

A Weight Loss REVOLUTION

diet 360™



THERE IS NO "ONE CAUSE" OF WEIGHT GAIN

There are many reasons for weight gain—cultural, emotional, physical, biological or even economical. Maybe you were raised in an environment where fat-laden fried foods were served every night, or maybe you work in a stress-filled job that leaves eating as your only outlet for pent-up emotions. Perhaps you're a member of the "TV generation" that shuns outdoor exercise, or maybe you're one of the millions living life on-the-go who turn to quick, cheap calories provided by fast-food restaurants. For the majority of you with weight to lose, it's likely that several of these factors are adding unwanted pounds to your body.

THERE IS NO "ONE SOLUTION" TO WEIGHT LOSS

Fixing your weight gain situation must be just as multi-faceted as the cause, starting first with attitude. To overcome this challenge, you've got to understand two vital thoughts. The first key is understanding and accepting that carrying extra pounds is about far more than appearance. It compromises your health and affects every aspect of how you live your life.

The second is fighting this war on multiple battlefields. You've got to change your attitude, your thinking process, your food intake, your exercise, and possibly even wage a war against your body's own chemistry to get the scale moving again in the right direction. **You don't need a small "tweak." You need a revolution—a 180-degree change with a 360-degree plan!**

We formulated Diet 360 to help you wage war on excess weight and finally win the battle of the bulge. Diet 360 provides a comprehensive and holistic approach in helping you reach your weight loss and total health goals.† Today, weight loss comes full circle—with Diet 360!



From the **#1** Selling Weight Loss Brand Natural Products Industry*

CLINICALLY STUDIED INGREDIENTS YOU CAN TRUST

- Metabolism†**
 - **SlimPure™**—this decaffeinated green coffee extract is a natural thermogenic that supports blood sugar health to minimize fat storage and increase lean body mass†
- Blood Sugar†**
- Metabolism†**
 - **Fucoxanthin**—a carotenoid from brown seaweed, and an antioxidant with emerging science supporting its effect on metabolism†
- Blood Sugar†**
 - **Blueberry Leaf & Bayberry Bark Extracts**—powerful antioxidants that promote efficient glucose metabolism and support already healthy blood sugar levels†
- Energy†**
 - **Ashwagandha Extract**—an Ayurvedic herb studied to regulate cortisol levels in the body, providing numerous benefits from symptoms associated with stress†
- Stress†**

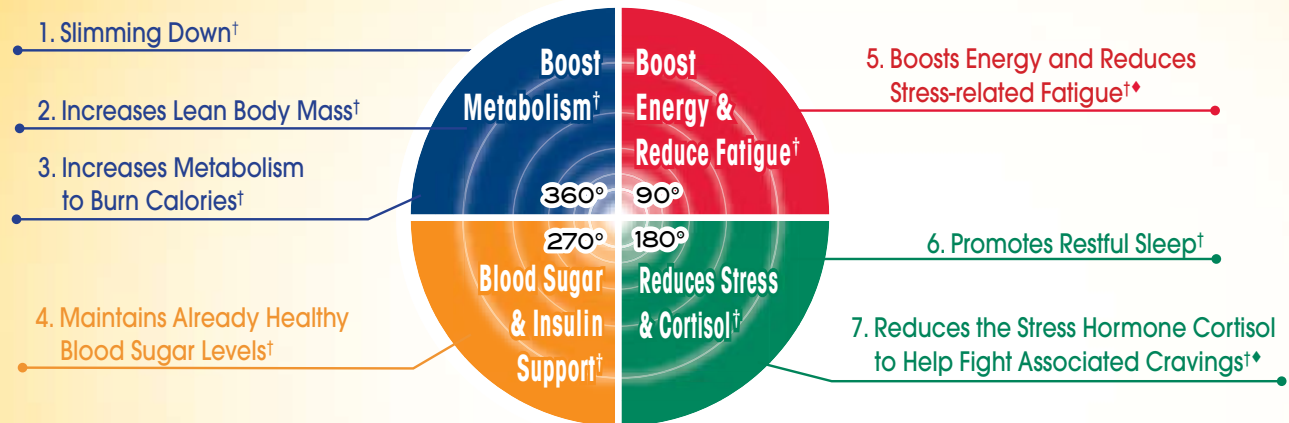
† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

♦ The Ashwagandha in Diet 360 helps you manage stress and stress-related issues. † Stress can cause a biological response in the body that ultimately leads to occasional loss of sleep, general irritability, skipping meals, binge eating, carb loading and other challenges.

