

## **4S – STAY SLIM, SEXY, SLENDER 4 EVER**

Slimming capsules are intended for people who need to lose weight or manage weight.

The problem is during the diet, exercise, or weight loss program you are usually hungry, grumpy, fatigued, have food cravings, need to use super human willpower, and feel deprived and miserable. The weight you lose is never the in the problem areas. You actually lose water, structural fat, and muscle. The biggest problem is that these weight loss programs lower your metabolism, and increase your appetite. They actually make it so the body gains weight quicker, stores more fat in the problem areas, and makes it even harder in the future to lose weight and fat. This is why when you stop the diet, exercise, or weight loss program you very quickly gain all the weight back, plus more! The scariest thing is the weight you gain back is the fat is stored in the problem areas that are impossible to lose. Diet, exercise and weight loss programs actually make you fatter in the long-term.

While on every "weight loss program" the first problem was that the weight didn't come off very quickly. This was always frustrating and demotivating. With **4S-** Slimming Capsule this problem is solved. Some people can lose 1kg the very first day. You may also lose 3.5kg in the first 10 days. When you are losing weight every day, this keeps your motivation to continue with the program very high.

The next problem with every other weight loss system is that you are always hungry and miserable.

With **4S-** Slimming Capsule, almost miraculously, hunger is virtually nonexistent. With other weight loss programs, you will be grumpy, and have food cravings. With **4S-** Slimming Capsule you'll have tons of energy, happiness and excitement, with no food cravings at all.

With other weight loss programs you don't actually lose the fat in the "trouble areas." No matter how much weight you lose you still have fat around the hips, thighs, buttocks, and waist. Your stomach never gets flat. With **4S-** Slimming Capsule you are actually burning and releasing the fat in these troubled areas. Your body is completely reshaped. You lose massive amounts of centimeters. Your stomach becomes flat! Your waist becomes much smaller. It's the only method known that burns and releases these secure fat reserves, dramatically changing the shape of your body.

With **4S-** No exercise is required. With most other weight loss methods time-consuming exercise is required.

**Although exercise is always encouraged for overall health benefits, with this protocol no exercise is required. Results are consistently achieved even without any exercise!**

It works right away to help suppress your appetite and melt away your excess body fat. Only one pill a day and in 30 days you will see an amazing difference! **4S** is an effective, fast and simple way to lose weight. Works great for both men and women!

The weight loss approach with **4S-** Slimming Capsule is quite different than anything else in the treatment of obesity. There are no hunger and food cravings. You have increased energy. You lose weight from the very first day. You lose fat in the trouble areas. You lose massive amounts of centimeters.

Your body is completely reshaped as if you got liposuction. Your success in reducing centimeters and fat, combined with no hunger, no cravings, no feelings of deprivation, and no depression will keep you motivated to reach your goal weight with **4S-**

There has never been a weight loss treatment that is so easy and works so well.

**4S-** Slimming Capsule is the ultimate weight loss leader today in the world! **4S-** corrects underlying cause of food cravings, increases metabolism 18 times, and normalizes the normal balance in the body that the body does not abnormally store high amounts of fat in the secure problem area fat deposits in the future.

## WHY CHOOSE TO SLIM WITH 4S

### **4S- increases your metabolic rate 18 times!**

Do you want to feel like a teenager again? Remember the time in your life, when you could eat any food, run like a rabbit, fit into your slim jeans and didn't need the scale in your bathroom? Well, now you can. Act like a teen again with 4S-! 4S- increases energy levels, sharpens your mind and not only burns the calories you eat every day like a furnace, but also shrinks fat cells.

Lose weight with 4S- because

### **4S- is all about control.**

Don't you feel stressed out from the diet restrictions, hunger cravings and meal planning? How much money do you spend each month buying prepared meals. How much time do you spend shopping in the grocery stores or making every day "difficult" choices – between Steers, KFC and Wholesome Foods? Sometimes I wish I could live "in spirit". The truth is, for many of us, we can't control our bodies, but our bodies drive us. You deserve a break. 4S- helps control your appetite. Take one capsule in the morning and you're not going to feel hungry for the entire day! I bet you can find something more exciting to do than planning your next meal.

Lose weight with 4S- because

### **4S- will give you GOOD results**

If you are impatient, 4S- is perfect for you. From the first day, with just one capsule of 4S- your body will seriously change. If you are overweight, your main problem is an imbalance of 5 elements and your worst enemies are fat and water. To lose weight you need the fire to burn the fat and dry out the water. The powerful Chinese herbs contained in one single capsule of 4S- will increase the fire and make your body naturally work out the rest of the weight loss process.

Lose weight with 4S- because

### **4S- is convenient.**

You take only one capsule a day in the morning before or after breakfast and that's all! Capsules are light and don't take much space. You can take it with you while traveling, carry it in your purse or in the car glove compartment..

