



# DuoLife pack Metabolism - Weight



## **i** Recommended use of the food supplements from the pack **Metabolism - Weigh:**

**In the morning:** DuoLife Medical Formula ProSlimer® - 1-2 capsules,  
DuoLife RegenOil Liquid Gold® - 5 ml - can be added to SHAPE CODE® Slim Shake at lunch time or used added to dinner,  
DuoLife Medical Formula ProDeacid® - 1-2 capsules at least one hour after breakfast\*

**During lunch:** SHAPE CODE® Slim Shake - 1 shake,  
DuoLife Fiber Powder - 1 sachet added to SHAPE CODE® Slim Shake.

**During dinner:** DuoLife Fiber Powder - 1 sachet half an hour before dinner or added to dinner (e.g. soup), take with water or other liquid.  
DuoLife Chlorofil - 10 – 20 ml at dinner time or throughout the day dissolved in a bottle of water.

**Wieczorem:** DuoLife Fiber Powder - 1 sachet half an hour before supper, take with water or other liquid.

*We recommend to wait about 4h between the doses of ProDeacid® and other food supplements or medications.*

## **i** The functional pack contains

DuoLife Chlorofil,  
DuoLife RegenOil Liquid Gold®,  
DuoLife Medical Formula ProSlimer®,

DuoLife Medical Formula ProDeacid®,  
SHAPE CODE® Slim Shake,  
DuoLife Fiber Powder.