

Weight Loss Guide

helpful tips & information



1-800-325-4366
www.toploss.com

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Dear Valued Customer,

Thank you for your recent purchase from Top of the World Distributors. Our qualified staff of healthcare professionals is here to assist you long after your purchase. Please feel free to call, write or email us to ask questions, leave comments or send in your success stories. We wish you great success on your journey to a healthier new you!

Lisa Roney, RN, President

Calotren® is a Collagen Protein supplement that assists the body in burning off fats and sugars more efficiently. Although the body produces collagen protein naturally, it eventually diminishes with age, and production of lean muscle tissue also decreases. The body begins to gain fat since it loses the ability to burn calories as effectively. Calotren replenishes the body's collagen protein levels, resulting in enhanced lean muscle tissue which allows the body to burn calories and promotes overall wellness benefits.

Since the entire body and its systems utilize collagen protein, the benefits of Calotren vary from weight loss to overall wellness. Many customers report better sleep, increased energy, healthier blood sugar and cholesterol levels, and decreased joint pain related to arthritic conditions or injuries. Since everyone has different health and wellness needs, specific results will vary from person to person.

Ingredients

Liquid: Filtered Water, Collagen Hydrolysate (Gelatin Peptone), Aloe Vera, Vegetable Glycerin, Natural and Artificial Raspberry Flavor, Potassium Sorbate, Citric Acid and Sodium Benzoate.

Capsules: Collagen Hydrolysate (Bovine Source), ProHydrolase™

Other Ingredients (Capsule): Gelatin, Vegetable Magnesium Stearate, and Aloe Vera Leaf (200:1 Extract), Stearic Acid and Microcrystalline Cellulose.

1 Bottle of Liquid or Capsules contains a 30-Day Supply

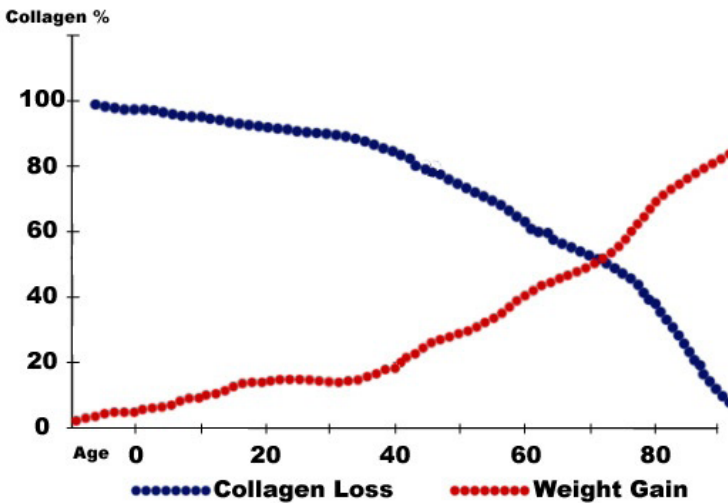
The Science

Collagen protein is the essential active ingredient in Calotren and the second most abundant substance in the body – only behind water. While it provides many benefits, its role in promoting healthy lean muscle and weight loss has been known for over 30 years.

The Bad News

Studies have shown that after the age of 30, collagen production may decrease by 1% or more a year, so by age 50, the body could have lost more than 20% of its capacity to produce collagen. This can result in a slower metabolism, weight gain and joint pain.

