

***Diet Regimen 1 (with Orly & Chromax)***

Follow this regimen in combination with Orly&Chromaxif you consume too many fatty foods and foods high in carbohydrates.

Dosage of Orly: 2 capsules daily - 1 capsule before lunch &and 1 before dinner. This decreases the absorption of dietary fats and urges the body to burn its own fat stores.

Dosage of Chromax: 3 capsules a day - 1 capsule 30 minutes before each meal. This turns the carbohydrates in your meal into energy instead of fat.

Breakfast:1 piece of low fat cheese OR beans (3 spoons) OR 1 boiled egg+ ½ whole wheat bread.

Lunch: grilled meat (150 gm) OR 1 grilled fish OR 1 piece of grilled chicken + rice OR pasta (4 spoons)  
OR ½ whole wheat bread + steamed vegetables.

Dinner:Sameas breakfast.