

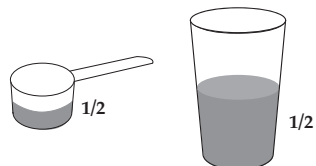
Dr. Levine's Ultimate Weight Loss Formula

Normal Schedule

(Follow this schedule to adapt your body to the fiber)

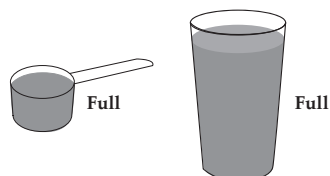
1 1/2 Scoop In 1/2 Cup For 3 Days

1	2	3



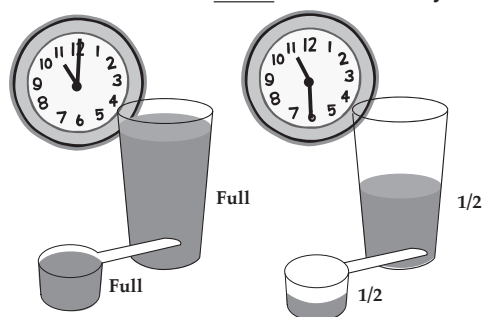
2 1 Full Scoop In Full Cup For 3 Days

1	2	3	4	5	6



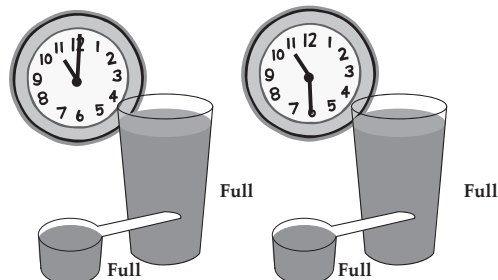
3 1 Full Scoop In One Full Cup One Hour Before Lunch or Dinner & 1/2 Scoop In 1/2 Cup 30 Minutes Before That Same Meal For 3 Days

1	2	3	4	5	6	7



4 1 Full Scoop In One Full Cup One Hour Before Lunch or Dinner & 1 Full Scoop In One Full Cup 30 Minutes Before That Same Meal Every Day.

1	2	3	4	5	6	7



Weight loss begins after day 10. Allow 2-4 weeks to measure your weight loss.

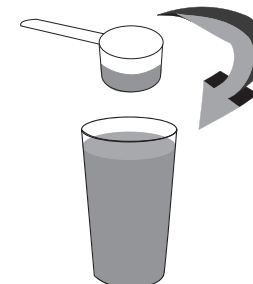
Dr. Levine's Ultimate Weight Loss Formula

Keys To Success . . .

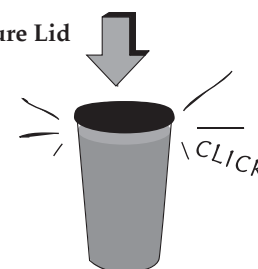
1 Add Water to Shaker Cup



2 Add Powder



3 Secure Lid



4 MOST IMPORTANT . . . Shake VIGOROUSLY with Two Hands for only 5 seconds



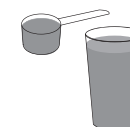
5 Guzzle Quickly in 30 -90 seconds *Liquid thickens quickly*



FORMULA SHOULD BE THIN AND TASTE GOOD. ADJUST WATER AND POWDER LEVELS SLIGHTLY TO SUIT YOUR TASTE!

Hints & Tips . . .

Dr. Levine's Ultimate Weight Loss Formula can be taken as a snack or anytime you want to curb your appetite!



If hungry at bedtime...
Take one scoop as a snack!

Physicians Direct
7350 Sandlake Commons Blvd. 2217
Orlando, Florida 32819
407-354-0001 Toll Free Orders 1-800-641-2907

Congratulations on your purchase of Dr. Levine's Ultimate Weight Loss Formula™.

It is truly "The Safest, Healthiest, Easiest, and Most Effective Way to Lose Weight."™

I have had tremendous success with having people lose weight and lower their cholesterol—dramatically. I would like to make sure you have the same success. Please contact us by phone or email (help@physiciansdirect.com) if you are experiencing **ANY** problems. **Always include your phone contact info in your emails.**

Please visit **www.thindoctor.net/therealskinny** to see a 5 min instructional video on how to best make and use this product.

