



ITG has some Optional Supplements to help enhance your inch loss, help curb your cravings and increase fat burning.

Ask your coach for more details about these products.



ITG Crave Away Capsules – Helps those cravings and hunger pains go away!

Crave Away is a proven all-natural combination of herbal and fruit extracts and trace minerals. Crave Away decreases your appetite naturally without the use of dangerous drugs or chemicals. The proprietary herbal blend controls cravings by increasing dopamine production, the “feel-good” neurotransmitter that plays a role in how we feel by boosting mood, motivation, and attention. When cravings are reduced, you can comfortably eat less. The simple, once a day dosage of this effective herbal blend makes it easy to control your appetite and follow the guidelines of your diet program. The new and improved formula means you take less capsules throughout the day, yet still reap the benefits of appetite control in conjunction with your diet plan.



ITG Thermo Tonic

ITG Thermo Tonic provides robust support for thermogenesis, containing a carefully selected blend of botanical and nutritional ingredients. Bitter Orange, Guarana, Gingko, and Ginseng help the body power up and start burning stored fat.

Suitable for people who feel their metabolism is slow. Powerful thermogenic compounds amp up energy and stimulate fat burning, when combined with a proper dietary program. Great for people who benefit from caffeine. The first option for most people!** Ask your coach for more details and disclaimers on this product.

*Note this product will only work with a weight loss plan. Not to be used and expect to lose inches without a plan.

**These statements have not been evaluated by the FDA. These products are not intended to treat, prevent or cure any disease
V. 2025