



# FIT **FAST**

## FREQUENTLY ASKED QUESTIONS

FIT FAST program was created by specialists whose aim was to select ingredients of the finest quality that will support our everyday diet and body nutrition and to prepare aromatic and tasty meal in the form of a shake, which not only facilitates slimming or muscle mass building but also cleans the organism from toxins and boosts the work of all organs and tissues in the human body.

- FIT FAST contains a high quality whey protein that is characterised by the highest mineral purity which improves the process of purifying the body from toxins deriving from foods.
- Due to the fact that selected meals are replaced by shake FIT FAST was enriched with a food improver that prevents from electrolyte deficiencies, a unique plant namely Indian maca used also by NASA in astronauts' nutrition.
- In order to improve the work of digestive tract FIT FAST is also enriched with inulin - a prebiotic that aids bacterial flora of bowels.
- To strengthen the process of fat burning and boost the production of small amounts of insulin - one of the anabolic hormone that among others builds up muscles - each portion of FIT FAST was enriched with small quantity of pure, easily assimilated glucose. The addition of small amount of glucose helps to avoid unpleasant effect of hypoglycaemia that, in people on different diets, results in such side effects as headaches, dizziness, scotomata and fainting. Additional intake of small amounts of glucose support secretion of endorphins and lift the mood up, indispensable in reaching good effects of the diet.

### 1. Why Fit Fast?

- It contains full range of amino acids, including branch-chain amino acid BCAA
- Helps to control the weight
- Helps to build up muscle mass
- Contains exclusively natural nutrients
- Helps in purifying the organism from toxins and improves metabolism
- Supplies the body with indispensable nutrients, minerals and vitamins

### 2. Should I practise any sport when using Fit Fast?

Yes. Physical activity improves the condition and the metabolism greatly. Rightly chosen physical activity will help you in achieving desired health results and balanced body weight.

### 3. What benefits does the body weight control in Fit Fast programme bring?

Scientific researches prove that maintaining the right weight balance is a very effective prevention, or even curative method, against many illnesses. Apart from that the right weight make us feel better and look younger.

### 4. Can children or teenagers use Fit Fast?

Fit Fast can be used by both children and teenagers however, if the product is used for weight control a medical consultation is advisable prior the underage starts any kind of weight control programme.

**5. Can pregnant or breastfeeding women use Fit Fast?**

The Fit Fast product is an advanced, highly purified and balanced form of a meal. Pregnant or breastfeeding women can use Fit Fast. Due to the fact that the product contains vitamins and mineral substances both the pregnant and the breast-feeding women should get acquainted with the list of ingredients and accustom its usage to their diet (in particular, balance it with the other vitamins and supplements they are intaking). If you are pregnant or breastfeeding and have any doubts about using Fit Fast a medical consultation prior using is suggested.

**6. Can diabetics use Fit Fast?**

Fit Fast can be used by diabetics in a way adjusted to their glycaemic profile. Fit Fast diet supplementation has various influences on diabetics depending on the kind and intensify of the illness therefore, even though there are no contraindications against using the supplement by people who suffer from diabetes mellitus a detailed study of the ingredients and the amount of carbohydrates is advisable. If in doubt people suffering from diabetes mellitus are asked to contact their doctor before taking Fit Fast.

**7. Can I take Fit Fast if I take medicines on prescription?**

No interaction of Fit Fast with medicines were reported. If you take any medicines on prescription or stay under control of your doctor it is worth to consult the doctor or a pharmacist each time you are attempting to change your dietary habits or intensify physical activity.

**8. Is Fit Fast gluten free?**

The ingredients of Fit Fast are gluten free.

**9. What typical allergens does Fit Fast contain?**

Fit Fast contains trace amounts of lactose and therefore is not recommended to people allergic to that substance.

**10. Can the elderly people use the Nutrient Fit Fast?**

Yes. Fit Fast is an ideal supplement for the elderly people's diet

**11. Can Fit Fast substitute my daily intake of milk?**

Yes. Fit Fast is an ideal substitute of milk in every balanced diet. Fit Fast allows for significant improvements of metabolism and assimilability of amino acids thanks to purifying the product from casein protein which is considered by modern dietetics to have possibly negative effect on the body.

**12. What is the shelf-life of Fit Fast?**

The shelf-life of Fit Fast nutrient is 24 months.

**13. How should Fit Fast be stored?**

Fit Fast should be stored in a closed, hermetic container, in a dry place, in the room temperature and kept out of the reach of children.

**14. Can I dissolve Fit Fast in milk or hot water?**

Fit Fast is an ultramodern meal in the form of liquid. Unlike other protein products available on the market dissolving Fit Fast in milk is not recommended due to casein and substantial amount of lactose contained in the full milk. Fit Fast should not be dissolved in hot water, above 40 degrees. By using the highest quality of natural products in the production of Fast Fit, our product dissolves very well even in cool water, about 20 degrees, and as a result increases the metabolism of the body, retains its excellent nutritional properties and complements the deficiency of the organism in amino acids, vitamins and minerals.