- **Question: What is FORM™**

Carbomer is an industry trade name which identifies a series of crosslinked hydrogel polymers of acrylic acid. Carbomers have been in wide commercial use for decades since they are non-toxic, not absorbed, and are listed as "generally recognized as safe (GRAS)." A wide variety of carbomers are FDA-approved in products used as: bulking agents, laxatives, thickening agents, drug delivery excipients, pharmaceutical adjuvants, cosmetic emollients, and food additives, among others.*

Below are some questions and answers on the FORM™ product. We also recommend that this be taken with FIXX, the organic meal replacement product and FrequenSea, our complete concentrated nutritional drink.

- **Question: How does FORM™ work?**

SIMPLE: It's all about meal portion control...

FORM™ is NOT a "miracle weight loss pill." Each FORM™ capsule contains hundreds of microbeads made from our proprietary, non-toxic, superabsorbent polymer called that has been designed to expand 500 to 1,000 times its weight in water when taken as directed.*

Each FORM™ rapid-acting capsule dissolves within minutes of ingestion. The microbeads absorb the free water and expand to partially fill the stomach; promoting the release of hormones that signal the hunger center in the brain to suppress your appetite.* So by the time you sit down and start eating, you are already beginning to "feel full."*

Simply stated: FORM™ lets you eat less without feeling hungry.* And in combination with a healthy lifestyle and weight management program, most people using FORM™ tend to lose more weight than with dieting and / or exercise alone.*

- **Question: How do I use FORM™?**

FORM™ is typically taken as 1 or 2 capsules with 6 to 12 oz. of water, 30 to 60 minutes before eating. Whether you need 1 or 2 capsules varies by individual, so see what works best for you. As a general guideline, you should start with 1 capsule, especially if you weigh 150 lbs. or less.* If you don't have a sense of fullness during the meal from one capsule, then next time try 2 capsules.* Everyone is different, so FORM™ works slightly differently for everyone.*

- **FORM™ - Instructions for Use**

Since FORM™ a) does not have any active ingredients, b) is not absorbed by the body and c) has no nutritional value; it is unlike drugs or medications that work in preset, prescribed "one size fits all" doses.*

FORMs™ patent-pending polymer is designed to work with your body to help you take control of your mealtime portions, that works in slightly different ways for everyone. Anyone can customize their own dosing schedule to achieve the maximum results that works best for them.* How it works in your body, depends on how you use it, since FORM's dosing can be individually adjusted to meet your specific goals and objectives.* After just a few days, you will be able to determine:*

1. How many capsules to take before each meal (since meals differ),
2. How much water to drink with each capsule, and
3. When to take the capsules before each meal.

It is recommended that for people weighing 150 lbs or less, you should start out by taking one capsule 30 minutes before meals with 8 oz of water. If you don't have a sense of fullness during the meal from one capsule, then next time try 2 capsules, or increase the amount of water to 12 oz, or both.*

Some big eaters have found that taking 2 capsules before their large meals, and drinking 12 oz of water per capsule works very well for them.* With smaller meals, taking only one capsule may work just as well.*

Other people have found that FORM's™ effects work best if they take FORM™ as much as 3 hours before the targeted meal.*

Remember, it is just simple chemistry; FORM™ always expands in water. It works the first time and every time you use it. How well FORM™ works to help you lose weight is up to you.* Your results will depend on how you use it, and your overall commitment to living a healthy lifestyle.*

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

- **Question: Can FORM™ clog up my system?**

NO: FROM™ microbeads have an extremely slick and slippery surface so they do not stick to one another and they do not adhere to the mucous membranes or the linings of the GI tract.* Fully expanded, each microbead is about the size of a grain of steamed rice allowing it to easily and gently slide through the GI tract without clumping or sticking to anything.*

- **Question: Is FORM™ associated with GI or bowel problems?**

NO: FORM™ is totally bio-inert.* It is made from a water-swelling polymer that is not absorbed or digested, neither does it absorb nutrients or other ingested materials.* FORM™ is designed to behave like many natural foods that pass through the GI tract undigested (i.e., corn, lentils, peanuts, etc.).*

