

Sugar Free
SEPTEMBER

Join The Challenge
FOR A CHANCE TO WIN!


MEDI
WEIGHTLOSS
The one that works!®



Americans are eating 50% more sugar today than in the 1970s (and we have seen our obesity rates explode during this same time period). Sugar has no nutritional value, is bad for your teeth, may negatively affect your memory, and too much can put you at risk for weight gain and developing type 2 diabetes.

Is life sweeter without sugar? Commit to a Sugar Free September and find out! From Sept. 1-30, avoid all processed sugar, including desserts, soft drinks, cereals, condiments, and more. Check nutrition labels to stay sugar free.*

GET STARTED!

- Clean out your pantry and donate all sweet treats.
- Look for our daily sugar-free fact, tip, or recipe on our Facebook and Twitter pages.
- Earn points and enter to win. Tell us you're sugar free, like **Medi-Weightloss®** on Facebook, follow us on Twitter and Pinterest, tweet about the challenge, and/or sign up for our weekly emails!

**Medi-Weightloss® is giving away two \$100 gift cards and two sugar-free gift baskets!
Four winners will be announced Oct. 3.**

*Fruit and natural sugar sources are a healthier choice for lifelong wellness. The **Medi-Weightloss®** Program limits fruit and natural sugars during Acute Weight Loss. Follow your **Medi-Weightloss®** Experts' recommendations for fruit and vegetable intake.

PURCHASE Signature Supplements & Products ONLINE and at locations near you.



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MediWeightloss.com