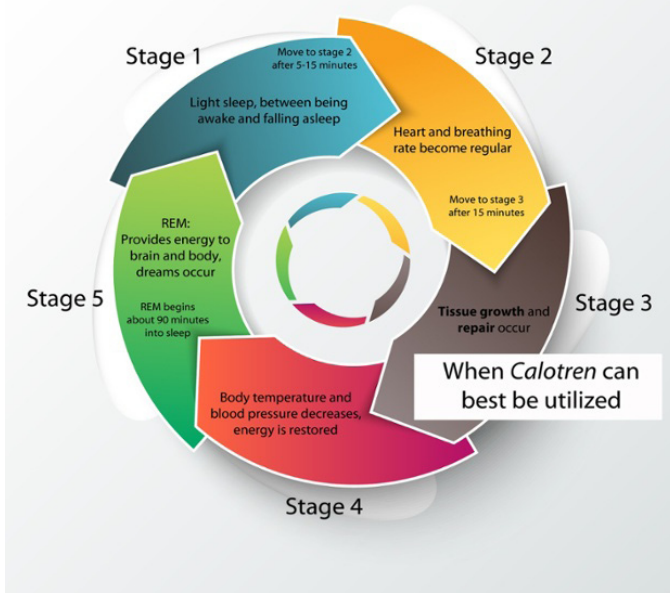
Collagen Depletion & Weight Gain With Age



The Good News

Taking Calotren can help build healthier lean muscle which boosts the body's metabolism naturally and promotes weight loss and helps repair and replenish joints.

Calotren and the Sleep Cycle



How Calotren Works

You take Calotren at bedtime and then go right to sleep. Within the first 90 minutes of sleep, your body goes through rejuvenation, repair, and regrowth. Calotren works with your body's natural repair and regrowth stage helping to support and strengthen lean muscle tissue. Strong lean muscle then assists the body in burning fats and sugars more effectively, resulting in weight loss. The high quality collagen protein in Calotren is also frequently utilized by the body for better sleep and joint repair. Check out our website for more on benefits or side benefits.

Because Calotren contains **NO DRUGS** or **STIMULANTS**, it is completely safe to take even if you are taking other medications. We guarantee it or your money back.

How To Take Calotren

Take four (4) **Calotren Capsules** or one (1) tablespoon of **Calotren Liquid** with water at bedtime. Do not eat or drink anything except water or water with lemon at least 2-3 hours prior to taking Calotren. This process allows Calotren to be more readily absorbed and work more effectively during the first phase of your sleep. For optimal results, combine Calotren with proper diet and exercise.



"I have been on Calotren for a little while, and I have lost 100lbs. I've never been able to lose the weight and actually keep it off. It's amazing, and I would recommend it to anyone."

Barbara - Utah

If You Forget or Are Unable to Take it at Bedtime – You may take it 30-45 minutes prior to breakfast the next morning on an empty stomach, then resume the normal bedtime dosage that night. We recommend taking Calotren at your regular bedtime if at all possible. It is important to take Calotren before bedtime since collagen protein is best utilized by the body during the first phase of sleep. Although benefits can be seen from taking Calotren in the mornings, most customers receive the greatest and quickest results when taking Calotren consistently at bedtime on an empty stomach.

For More Energy – You may take Calotren 30-45 minutes prior to exercising to assist with increasing energy and stamina and to enhance the effects of your exercise program. (This would be in addition to your bedtime dosage.)

For Other Health Benefits – You may take Calotren 30-45 minutes prior to breakfast (even after taking the bedtime dosage the night before) to assist with other health issues such as arthritis, joint pain, fibromyalgia, and acid reflux.

Taking Other Medications at Bedtime – If possible, take any bed time medications, vitamins or supplements at least one hour before bedtime so that the absorption of Calotren will be maximized.



"I lost 35 pounds with Calotren and I've kept it off for over a year now!"

Liz- Tennessee

Calotren Helpful Tips & Info

- Most people begin seeing inch loss and/or weight loss within the first few weeks. However, since Calotren assists your body in losing weight naturally, the initial onset of benefits can vary from person to person. Calotren works according to your body's specific needs, so patience is key. We recommend a 90 day program to ensure more favorable results.
- Calotren Capsules – Most people are able to swallow Calotren Capsules easily. However, if you have a hard time taking the Calotren Capsules, try taking 2 capsules 30 minutes before bedtime and the remaining 2 capsules right at bedtime.
- Calotren Liquid – The Calotren Liquid has a concentrated raspberry/citrus flavor. It can be kept refrigerated if preferred. When you take the Calotren Liquid, follow it with a small amount of water. You may also dilute the Calotren Liquid in a small amount of water or unsweetened juice containing Vitamin C if you prefer.

