



## Mangosteen Powdered Water Enhancer

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By now, most of you have ordered our new "Mangosteen Water Enhancer". This is a unique product that fills two important niches with respect to our weight loss method. First, it must be understood that we are a VERY low sodium diet (most folks get too much sodium, not from the "salt shaker", but from foods such as bread, cheese, cold cuts and restaurant entrees). While in Phases 1 to 3, these foods are restricted and therefore, the dietary intake of this important electrolyte will be greatly reduced...Unbeknownst to most of them. This is why we put about 1,000 mg of sodium in our soups.

The RDA (US) and the RNI (Canada) suggest dieters should consume approximately 2,300 mg of sodium per day (unless under medical orders to the contrary). Furthermore, especially in the hot summer months, many of our clients have strenuous jobs, working outside in the heat and sweating profusely. In Florida, I've coached UPS and FED-EX drivers. These clients are working all day in a non air-conditioned truck and report feelings of fatigue. They usually drink 3 liters of plain water per day. But please understand this: if you are sweating out (and urinating) potassium and sodium and you are just replacing the volume with pure water, this will contribute to (in medical-speak) dilutional hypokalemia and hypernatremia (low potassium and sodium levels). Therefore we must replace these important electrolytes in a proper balance (approximately 3 parts sodium and 1 part potassium), which is exactly what our Mangosteen product does.

Coaches, you know how hard it is to get some of your clients to drink the mandatory 2 liters of water per day. It's a fact that some people just don't like drinking plain water. Our RD&D Team at Pharmalab has done an amazing job in formulating this product. It is DELICIOUS! One pouch contains 30 mg of potassium and 100 g of sodium. In addition it is just sweetened with pure sucralose not Splenda (which contains 990 mg of sugar per pack). Thus there are no "hidden carbs" in this product and Dieters may consume as much as they want each day without negatively impacting their weight loss (it is unlimited and unrestricted!). Each box contains 14 pouches that will each flavor 500 ml (one normal size bottle of water). This equates to a cost of \$0.50 per serving. I, however, find that 1 pouch will flavor 1 full liter of water which then cuts the cost in half (much cheaper than other commercial brands).

Lastly, because it tastes so great, many dieters use this as a flavoring agent in other "Ideal Protein Products". Some decide to dissolve a pouch in 150 ml of water then use this to make a vanilla Ideal Protein pudding. What a "Tropical Treat"!

Hopefully this will answer your questions and explains how to incorporate our "Water Enhancer" into your daily activities. If you have additional questions, please contact the Scientific Support Center.