- **Question: Does FORM™ have any significant side effects?**

NO: FORM™ is a mechanical gastric bulking agent that has no nutritional value.* It does not contain ephedrine, or any stimulants. FORM™ promotes bowel regularity, but it is not a laxative; nor does it interfere with digestion, metabolism, or blood sugar levels.*
FORM™ is not known to promote any significant side effects.* It is non-fermenting and does not cause flatulence (gas).*

- **Question: Do I have to drink water with FORM™ capsules?**

YES: Drinking 6-12 oz of tap water with each FORM™ capsule is VERY IMPORTANT for 2 reasons:
First; FORM™ capsules work best if they are swallowed whole - without chewing or breaking them open in the mouth.
Second; once the capsules dissolve in the stomach, the microbeads expand by absorbing water.* In order for the beads to expand properly, the stomach needs to have enough free water present. Six to 12 ounces of water must be taken with each capsule 30 to 60 minutes before meals for FORM™ to work safely and achieve maximal swelling effectiveness.*
(Maximum Limit- 2 capsules per meal or 6 capsules per day).*

- **Question: What is the maximum number of capsules that I can take with each meal?**

TWO: Taken as directed, FORM™ microbeads are designed to expand 500 to 1,000 times their weight in water (about the size of an apple).
Taking more than 2 capsules at a time (unless directed by a physician) for a single meal is NOT RECOMMENDED since this may over-distend the stomach causing severe cramping, nausea, vomiting or other complications.*

- **Question: How soon does FORM™ begin to work?**

LESS THAN 15 MINUTES: Taken as directed, FORM's™ specialized fast-dissolving capsules release the FORM™ microbeads quickly, which gently expand fully within about 15 minutes of ingestion.*
Once the stomach begins to expand with meals, the brain's hunger center is signaled to slow down the hunger drive; providing the user with a more rapid sense of "Fullness."*
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- **Question: Is FORM™ recommended as a stand-alone diet or weight management tool?**

NO: FORM™ works best if used as part of a healthy lifestyle in combination with regular exercise, a low-fat nutritious whole-food diet, smoking cessation, and other positive decisions that are part of a comprehensive health and weight management program.* The FIXX product and FrequenSea are an integral part of this system.

- **Question: Can FORM™ be used with other diet products?**

YES: FORM's™ natural mechanism of action compliments other weight loss products, as well as those weight management programs that may be recommended by your doctor.
FORM™ can be used in combination with these technologies to obtain maximal and synergistic results.*

- **Question: Once I Reach my Target Weight, Can I use FORM™ as part of my daily lifestyle?**

YES: FORM™ has no nutritional value.* Each capsule is drug free, stimulant free, and is non-habit-forming.* Once most people reach their target weight, the brain will attempt to adjust to the new body mass and reset its "hunger-stat" (the amount of food it needs to consume).* For some people, this process can take a year or more. In the meantime, if you still feel hungry before meals after reaching your target weight, for best results and as part of a healthy daily weight maintenance program, FORM™ consumption can be adjusted to a one or two doses daily before the main meal of the day, whatever works best for you and your body.*

- **Question: What happens in an overdose?**

In the event of an overdose: If enough water is consumed such that the microbeads expand to cause over-distension of the stomach, gastric cramping, nausea and vomiting will ensue, which will mechanically clear the body of the excess material.*
If FORM™ is ingested in an overdose amount without sufficient water to cause vomiting, the microbeads will pass on their own with severe abdominal cramping as the primary outcome.* Intestinal obstruction is theoretically possible, but has never been reported.*

- **Question: Does FORM™ Damage the Environment?**

NO: Carbomers are listed on the EPA's Inert Ingredients List (4B) and the Exempt from Residues List (CFR 180.960). FORM™ is incinerated with the residual biomass in waste treatment facilities. It is non-toxic and does not accumulate in groundwater, lakes, or other ecosystem niches.*

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