Lose weight with 4S- because

### **4S- is an adjustable program.**

We are all different. Identical people exhibit a 30% difference in metabolic rate. Same sex, same age, body size and fat-to-muscle ratio. If you don't feel like taking one capsule of 4S- a day, seven days a week, 30 capsules a month – don't. For many people, taking 4S- just a couple of times a week would still be an effective solution. For others – who can handle more drastic changes – taking the capsules every day would be the most aggressive program. Remember – 4S- starts the process toward slenderness and your body does the rest. Think of your body as of your friend. To have a good relationship, you need good communication and good listening skills. Work out your own schedule with 4S- and pay attention to what your body tells you. These capsules do not work on 100% of the population and has been proven to have a 93% success rate.

Lose weight with 4S- because

**4S- is safe and healthy.**

4S- contains highly effective Chinese thermogetic herbs that do not cause any side known effects.

Lose weight with 4S- because

**If you want to lose weight, you are not alone.**

4S- is the most powerful slimming capsule on the market today. Many people like you looking day after day for a miracle slimming product that assists with weight loss. With 4S-, it has a tremendous impact not only on your self image but also on your health and mind. It will significantly improve your skin condition, slow the aging process, increase your energy and make you look younger, feel stronger and think faster.

**4S is the solution**

You will feel the appetite suppressant effects working immediately during the first day of taking the supplement.

It is well known, that having a large appetite is not the only reason why people can't lose weight. More importantly, a low metabolic rate means that you don't burn the calories you consume every day and in time causes an accumulation of fat. To burn the fat cells stored inside body tissues effectively, 4S Capsules uses a system of increasing you metabolic rate while suppressing your appetite called the *DOUBLE EFFECT*.

Firstly by eating less, thereafter burning calories and fat cells faster.

4S controls your appetite through relieving and suppressing hunger pangs by increasing the levels of serotonin in the brain which acts as a signal telling the body it is full resulting in effective weight control.

By speeding up the metabolism the body does not store fat rather burns calories, causing a reduction of fat.

The Precise combination of herbal ingredients in the scientifically proven formula of 4S promotes the thermogenesis process i.e. body's production of heat. Thermic effects causes an increase in metabolic rate (reflected by an increase in oxygen consumption) associated with the digestion, absorption, transport, and assimilation of ingested food.

## **CONTRAINDICATIONS**

People should **avoid** taking **4S-** if they suffer from:

- Heart condition, coronary heart disease and cardiovascular diseases.

- High blood pressure; Liver or kidney dysfunction
- Patients with prostatitis or glaucoma
- People who suffer from depression
- Diabetics
- Taking medications (such as MAO inhibitors), caffeine, or other herbs/supplements that speed up the heart rate.
- People who depend on drugs or alcohol
- Not suitable for pregnant women or whilst breastfeeding.
- Don't take with other prohibited drugs at the same time
- Not to take in conjunction with excessive amounts of alcohol
- People who suffer from other illnesses or chronic illness and is currently undergoing medical treatment.
- **ONLY HEALTHY PEOPLE TO TAKE 4S**

### **Side Effects**

There are no known harmful side effects. 4S- contains highly effective Chinese thermogetic herbs that do not cause any side effects.

### **Precautions**

Some people might experience **headache, insomnia, lightheadedness temporarily**. These effects could last from 2-7 days and will subside thereafter. Ensure that you remain hydrated at all times during the first 3 days and **EAT 6 SMALL MEALS WHILE TAKING THE CAPSULES ESPECIALLY WHEN BEGINNING WITH THE PROGRAMME**. If these effects continuously occur please discontinue use and if needed consult your medical practitioner.

## **HOW TO TAKE 4S-**

Take 1 capsule before breakfast with a full glass of water preferably as early as possible in the morning to prevent sleeplessness in the evening.

Make sure you eat a healthy breakfast.

Example: oats with some fruit or 2 eggs with whole wheat toast and yogurt - low in sugar.

After taking it - you will be thirsty all day so drink a minimum of 3 liters of water per day. Keep a bottle by your side all the time to ensure sufficient water intake.

Remember to eat even if you do not feel hungry, 6 x small, healthy meals per day. Try not to eat

after 6pm, only healthy snacks.

If you work out, keep a water bottle next to you, and eat 1 or 2 hours before a workout.

Eat fiber rich food and fruit to keep you regular. Some may experience constipation.

Limit caffeine and alcohol intake whilst using.....

After 1 month continuous use of 4S- You are advised to stop for at least 3 weeks before continuing again until you reach your goal weight. Once you've reached your goal weight you can discontinue usage. However you could continue using 4S- as maintenance plan once or twice a week to control appetite.

