

What You Do Between Meals Makes All the Difference

You've got a yen for something. You're not hungry, exactly. You just ate a pretty good dinner, but now you have this craving. You need a snack. It may be something simple like popcorn or pretzels, or perhaps a bagel. Or, it may be something really "good" like a donut, cookies or candy. Whatever it is, it's likely adding a number of extra calories to your daily diet and ultimately a few extra inches to your waistline.

4Life® now has the answer to your snack attacks. B'Tweens from 4Life offers a satisfying snack you can eat between meals. These great-tasting mint chocolate chews contain only 40 calories each and five grams of carbohydrates. They include a proprietary blend of herbal and nutritional components along with a potent combination of vitamins to effectively promote healthy energy levels, a positive mood and successful weight loss. Make B'Tweens a part of your weight loss regimen because what you eat between meals can make all the difference.

Key Points

- **Supports Appetite Control:** Increased stress and emotional highs and lows can all be triggers to overeating and throw off the body's metabolic balance. B'Tweens combine cocoa-almond extract, 5-hydroxytryptophan and L-tyrosine with additional herbs, enzymes and nutrients to help control appetite, promote a better mood and support mental function.

Researchers are uncovering the surprising power of chocolate. Studies have identified more than 300 compounds in chocolate, including valuable nutrients such as magnesium, arginine and polyphenols. The cocoa-almond extract found in the proprietary blend also contains theobromine, a xanthine from the same family as caffeine, which has been shown to promote a euphoric effect, helping boost one's mood and energy levels and contribute to effective weight loss. As a precursor to serotonin, 5-hydroxytryptophan can increase serotonin levels and influence mood, sleep patterns and appetite. Improved mood and increased energy can result in a feeling of well-being and help reduce overeating. L-tyrosine is an amino acid that has been found to increase the metabolic rate and help promote healthy mood. It can also improve endurance under stress and is an effective appetite suppressant.

- **Improves Energy:** Maca, a root vegetable used by native Peruvians as a food since before the time of the Incas, is included in the B'Tweens proprietary blend because of its ability to promote vitality and endurance. In addition, quercetin and an essential blend of B vitamins have been added to help maintain healthy nerve and red blood cells and help in the production of energy.
- **Complements a Successful Weight Management Program:** B'Tweens are a great between meal alternative, offering support during a time when many individuals need it most. Only 40 calories each, these tasty mint chocolate chews are formulated to further strengthen your weight loss efforts and give you the "sweet reward" you need each day.

Did You Know?

Recent results of the National Health and Nutrition Examination Survey (NHANES) 1999 indicate that an estimated 61 percent of U.S. adults are either overweight or obese along with 13 percent of children and adolescents.

National Center for Chronic Disease Prevention and Health Promotion

According to the Snack Food Association, new product introductions spurred the growth of snack food sales in 1998 to reach \$18.7 billion. That translates into 21.83 pounds of snack foods eaten by each American every year.

Technical Points

Opuntia ficus-indica contains pectins and mucilage that are beneficial to the digestive system. It's particularly useful in providing nutrients to the pancreas and liver, which support digestion and maintain blood sugar balance. It also acts by reducing the amount of fat your body absorbs from food.

NOTICE: Rite Start™ and BioEFA™ should not be taken within two hours of B'Tweens.



EPHEDRA FREE

DIRECTIONS: Take one to two (1-2) chews between meals or as desired with 8 oz of fluid.

Serving Size: One (1) Chew
Servings Per Container: 30

Supplement Facts

Amount Per Serving		DV%*
Calories	40	
Calories from Fat	20	
Total Fat	2 g	3%
Total Carbohydrate	5 g	2%
Sugars	3 g	
Niacin	.59 mg	2%
Vitamin B6	.79 mg	40%
Folic Acid	137 mcg	34%
Vitamin B12	2.4 mcg	33%
Sodium	20 mg	< 1%
Proprietary Blend	215 mg	
Maca		**
Cocoa-Almond Extract		**
<i>Opuntia ficus-indica</i> (leaf)		**
Quercetin		**
L-Tyrosine		**
5-Hydroxytryptophan		**
Bromelain		**
<i>Schisandra chinensis</i> (fruit)		**

*Reference Daily Intake (RDI)

**Daily Value (DV) not established.

Other Ingredients: corn syrup, sugar, condensed whole milk, palm kernel oil, chocolate, mono & diglycerides, salt, soya lecithin, natural flavors.

Ordering Information

Item # 14501 - One 30/pk
Item # 14502 - Two 30/pk
Item # 14503 - 12 Pack