Some simple rules should help you

- Follow the break-in period and when using less than one scoop use the appropriate amount of water. (1/2 scoop – fill cup only ½ way)
- Always add the water **FIRST**, then the powder.
- Secure the top and then using **BOTH HANDS** shake **VIGOROUSLY** for **5 (FIVE) seconds**. The drink should be well mixed, thin, flow easily out of the cup, and taste good. If the liquid is not well mixed, you did not shake hard enough. If the drink is well mixed but thick, you probably shook too long. Once you get the hang of how long to shake the drink, it should require the same shake-time for each serving from that particular canister. New canisters may require slightly different shake-times.
- Guzzle the liquid quickly.
- Once you have completed the break-in period take **DAILY one full scoop** in a full shaker cup of water **60 minutes before lunch OR dinner** and then: Take **ANOTHER full scoop** in another full shaker cup of water **30 minutes before the same meal.**

This means you are taking 2 scoops with 2 shaker cups of water **before lunch OR dinner.**

If you desire even faster weight loss you can **REPEAT** the same process for the other meal, so that you are taking 2 scoops **before** lunch **AND 2** scoops before dinner.

DLUWLF works great to stop snacking. Anytime you are hungry you can take one full scoop in a full shaker cup of water. This will be a **ZERO** calorie snack.

If for any reason you do not like the taste of DLUWLF or it tastes “too thick” you are doing something wrong. The most common mistakes are not putting the water in the cup before the powder and improper shaking. Contact me as I will help you.

If you have any questions please visit my support page first, if your question is not answered please use the **CONTACT US** button on the front page of my website.

Support can be found at www.thindoctor.net/support

If a password protection pops up, you will need to enter the following:

User Name support **Password** support

To send a question to me directly, please use the *Contact Us* button found at:

www.thindoctor.net

If you would be so kind please use the *Contact Us* button to inform me of any significant weight loss or improvement in your cholesterol numbers. This button can be used to provide me your cholesterol numbers, which I will happily analyze for FREE. Please also tell me how you heard about my product, or how you found me on the web.

If you have web access check out these other great products:

www.physicians-select.com

Dr. Levine's Ultimate Antioxidant Formula™ -- "The Best Health Insurance You Can Buy...In a Bottle"® It is the best and only nutritional supplement you need to take. This is the strongest and most diverse antioxidant formulation on the planet. Help prevent degenerative diseases and some forms of cancer-assist your immune system. Visit the Physicians Select® website to learn how to improve your health.

www.ultimate-skin-care.com Learn how you can protect and beautify your skin.

Dr. Levine's Ultimate Anti-aging Day Cream™ This is the ultimate in antioxidant PROTECTION for your skin. Dr. Levine's Ultimate Anti-Aging Day Cream™ is rich in natural vitamins, antioxidants, cosmeceuticals, botanicals, and plant extracts that provide ADVANCED protection against free radicals. Dr. Levine's special proprietary blend of antioxidants include Pycnogenol®, green tea, white tea and grape seed extract. Dr. Levine's Ultimate Anti-Aging Day Cream™ also contains a non-chemical sun block, hyaluronic acid, red marine algae, biodynes and plant extracts that provide the ultimate in deep penetrating moisturization and cellular protection. Enjoy skin that is more radiant, firmer, smoother, more elastic and more youthful in appearance!

Dr. Levine's Ultimate Youth Restore Night Cream™ This cream is LOADED with beneficial antioxidants, vitamins, minerals, botanicals, natural extracts, and state of the art peptide technology that bathe the skin cellular and structural elements and help restore youthful skin structure and appearance. This is the ultimate in anti-aging and repair technology.

Dr. Levine's Ultimate Sunblock™ is the strongest and safest protection from the sun. It uniquely blocks the full spectrum of UV light without the use of chemicals.

www.physiciansdirect.com

New Attitude™ - the best natural way to treat depression. This is an *ENHANCED* St. John's Wort that provides nutritional support for a healthy mental and nervous system to promote feelings of well-being and positive mood.

Wishing you every success. **Scott Levine MD**

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Dr. Levine's Ultimate Weight Loss Formula™ Break-In-Schedule

Scoops should be taken 60 minutes prior to lunch **OR** dinner and then 30 minutes prior to that **SAME** meal. Do not take before breakfast. Eat a normal breakfast.

Begin with the “Regular” schedule. If you have any symptoms of gas, bloating, abdominal pain, or loose or frequent stools it is recommended that you switch to the “Alternative” schedule, which introduces the fiber more slowly.