"I have been taking Calotren for a few months and have lost 23 pounds. I am sold on this product."

Dottie-Pennsylvania

Frequently Asked Questions

Do I have to take Calotren every night? What if I skip a few times?

- Calotren needs to be taken consistently every night for best results. The collagen protein that is in Calotren needs to build up in the lean muscle tissue over time; therefore, skipping dosages interferes with the effectiveness of your results. If you occasionally forget to take Calotren, take your dosage in the morning 30-45 minutes before breakfast and resume your regular dosage at bedtime.

What if I can't stop eating 2-3 hours before bedtime?

- For most individuals, it takes 2-3 hours to digest food and drink. Collagen protein, the main ingredient in Calotren, will not absorb properly if there is anything being digested at the time of consumption. Not eating 2-3 hours prior to taking Calotren will allow your body to absorb the Collagen protein quickly so that it is utilized during that very important first phase of sleep. During the 2-3 hours before bedtime you may drink water or water with lemon as this will not interfere with the absorption of Calotren.

- **DO NOT** go to bed then set your alarm for 2-3 hours later to take your Calotren. This supplement will not work properly if it is not taken the first time you lay down for sleep. Waking up later to take it interferes with the normal fat burning cycle of the lean muscle.

Can I take my Calotren at bedtime, then watch TV or read until I get ready for sleep?

- No. You should take Calotren when you are ready for sleep. If you stay awake for a prolonged period of time after taking Calotren, it will not work as efficiently.

Is it ok to have a glass of wine or other type of alcoholic drink during the 2-3 hours prior to taking Calotren?

- Although alcoholic beverages will not interfere with or enhance the effects of Calotren, it is important for Calotren to be taken on an empty stomach. Refraining from eating or drinking anything but water 2-3 hrs prior to taking Calotren allows it to be absorbed properly during that very important first phase of sleep.

What if I work at night and sleep during the day?

- Calotren is most effective when taken right before sleep on an empty stomach, no matter what time of day that is.

I've been taking Calotren for 4-6 weeks with no weight loss yet, am I doing something wrong?

- On average, most customers see inch loss with Calotren within 4-6 weeks and begin to lose pounds shortly thereafter. However, depending on your specific needs and where the body initially uses the collagen protein in Calotren, it may take longer to start seeing results. It is for this reason that we recommend a 90 day program to ensure optimal results.

"When I started on Calotren, I weighed 340lbs. I'm now 125lbs lighter thanks to Calotren. You saved my life!"

Bama Brown - Texas



Ask yourself these questions:

1. Am I taking Calotren consistently and correctly?
2. Am I taking Calotren on an empty stomach so that the collagen protein will absorb properly?
3. Do I have joint pain or other arthritis-related conditions?
 - Calotren may actually help these areas first before promoting weight loss.
4. Do I have excess yeast in my body that may prevent Calotren from absorbing properly? See page 10.

If at any time you have questions or concerns about Calotren, please call and speak to one of our Health Care Consultants or Nurses on staff at **1-800-325-4366** or chat with us online at **www.toploss.com**.

Sound familiar?

- Fatigue or lethargy
- Feeling drained
- Mild depression
- Unexplained muscle aches
- Muscle weakness
- Painful joints
- Abdominal pain
- Bloating
- Constipation
- Diarrhea
- Mucus in stools
- Persistent vaginal itch or burning
- Craving sweets or breads
- Bad breath
- Difficulty losing weight

You may be suffering from **Candida Albicans overgrowth** – also known as “excess yeast.” An overproduction of yeast in the body can block the absorption and effectiveness of any weight loss or dietary supplement. However, there is a simple way to test yourself by taking the **Candida Saliva Test** (or Yeast Test).