## TESTIMONIALS

### Testimonial 1

I am 25 years old and I love 4S-! It helped me lose 23kgs, and increased my metabolism a hundred percent. Now I can eat twice as much as before and not gain any weight. I'm eating like a normal person and my weight has been the same for the past 3 months! I feel wonderful and I want others to feel the same. !

### Testimonial 2

I have been fortunate most of my life to never have to worry about my weight. I was always one of the skinny girls and I could eat whatever I wanted and never gain weight. After having a baby, I found myself in a different position. I gained almost 12.5 kgs over my "usual" weight, and couldn't enjoy my favorite foods anymore. It's most horrifying that I never did learn how to eat healthy or stick to a diet. While researching different diet plans, I heard of a new weight loss pill. I thought - well, it sounds apparently very good and simple to use. I must tell you now – I am very happy that I have 4S-. First of all with 4S- I don't have to bother with any diet. 4S- helps me keep my appetite down and I can eat pasta and bread or anything like I used to do and I still am losing weight. I lost 12.5 kgs in a couple of months without any effort. I am very satisfied with this product. It is very convenient to use – one capsule before breakfast and I have more energy, lose extra weight and feel more confident. Thank you.

### Testimonial 3

I've lost 20 kgs with 4S-. I had some problems in my personal life because I was overweight. I am used to being skinny for most of my life but for some reason I gained too much weight. Even though some people liked me to be a little bit puffy it was not my style. It was hard on my health too. I was suspected to have diabetes and I needed help.

When my friend recommended 4S- I wasn't so sure. I thought there was no such a thing as a miracle diet pill that's 100% herbal. Now I tell you – I was wrong, because 4S- worked for me miraculously. In three months I went from size 10 to size 2. Look at my pictures. I lost weight and I gained my life back. It feels very good to be in shape and be skinny. Thank you.

### Testimonial 4

I have lost 15 kilos. It seemed impossible to do it by myself. Any diet I tried I would lose 5 kilos but the day I quit my diet, I would quickly gain it back. These times were a big frustration. Now I can't believe it. I didn't know about 4S-. It was so easy to lose weight. I lost 7.5 kilos the first

month. And I lost another 7.5 kilos during the next two months while taking 4S-. I felt no hunger, I worked 10 hours a day and I didn't even feel tired. By the end of the day I looked at myself in the mirror and found a new person – refreshing and excited.

The most amazing effect of 4S- is that it reshaped my body – no puffy stomach anymore, my hands and legs came back to their original youthful shape. It is very important to me to be beautiful and skinny. My mother was overweight after she had me and my brother and I was always afraid I'd turn out to be like her. But now with 4S- I am not worried anymore. And I don't really need to always stay on a diet or exercise program. I know it is good for me, but I have no time or will power to keep it up day after day. Now I keep 4S- in my purse and take it once a week or so to maintain my weight and look great.

I would recommend 4S- to everybody because it makes sense. It is easy and safe to use. You can lose weight fast and have dramatic changes in your life too.

### **Testimonial 5**

I hate this first picture. I weighed 82.5 kg before I started off with 4S-. My height is 5'2". My wedding date in the middle of December and I didn't think I can do it in three months. But I did! Now my weight is 60 kg - I lost 22.5 kg in just 1 month and 2 weeks. I was a "good" girl and stopped eating cheeseburgers. I also went to a gym and took some swim lessons. All my friends are shocked. I am shocked. I didn't think it would be so easy. Thanks. I'll look good in my wedding dress!!!! Yee!

### **Testimonial 6**

I Love It! in a little up under a month. I was little cautious about the product but decided to try it any way. The very first week I lost 4.5kgs. To me that's mind blowing. I've reached a plateau with my weight loss and this product made it so easy. Now you will be a little dry but its worth it! If you want to cheat you wont be able to. Keep in mind I'm a southern soul food type of women and love to eat! If it can tame my appetite I know it can work for anyone else. I recommend this to everyone!!!!!!!!!!!!!!

### **Testimonial 7**

Great appetite suppressant I have taken this product for several months, and it works very well as an appetite suppressant. You don't feel like you are on anything that speeds up your heart rate, and I didn't even have to take it every day to see results. Definitely recommend .... but like anything you should check with your physician if you have any medical conditions or take other prescription medicines to make sure there are no interactions. Be responsible and Be smart!

### **Testimonial 8**

Don't judge a book by its cover or at least the pills At first I was really scared to try these pills and I figured it was gonna be like every other pill I tried....But I started it almost a week already and I love it...It curves your appetite like no tomorrow...I am always thirsty with it though which isn't a big deal and I haven't had any crazy side effects...It gives me a little boost of energy and I feel great. I would recomend this to anyone!!!! trust me i will be buying more soon...