REGULAR SCHEDULE

ALTERNATIVE SCHEDULE

Day #	Min Before Meal	# of scoops		Day #	Min Before Meal	# of scoops
1	60 min	½		1	60 min	¼
2	60 min	½		2	60 min	¼
3	60 min	½		3	60 min	¼
4	60 min	1		4	60 min	¼
5	60 min	1		5	60 min	½
6	60 min	1		6	60 min	½
7	60 min 30 min	1 ½		7	60 min	1
8	60 min 30 min	1 ½		8	60 min	1
9	60 min 30 min	1 ½		9	60 min	1
10	60 min 30 min	1 1		10	60 min	1
Continue everyday	60 min 30 min	1 1		11	60 min 30 min	1 ½
				12	60 min 30 min	1 ½
				13	60 min 30 min	1 ½
				14	60 min 30 min	1 ½
				15	60 min 30 min	1 ½
				16	60 min 30 min	1 1
				Continue everyday	60 min 30 min	1 1

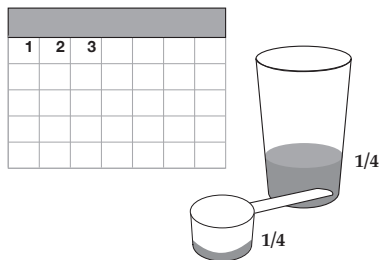
After day 10 on the regular schedule or day 16 on the alternative schedule you can take 2 or more scoops daily. Don't snack before bedtime, instead take an extra scoop of DLUWLF as a Zero Calorie snack. You can add additional scoops as tolerated (anytime) to curb your appetite. DLUWLF contains only healthy ingredients. Copyright © 2006 Physicians Direct ®. All Rights Reserved. U.S. Patent 7,030,092

Alternate Schedule . . . if you are having problems with gas, or loose stools, use this schedule

Doctor's Notes

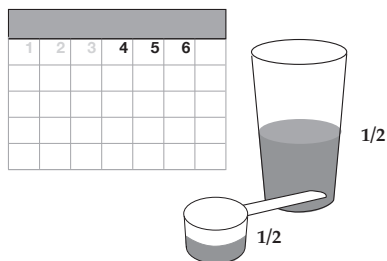
1

1/4 Scoop In 1/4 Cup Water For 3 Days



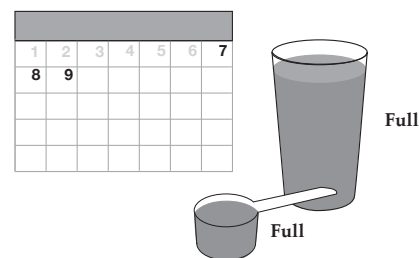
2

1/2 Scoop In 1/2 Cup Water For 3 Days



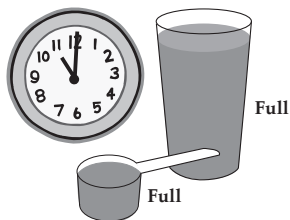
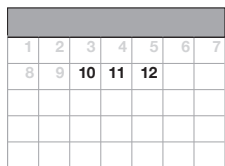
3

1 Full Scoop In Full Cup Water for 3 Days



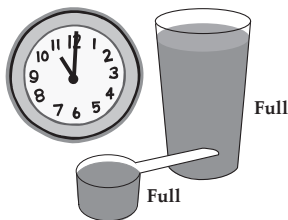
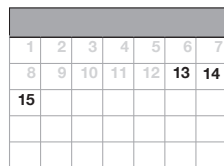
4

1 Scoop Prior to Meal Then 1/4 Scoop
30 Minutes Prior To The Same Meal For 3 Days



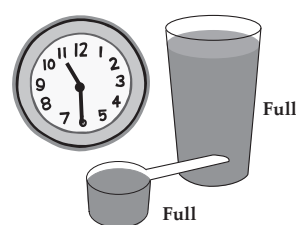
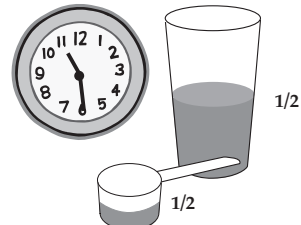
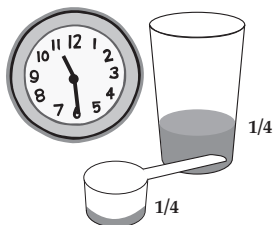
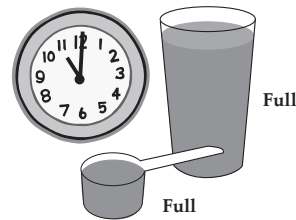
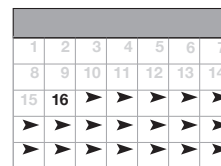
5

1 Scoop Prior to Meal Then 1/2 Scoop
30 Minutes Prior To The Same Meal



6

1 Full Scoop In One Full Cup One Hour Before
Lunch *or* Dinner & 1 Full Scoop In One Full Cup
30 Minutes Before That Same Meal . . . *Every Day*



Contact Dr. Levine at:
preferredhelp@physiciansdirect.com
or
407-354-0001
or
1-800-641-2907

Important Information

Dr. Levine's Ultimate Weight Loss Formula **should taste GOOD and be THIN**...the consistency of water. You are doing something wrong if the drink does not taste good or is not thin.