Yeast Test

- 1) Fill a clear glass with water and place it beside your bed or on your counter before going to sleep at night.
When you awake in the morning, spit into the glass. Do this before having breakfast, your morning coffee, swallowing, brushing your teeth, etc. It's important that nothing enters your mouth or touches your lips before you perform this test. Make this the very first thing you do when you wake up.
- 2) Immediately take note of how the saliva reacts in the water by looking through the side of the glass (not from the top). Check on it again in 2-3 minutes and then again 15 minutes later.

Healthy saliva that is free from excess yeast will be clear. It will float on top initially and appear bubbly or foamy, and will slowly dissolve into the water without any cloudiness or sinking. Saliva that contains an overgrowth of **Candida Yeast** will have one or more of the following characteristics:

- **Strings of saliva trailing down to the bottom of the glass (It may resemble a jellyfish.)**
- **Cloudy specks suspended in/on the water**
- **Cloudy saliva that sinks in a clump to the bottom of the glass**

The more strings and cloudiness and the faster it develops, the greater the candida yeast overgrowth.

To combat yeast overgrowth, you should take a probiotic supplement with multiple strands and billions of microorganisms. A single ingredient product, such as yogurt, does not normally eliminate candida yeast overgrowth. Yogurt is a great preventative measure, but normally does not eliminate this type of yeast once you have it.

A high quality probiotic formula, such as our **30 Billion Biotic** (pg. 13), has been proven to help combat Candida overgrowth. It also promotes good digestion, immune function and improves the absorption of nutritional and dietary supplements.

An additional way to help eliminate Candida Yeast is to eat foods that help decrease excess yeast. ***Listed on the next page.**

I've been using Calotren for a while now, and I'm enjoying it. I've lost 125 pounds, and I'm continuing the process. Calotren is a wonderful product!

Laura - Louisiana



Foods & Drinks to Decrease Excess Yeast

- Yogurt & sauerkraut
- Grapefruit & green apples
- Milk & cheese
- Healthy fats
- Vegetables
- Mercury-free seafood
- Green tea
- Water

(coconut oil & extra virgin olive oil)

This change in diet may be difficult; however, this does not have to be a complete change for the rest of your life. Avoiding or cutting back on certain foods while trying to eliminate the excess yeast will speed up your results.

Foods to Avoid

sugar white sugar • brown sugar • raw sugar • corn syrup • etc.

white foods white sugar • white flour • white rice • pasta

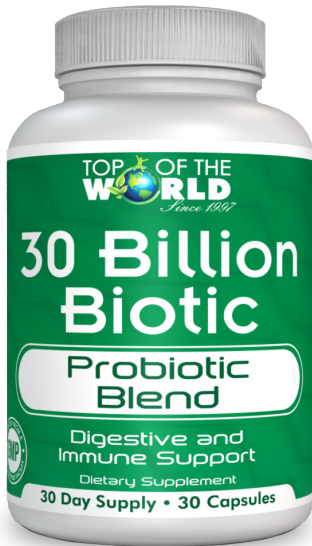
grains such as wheat & wheat products like bread & pasta

peanuts or pistachios or foods containing these like peanut butter, peanut oil, etc.

artificial sweeteners aspartame, neotame, saccharin, sucralose, and sugar alcohols
acesulfame potassium (use Xylitol or Stevia if possible)

corn & rice

30 Billion Biotic



- Helps replenish friendly bacteria destroyed by stress, poor diet and medications
- Reduces the levels of Candida in the body and can reduce instances of bloating and other gastrointestinal issues that affect weight management
- Promotes healthy digestion
- Assists the body in absorbing nutrients and supplements
- Promotes a healthier immune system

30 Billion Biotic Suggested Use:

For intestinal support or Yeast (Candida) problems, take (1) one capsule daily as a dietary supplement. Take **30 Billion Biotic** for 7 days then repeat the yeast test. If it continues to be positive, increase dosage to (2) two capsules daily. Continue to repeat the yeast test every 7 days and once it is negative you can decrease dosage back to (1) one capsule daily to maintain a normal yeast level.

