ALL ONE®

ALL ONE Weight Loss

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After decades of carefully watching the supplement industry, ALL ONE has finally perfected a natural, healthy and highly effective weight loss supplement. Our patented blend of protein, beta-glucan fibers and natural herbs combined with our sensible program will let you easily achieve your weight loss goals and put you on the road to a slimmer, healthier you.



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HOW IT WORKS

The ALL ONE Weight Loss Formula contains a proprietary blend of nutrient dense, blood sugar stabilizing, thermogenic and immune supporting ingredients combined together to deliver a healthy and effective option for long lasting weight management.

The following ingredients are specially formulated in just the right, synergistic proportions:

Aktivated Barley®: a steady, slow-burning, low glycemic index carbohydrate originally used by ancient Romans to give their warriors sustained energy. Aktivated Barley® helps control your blood sugar and carbohydrate cravings while providing valuable Beta-Glucan (fiber) and nutrients.

Green Tea: an ancient tea, long used by the Chinese and Japanese to promote wellness, Green Tea has recently been shown to have thermogenic properties as well as high levels of antioxidants, meaning it will help you burn calories faster and keep you healthier.



L-Carnitine: an important amino acid that augments fat burning, increases energy and eliminates cravings.

Chromium: an important trace mineral that helps process carbohydrates and fats resulting in a reduction in blood sugar "spikes" and reducing cravings.

Banaba: a blood sugar stabilizer that helps to preserve lean muscle tissue. Banaba's active ingredients work in conjunction with insulin to lower blood glucose levels.



Organic Flax: a certain amount of fat is required in the diet and Organic Flaxseed provides a healthy fat, rich in Omega-3 fatty acids and fiber.

Whey Protein: the most optimal protein for weight loss, Whey Protein is high in leucine which helps preserve lean muscle tissue. We get our Whey Protein from specially monitored New Zealand farms to ensure it is of the highest quality and free of any hormones or other harmful additives.

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Monday and Thursday

Breakfast	Oatmeal	(1/2 cup oats, 2 tbsp raisins, 1 tbsp brown sugar, 1/4 cup 1% milk)
	ALL ONE Multiple Vitamin and Mineral Formula	
Snack	Apple	(1 large apple)
Lunch	*ALL ONE Weight Loss Formula*	
Snack	Veggies w/Dip	(1 cup carrots and broccoli, 2 tbsp lowfat dip)
Dinner	Chicken Breast	(5 oz. broiled)
	Pasta w/Sauce	(1/2 cup pasta with 1/2 cup sauce)
	Dinner Salad	(w/1 serving low calorie dressing)
	Peaches & Yogurt	(1 peach sliced, 1/2 cup yogurt)

Tuesday and Friday

Breakfast	English Muffin	(1 english muffin)
	Poached Egg	(1 egg)
	ALL ONE Multiple Vitamin and Mineral Formula	
Snack	Cantaloupe	(1 wedge)
	Cottage Cheese	(1/2 cup, low fat)
Lunch	*ALL ONE Weight Loss Formula*	
Snack	Trail Mix	(1/4 cup)
Dinner	Chicken Breast	(5 oz. broiled)
	Brown Rice	(1/2 cup)
	Dinner Salad	(w/1 serving low calorie dressing)
	Grapes	(1 cup)

Wednesday and Saturday

Breakfast	Toast w/jam	(1 slice bread, 1 tbsp jam)
	Cottage Cheese	(1/2 cup, low fat)
	ALL ONE Multiple Vitamin and Mineral Formula	
Snack	Apple	(1 wedge)
Lunch	*ALL ONE Weight Loss Formula*	
Snack	Veggies w/Dip	(1 cup carrots and broccoli, 2 tbsp lowfat dip)
Dinner	Salmon	(1/2 fillet broiled w/lemon)
	Red Potatoe	(1/2 cup)
	Spinach	(1 cup salted, no butter)
	Sorbet	(1/2 cup)

Sunday (brunch!)

Snack	ALL ONE Multiple Vitamin and Mineral Formula
Brunch	Eggs (2, scrambled)
	Pancakes (3, 4" Diameter)
	Light Syrup (2 tbsp)
	Fruit Salad (1 cup)
	Bacon (2 slices)
Snack	ALL ONE Weight Loss Formula
Dinner	Chopped Salad
	Light Dressing (1 serving)
	Feta Cheese (1 tbsp)
	Chicken Breast (5 oz broiled)
	Ice Cream (1/2 cup, slow churned)

The ALL ONE Meal Plan

THESE DIETS ARE IDEAL
If these diets seem too hard to follow right away, don't worry! Make yourself a plan to work your way up to a healthy eating guide like this slowly. Don't forget: any step in the right direction is a good one!

-The ALL ONE Team-

Portion control is one of the most important aspects of monitoring your foodintake. ***Make it a goal to measure out all your food!***



Supplement Facts
Serving size: Two (2) Scoops or Two (2) Heaping Tablespoons (30g)

Amount per serving		% Daily Value*
Calories	100	
Calories from fat	20	
Total Fat	2g	3%
Saturated Fat	1g	5%
Potassium	260mg	7%
Total Carbohydrates	7g	2%
Dietary Fiber	2g	8%
Sugars	1g	*
Protein	16g	32%
Vitamin A (as Beta-Carotene)	1,000IU	20%
Vitamin C (as Ascorbic Acid)	60mg	100%
Vitamin D2 (as Ergocalciferol)	100IU	25%
Vitamin E (as d-Alpha Tocopherol Succinate)	30IU	100%
Thiamine(as Thiamine HCL)	3mg	200%
Riboflavin (B-2)	3mg	180%
Niacin (as Niacinamide)	30mg	150%
Vitamin B-6 (as Pyridoxine HCL)	3mg	150%
Vitamin B-12 (as Cyanocobalamin)	25mcg	420%
Biotin (as d-Biotin)	25mcg	8%
Pantothenic Acid (as d-Calcium Pantothenate)	15mg	150%
Calcium (as Dicalcium Phosphate, Whey Protein)	340mg	34%
Phosphorus (as Dicalcium Phosphate, Whey Protein)	295mg	30%
Iodine (as Potassium Iodide)	180mcg	120%
Magnesium (as Magnesium Carbonate)	125mg	30%
Zinc (as Zinc Oxide)	7.5mg	50%
Selenium (as Selenium Proteinate)	50mcg	70%
Copper (as Cupric Amino Acid Chelate)	0.2mg	10%
Manganese (as Manganese Carbonate)	4mg	200%
Chromium (as Chromate® Niacin bound Chromium)	300mcg	250%
Molybdenum (as Molybdenum Amino Acid Chelate)	50mcg	70%
Sodium	30mg	1%
ALL ONE Proprietary Blend (9.75g): Organic Aktivated Barley® Seed, Organic Flax (seed), Soy Lecithin, l-Carnitine (as l-Carnitine Fumarate), Green Tea (leaf), and Banaba (leaf)		
Also Contains:		
Probiotic Blend (providing: 2 billion colonies Lactobacillus Acidophilus, Lactobacillus bulgaricus, Lactobacillus bifidus, Lactobacillus casei)	200mg	÷
Choline (as Choline Bitartrate)	50mg	÷
Inositol	25mg	÷
Hesperidin Complex (Citrus Fruit)	25mg	÷
Para Amino Benzoic Acid (PABA)	5mg	÷
Rutin	5mg	÷

***Percent Daily Values are based on a 2000 calorie diet.**
÷Daily value not established.
****Proteinate**
*****Essential Amino Acids**

These statements have not been evaluated by the FDA. This product is not intended to cure, prevent or treat any disease.