ Fueled by Eriomin® — high potency lemon bioflavonoids. It also contains Metabiome Prebiotic™ Technology, a resistant potato starch that helps colonize "skinny" gut bacteria called Akkermansia.*

Have there been any studies on weight loss with the Body Transformation System?

- In a 90-day user survey, participants reported via a survey they lost an average of 18 lbs., or 9% of their body weight, by using the Complete Body Transformation Collection in conjunction with healthy diet and exercise.†
†Modere independent representatives and free product trial participants

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Eriomin® is a registered trademark of Ingredients by Nature, LLC. and is used by permission. US Pat Nos. 10,596,185; 11,197,879; 11,197,880

What does blood sugar have to do with healthy weight management?

- Blood sugar influences weight in two ways. First, when sugar enters your bloodstream, it triggers your pancreas to produce insulin. Insulin processes any excess sugar not needed for energy and stores it as fat.

Second, when we eat foods high in sugar (including simple carbohydrates) it leads to greater fluctuations in blood sugar, which influences hunger cravings and can make it harder to stick to a healthy diet.

What is Akkermansia?

- Microbiome health is becoming widely recognized as the foundation of a holistic health regimen. And there's a particular strain of bacteria getting a lot of attention for its role in healthy weight management called Akkermansia. It helps regulate glucose, fat storage and metabolism by sending signals to the brain via the gut-brain axis.

Akkermansia is more prevalent in lean bodies than in overweight bodies, so there may be a correlation with an abundance of Akkermansia and your ability to maintain a healthy weight by making healthy food choices and controlling portion sizes.

How long does it take to see benefits with the Modere Body Transformation System?

- You'll notice immediate benefits like decreased appetite, a decrease in occasional cravings and a boosted metabolism that burns more calories. Support for natural GLP-1 levels and blood sugar levels already within normal range occurs at 30 days. By 90 days, you should experience the full benefits of the system, including microbiome adjustment for colonization of Akkermansia gut bacteria.*

What is the difference between the Lean Body System and the Body Transformation System?

- The Lean Body System supports a healthy fat-to-muscle ratio by helping you burn fat, lose inches and promote lean body composition when combined with healthy diet and exercise. The Body Transformation System does all of this too, but it goes an important step further. It helps support GLP-1, blood sugar levels already within normal range and the colonization of Akkermansia gut bacteria, which all work together to curb hunger cravings and help you eat less. And it helps you build lean muscle when combined with resistance training and diet.*

What is the best time of day to take Curb?

- We recommend taking Curb before your biggest meal to help you feel full and curb appetite. If you tend to snack in the afternoon, taking Curb in the afternoon can help curb hunger cravings. Mix one packet with at least 8 fl oz. of water. Stir briskly and drink immediately. You can also mix Curb with Sculpt to make a Peach Raspberry Refresher, best immediately before or after a workout.*

Is Curb supposed to thicken after mixing with water?

- The glucomannan in Curb will thicken into a gel-like texture if left to sit after mixing with water. We recommend drinking Curb immediately after mixing. Maintain adequate fluid intake throughout the day. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing

Does Curb contain caffeine?

- Curb does not contain caffeine. It contains green tea leaf extract, but the caffeine content is insignificant

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(less than 1 mg). The only product in the Modere Body Transformation System that contains caffeine is Burn.

When is the best time of day to take Sculpt?

- Sculpt is best taken before or after a workout. Mix one packet with 8 fl oz. of water. You can also mix it with Curb to make a Peach Raspberry Refresher and drink before your largest meal or in the afternoon to help curb hunger cravings.*

What amino acids are in Sculpt?

- Sculpt contains a scientifically recommended 2:1:1 ratio of L-leucine to L-isoleucine to L-valine. It also contains L-glutamine, L-arginine, betaine, taurine, and coconut water concentrate.

What are the differences between the different flavors of Trim?

- All Trim formulas contain scientifically studied amounts conjugated linoleic acid (CLA) and Collagen/HA Matrix® Technology. To achieve the best flavor profile, the texture of the different flavors of Trim may vary, but rest assured each formula has been carefully crafted to deliver all the benefits of these key ingredients.

How do I take Trim?

- Take 1 Tablespoon directly by mouth, preferably in the morning. You can also mix Trim with Pure Chocolate Whey Protein and your favorite milk to make a smoothie.

How much caffeine is in Burn?

- Three Burn capsules contain 180 mg of caffeine, about as much as 2 cups of coffee. This product is not intended for individuals under 18 years of age, pregnant or nursing women or for those sensitive to caffeine. Consult with your doctor before use if you are taking medication, have high blood pressure, are diabetic and/or have any other medical condition. Limit the use of caffeine-containing medications, foods or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat.

How much protein is in Pure Chocolate Whey Protein?

- Pure Chocolate Whey Protein contains 21 grams of ultra-filtered whey protein. This enzyme-assisted formula also features papain and bromelain to support comfortable digestion.

Can I mix Pure Chocolate Whey Protein with anything other than water or milk?

- Yes, you can try it mixed with yogurt or add a scoop to your favorite recipes like whole grain waffles or overnight oats.

Do I have to follow a diet when using the Body Transformation System?

- All products in the system should be used in conjunction with diet and exercise. Modere Body Transformation System support 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 and adhering to a 4-4-12 eating schedule: wait 4 hours between breakfast and lunch, wait 4 hours between lunch and dinner, wait at least 12 hours between your last meal and breakfast the next day. Try not to snack between meals — Curb makes this easy!

Do I have to follow a workout plan when using the Body Transformation System?

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- All products in the system should be used in conjunction with diet and exercise. We don't recommend a specific workout plan, but Sculpt works best when paired with resistance training like weightlifting, pilates, rowing or power yoga. A healthy workout plan balances strength training with cardio and recovery days.

Are the products in the Body Transformation System safe to use while pregnant or breastfeeding?

- Consult your health care provider prior to use if you are pregnant or nursing, have a medical condition, or when taking any medication. Supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle. Do not exceed recommended daily dose.

Can I use the products in the Body Transformation System if I'm diabetic?

- The Body Transformation System helps support GLP-1 and healthy blood sugar levels already within normal range. Consult your health care provider prior to use if you have a medical condition, or when taking any medication. Supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle. Do not exceed recommended daily dose.*

Can children take products in the Body Transformation System?

- The Body Transformation System is formulated specifically with adults in mind. We do not recommend giving it to children.

How should it be stored?

- Store Curb, Sculpt, Burn and Pure Chocolate Whey Protein in a cool, dry place. Refrigerate Trim after opening.

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