As a **PREVENTIVE** measure or as a daily health supplement, you may take (1) one capsule daily.

30 Billion Biotic Ingredients:

Probiotic Bacteria Organisms (5.06 Billion) including:

Bacillus Subtillus (1.32 Billion), L. Rhamnosus (680 Million), L. Casei (680 Million), B. Longum (680 Million), L. Acidophilus (680 Million), L. Plantarum (340 Million), B. Breve (680 Million);

Other Ingredients: Vegetable Cellulose, Magnesium Stearate, and Stearic Acid

30 Billion Biotic (cont.)

NOTE: Yeast is produced daily; therefore, you may need to take **30 Billion Biotic** daily for an indefinite amount of time to maintain its healthy effect on the intestinal tract. Recheck your yeast content by testing it periodically. If positive, resume your 30 Billion Biotic regimen and continue until your specific goals are achieved.

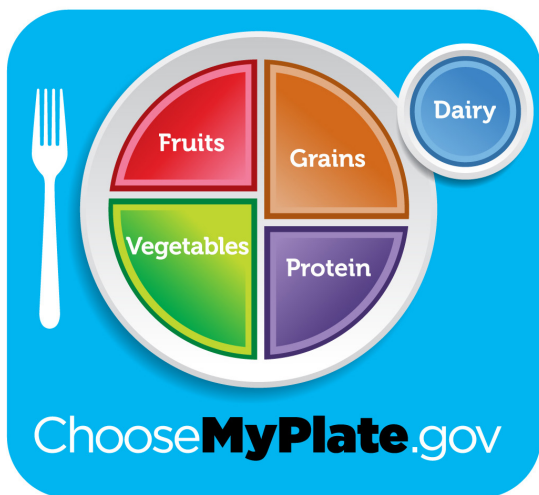
If you are exhibiting signs of excessive yeast production and have not yet begun a weight loss supplement, you should wait and take it after the excess yeast is under control. If you have been taking a weight loss supplement for only a few days, stop and do not take it until you have cleared up the excess yeast. However, if you have been taking a weight loss supplement for several weeks or more, continue to take the weight loss supplement along with **30 Billion Biotic**. There is no danger in taking this product with any other supplements.

To order **30 Billion Biotic (Item #PRO7011)**
call **1-800-325-4366** or order online 24/7 at
www.toploss.com

I've been taking the Calotren for a while, and I have now lost 32lbs. My joints feel much better, I'm sleeping better and I just have a lot more energy with no side effects. My blood pressure is down, and I'm feeling great!

Pam - Texas





The USDA Food Pyramid is a healthy eating illustration called "My Plate." The graphic (left) illustrates how a healthy plate should look with half your plate consisting of fruits and vegetables.

Other hints for filling out your plate include:

For your dairy portion, switch to skim or 2% milk. They have the same amount of calcium and other essential nutrients as whole milk but less fat and calories.

Make at least half your grains whole. Choose 100% whole-grain cereals, breads, crackers, rice and pasta.

Vary your protein choices. The USDA suggests making seafood the protein on your plate twice a week and keeping the meat and poultry portions small and lean. You might also substitute a bean dish instead. Beans are a natural source of fiber and protein.

The USDA also recommends the following to maintain or achieve a healthy weight:

- Enjoy your food but eat less.
- Avoid oversized portions.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower sodium.
- Drink water instead of sugary drinks.

"I have been able to lose weight and keep it off. I sleep better and have more energy. I would recommend Calotren to anyone who seriously wants to lose weight and feel better."

Randy – Illinois



Contact Information

Call: 1-800-325-4366

Email: info@tophealthsource.com

Online 24/7: www.toploss.com

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100 N. 1st Street
Union City, TN 38261



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