

# MÖDERE™ FACT SHEETS

## M3

### PRODUCT DESCRIPTION:

Modere M3 is a three-part weight loss system inspired by the Mediterranean Diet and uses 100% plant-derived weight management ingredients including coffee bean extract, green tea extract, pea protein and fucoxanthin from seaweed.\* The system is composed of Burn, Sustain and Sync.

### PRODUCT BENEFITS:

- Lose Weight\*
- Kick Start Metabolism\*
- Gain Energy\*
- Transform your Body\*
- Curb Appetite\*
- Optimize Digestion\*

### POSITIONING STATEMENT

With Modere M3, expect to eat real food and get real results through the use of three products and the commitment to three healthy lifestyle pledges. † If you have been struggling to achieve your desired weight loss goals, or if you simply want to feel better and treat your body right, M3 is designed to help you achieve your goals and feel great while doing so. \*

M3 is vegan, non-GMO, dairy free and zero sugar, ensuring the products are not only efficacious, but also safe and clean. Transform your body, gain energy and lose weight with M3. \*

### DIRECTIONS/USAGE:

For adults over 18 years of age, take 1 capsule up to 3 times daily with a large glass of water and a meal or snack. Allow 3-4 hours between servings. Do not exceed 3 capsules daily. Use in conjunction with a calorie responsible meal plan and exercise.

**CAUTION:** Three 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.

Mix one packet of Sustain with 6-8oz. of cold water or your favorite low-calorie milk (we recommend unsweetened almond milk). Consume as your mid-morning or mid-afternoon snack.

Take Sync 30 minutes before a meal. Mix one scoop with 6-8 oz. of cold water of your favorite low-calorie milk (we suggest unsweetened almond milk). For a relaxing treat, try as a hot cocoa.

† A healthy, successful weight management program includes reduced calorie intake, balanced diet, and regular physical activity. Consult your physician before starting any new diet or exercise program.

MODERE FACT SHEETS | Modere | 588 S. 2000 W. | Springville, UT 84663 | Call – 855-663-3731 | Email – support@modere.com

HEALTH AND WELLNESS | SLIM



### KEY INGREDIENTS:

- Fucoxanthin
- Plant-derived caffeine
- Hidrox™ olive pulp extract
- Pea protein
- Oat beta-glucans

### INGREDIENT LIST:

**Burn:** Ascorbic acid, cordyceps mycelium, berberine root extract, caffeine natural (coffee bean extract), fucoxanthin, cocoa bean low fat powder extract, olive juice extract, magnesium stearate, hypromellose, silicon dioxide, theobromine, green tea leaf extract, microcrystalline cellulose, citric acid, maltodextrin, guarana seed extract, chromium picolinate, tapioca starch, caramel color, green coffee bean extract, natural flavor, allspice berries, cinnamon bark, ginger root.  
**Contains:** soy.

**Sustain:** Pea protein, isomaltooligosaccharide, maltodextrin, dicalcium phosphate, medium chain triglycerides, natural flavors, rice flour, citric acid, tara gum, magnesium oxide, silicon dioxide, stevia, iron glycinate, malic acid, ascorbic acid, d-alpha tocopheryl succinate, zinc oxide, niacinamide, manganese gluconate, calcium d-pantothenate, retinyl acetate, copper gulconate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, chromium nicotinate, selenium glycinate, folic acid, biotin, sodium molybdate, potassium iodide, aspartic acid, cholecalciferol, cyanocobalamin.

**Sync:** Whole oat bran, cocoa bean powder, organic inulin, fructooligosaccharides (FOS), organic gum acacia, apple pectin, natural flavors, dextrose, organic pea fiber, salt, steviol glycosides.

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.**