* fūcoTHIN® sales SPINS 52 Weeks Ending 1/23/10

A HOLISTIC APPROACH THAT SUPPORTS WEIGHT LOSS FROM EVERY ANGLE†

Diet 360™ gives you the benefit of *MULTIPLE* clinically studied ingredients designed to address *MULTIPLE* barriers to weight loss.† Everything is accounted for in this revolutionary new formula. That's why Diet 360 is a truly holistic approach to healthy, faster weight loss, accomplished through these seven paths:



Use with diet and exercise

As you can see, instead of focusing on one aspect of weight loss, Diet 360 is a holistic and multi-dimensional approach attacking weight loss from SEVEN angles.†

HOW DIET 360 WORKS TO PROMOTE WEIGHT LOSS†

The ingredients that comprise Diet 360 have been individually reviewed and clinically studied for the role they play in supporting weight loss.†

Ashwagandha extract works to bolster the body's stress response, which helps reduce the stress hormone cortisol.† As people become stressed, their responses can be varied. Things like skipping meals, binge eating, carb craving, stress-related fatigue, mood swings and occasional sleeplessness are common. By inhibiting stress responses, *Ashwagandha* extract supports healthy weight management.†

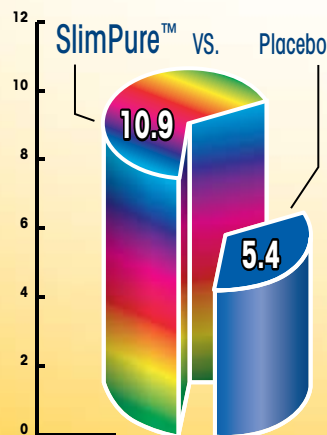
The combination of **blueberry leaf and bayberry bark extracts** are clinically studied ingredients included in Diet 360. Where *Ashwagandha* extract works to reduce cortisol and stress, the blueberry leaf and bayberry bark work to reduce the negative impact of food, particularly with regard to blood sugar levels.†

If you eat a high amount of carbs and sugar, there will be a lot of glucose in the bloodstream. The longer glucose is in the bloodstream, the more likely that the body will try to get rid of it another way. The longer insulin touches glucose, the more likely it will convert that glucose into fatty acids. The fat created in the process may manifest itself as new fat cells or increase the size of existing fat cells. Maintaining blood sugar levels (already in the normal range) with Diet 360 may ultimately lead to slower fat cell production.†

In clinical studies, blueberry leaf and bayberry bark were shown to help maintain already normal blood sugar levels for a healthy glycemic response.† These ingredients did so by expediting glucose from the bloodstream into fat and muscle cells.† By advancing the movement of glucose quickly into the cells, glucose can't be converted efficiently into fat by the insulin.

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SIGNIFICANT WEIGHT LOSS RESULTS†



10.9 LBS LOST VS. 5.4 LBS

In a clinical study, 50 participants with a BMI of 25 or higher lost an average of 10.9 pounds over 60 days versus 5.4 pounds for the placebo group.† The study evaluated only SlimPure, just one of the ingredients in Diet 360. See GardenofLife.com for full details.



EMPOWERING EXTRAORDINARY HEALTH®

Those Pesky Fat Cells

While fat has many important functions in the body, it's best to think of fat as an energy source. If you go on a diet and reduce the amount of calories you consume, your body will call on the excess fat stores in your body to provide energy. If you add exercise to the equation, more energy is required and more fat will be used.

Using excess fat as energy and burning more calories is a great way to enhance weight loss. It is for that reason that Diet 360 contains ingredients that are designed to increase metabolism to burn more calories and promote the formation of lean muscle mass versus fat mass.†

One of those ingredients, **fucoxanthin**, has vaulted into the weight loss spotlight over the last few years, and for good reason. Fucoxanthin actually goes to work within the fat cells, where it has the ability to increase the energy expenditure of the cell.† This increased metabolism aids the body in burning calories, which is one of the goals of any weight loss program.†

Unlike many other ingredients that boost metabolism, fucoxanthin does so without stimulating the central nervous system, a common side effect of many weight loss supplements.†

Finally, Diet 360 contains a clinically studied decaffeinated green coffee extract called **SlimPure™**. In addition to the weight loss results discussed, SlimPure was shown to significantly increase the ratio of muscle mass to fat mass.†

Diet 360—a True Diet Revolution

At the end of the day, Diet 360 was born out of a comprehensive approach to weight loss. With multiple paths to weight loss and clinically studied ingredients, Diet 360 is the logical choice to help you start your own weight loss revolution.