Plan: Nutrition.

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 Inches To Go! Enhance Your Inch Loss!

As you shed pounds, you will also lose inches, normally about one inch from your overall body dimensions for every 10 pounds lost. When you add Inches To Go to your weight loss plan you'll see even better results. With this remarkable product

you can take control of shaping your body as you lose weight. *

Each Inches To Go capsule contains a carefully proportioned selection of compounds that work together to rid your body of excess inches. What's more, the nutrients in Inches To Go come from natural sources. Contains Kelp, Lecithin, Blue-Green Algae, Apple Cider Vinegar and Bromelain.



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