Please visit www.thindoctor.net/therealskinny to see a 5 min instructional video on how to best make and use this product.

If you find the drink TOO thick

- Make sure you are adding water to the cup first and then the powder
- Shake **VIGOROUSLY** with **TWO** Hands for **EXACTLY 5 seconds** (Place both thumbs on top of the cup, and place all fingers on the bottom of the cup. This will give you a vigorous shake).
- Make sure you are guzzling it down quicky. The drink will thicken within 90 sec.
- Add more water. A full scoop should be used with **12 ounces** of water. (The cup only has a 10 ounce hashmark). **Make sure you fill the cup ABOVE the hashmark. To fill with 12 ounces of water—fill to the bottom raised lip of the cup.** (Or use a measuring cup to show you where 12 ounces is on the cup).

If you still don't like the taste try :

- Using a bit more or a bit less water (fill cup with 10-12 ounces of water)
- Make sure you are guzzling it down quickly. Do not let the drink sit.
- Try adding some other low calorie beverages to the mix.
 - Skim or low fat milk can be added. You can add as little as $\frac{1}{4}$ of the cup and still have a new great taste. You do not need to fill the whole cup with milk.
 - You can add fruit juices. You can add as little as $\frac{1}{4}$ of the cup and still have a new great taste. You do not need to fill the whole cup with juice.
 - **Remember** adding milk or juice will add some calories to the drink, try to add as little as necessary to create the taste you desire.

If the Two drinks (1 serving) before the meal does not make you full...

- Make sure you are taking one full scoop 60 minutes before LUNCH OR DINNER and a second full scoop 30 minutes before the **SAME** meal

Remember Dr. Levine's Ultimate Weight Loss Formula™ can be used “

- To drastically reduce the number of calories consumed at a meal
- As a meal replacement
- As a snack, or to be used to prevent snacking

Please contact me by email and include your phone number if you are having any problems. (help@physiciansdirect.com) I want you to enjoy Dr. Levine's Ultimate Weight Loss Formula™.

Wishing you Great Health!

Scott Levine MD

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What is Dr. Levine's Ultimate Weight Loss Formula?

Dr. Levine's Ultimate Weight Loss Formula® (DLUWLF®) is the "Smartest, Healthiest, Safest And Most Effective Way To Lose Weight"™. DLUWLF is a powder that is mixed with water or other low calorie drinks to create a beverage. Once consumed, DLUWLF causes a sensation of fullness that limits that food you can eat at your proposed meal. DLUWLF contains antioxidants that have been scientifically proven to be thermogenic-- they burn calories. You lose weight by at least two mechanisms. You limit the calories you consume without feeling as if you are on a diet. You burn calories safely and without dangerous stimulants.

Is it natural and how many calories does it contain?

Yes, it is natural and it contains zero calories.

How do I take Dr. Levine's Ultimate Weight Loss Formula®?

Follow the directions on the label. You will first follow a 10-14 day break-in-period so that your body can get accustomed to the increase in fiber. After day 13, you take one scoop 1 hour before LUNCH OR DINNER, and then another scoop 30 minutes prior to that same meal. Then eat the meal. You will not be able to eat too much because of the satiety that the drink induces. You should use this 2 scoop regimen before your lunch OR dinner. The satiety is typically long lasting (4-6 hours) and helps prevent between meal snacking.

Are there other ways to use Dr. Levine's Ultimate Weight Loss Formula?

Yes the drink can be used as a meal or snack replacement. It can be used to skip a meal,-- but that is not necessary. You will lose weight eating 3 meals per day with DLUWLF. Never as a meal replacement more than once per day as it will result in weight loss that is too rapid. DLUWLF can also be used as a snack replacement. Take a zero calorie drink of DLUWLF instead of eating a snack-- anytime.

What ingredients does Dr. Levine's Ultimate Weight Loss Formula contain?

Antioxidants, B vitamins, 5 different types of fiber (Pectin, Guar, Locust Bean, Oat, and Psyllium) a natural/art. flavoring agent and a sweetener (Sucralose®). DLUWLF does not contain NutraSweet® or Aspartame®.