

UNITED STATES DISTRICT COURT  
SOUTHERN DISTRICT OF FLORIDA

04-21280

CASE NO.

FEDERAL TRADE COMMISSION,

NIGHT BOX  
FILED

Plaintiff,

MAY 28 2004

v.

CLARENCE MADDOX  
CLERK, USDC / SDFL / MIA

KAMARFU ENTERPRISES, INC., and  
MARITZA FUENTES,

Defendants.

CIV - LENARD

MAGISTRATE JUDGE  
SIMONTON

**COMPLAINT FOR PERMANENT INJUNCTIVE  
AND OTHER EQUITABLE RELIEF AGAINST KAMARFU ENTERPRISES, INC.  
AND MARITZA FUENTES**

Plaintiff, the Federal Trade Commission ("FTC" or "Commission"), through its undersigned attorneys, alleges as follows:

1. Plaintiff brings this action under Section 13(b) of the Federal Trade Commission Act ("FTC Act"), 15 U.S.C. § 53(b), to secure a permanent injunction, rescission of contracts, restitution, disgorgement of ill-gotten gains, and other equitable relief against defendants for engaging in deceptive acts or practices and disseminating false advertisements in connection with the advertising and sale of purported weight loss products, in or affecting commerce, in violation of Sections 5(a) and 12 of the FTC Act, 15 U.S.C. §§ 45(a) and 52.

**JURISDICTION AND VENUE**

2. This Court has jurisdiction over this matter pursuant to 15 U.S.C. §§ 45(a), 52, and 53(b), and 28 U.S.C. §§ 1331, 1337(a) and 1345.

3. Venue in the United States District Court for the Southern District of Florida is proper under 15 U.S.C. §§ 45(a), 52, and 53(b) and 28 U.S.C. §§ 1391(b) and (c).

### **THE PARTIES**

4. Plaintiff, the Federal Trade Commission, is an independent agency of the United States Government created by statute. 15 U.S.C. §§ 41-58. The Commission enforces Section 5(a) of the FTC Act, 15 U.S.C. § 45(a), which prohibits unfair or deceptive acts or practices in or affecting commerce. The Commission also enforces Section 12 of the FTC Act, 15 U.S.C. § 52, which prohibits false advertisements for food, drugs, devices, services, or cosmetics in or affecting commerce. The Commission may initiate federal district court proceedings to enjoin violations of the FTC Act and to secure such equitable relief, including rescission of contracts, restitution, and disgorgement of ill-gotten gains, as may be appropriate in each case. 15 U.S.C. § 53(b).
5. Defendant Kamarfu Enterprises, Inc. ("Kamarfu Enterprises"), is a Florida corporation with its principal office or place of business at 2620 NW 97 Avenue, Miami, Florida 33172. At all times relevant to this complaint, acting individually or in concert with others, Kamarfu Enterprises has marketed and sold dietary supplements to consumers. Kamarfu Enterprises transacts or has transacted business in this district.
6. Defendant Maritza Fuentes ("Fuentes") is the President and sole owner of Kamarfu Enterprises. At all times relevant to this complaint, acting individually or in concert with others, she has formulated, directed, controlled, had the authority to control, or participated in the acts and practices of Kamarfu Enterprises, including the acts or practices set forth in this complaint. Her principal office or place of business is the same as that of Kamarfu Enterprises. Fuentes transacts or has transacted business in this

district.

## COMMERCE

7. The acts and practices of defendants alleged in this complaint have been in or affecting commerce, as "commerce" is defined in Section 4 of the FTC Act, 15 U.S.C. § 44.

### DEFENDANTS' COURSE OF CONDUCT

8. Since about 2001, defendants have advertised, offered for sale, sold, and distributed dietary supplements to consumers nationwide. Defendants' advertising and product labeling have referred to Fuentes as "Dr. Maritza Fuentes" because she received a medical degree in Cuba. Defendants' products have included, but are not limited to, 1-2-3 Diet Kit, a purported weight loss kit that has contained three dietary supplements:
- a. Diet Formula (Step 1), which sometimes has contained chitosan, and also has contained chromium picolinate, L-carnitine, Citrimax (HCA), citrus aurantium extract, uva ursi, buchu leaf, juniper berries, green tea extract, and other ingredients;
  - b. Either (i) Diet Plus (Step 2), which has contained Super Citrimax (HCA 60%), and other ingredients, or (ii) Fiber Formula (Step 2), which has contained psyllium husk, guar gum, oat bran, apple pectin, papaya enzyme, and other ingredients; and
  - c. Spirulina Plus Formula (Step 3), which has contained spirulina, chlorella, and other ingredients.

Defendants have offered and sold a one-month supply of the 1-2-3 Diet Kit for \$129.00 and \$143.99.

9. Defendants have advertised their products throughout the United States through Spanish-language print advertisements in national Hispanic magazines, such as *Prevención* and

Vanidades, via print advertisements in Hispanic newspapers, such as El Nuevo Herald, via the Internet, via radio advertisements and Maritza Fuentes' radio show aired on Spanish-language radio, via television, and through other means. Defendants also have advertised their products through English-language print advertisements in newspapers, such as The Miami Herald. Consumers have been able to purchase the products by calling a toll-free telephone number or by ordering over the Internet.

### 1-2-3 Diet Kit

10. Defendants have disseminated, or caused to be disseminated, advertisements for the 1-2-3 Diet Kit, including, but not limited to, the websites, print, and radio advertisements attached as Exhibits A through D. These advertisements contain the following statements (translated from the original Spanish to English), among others:

- a. [The 1-2-3 Diet Kit] Controls appetite.  
-Ex. A, <http://www.123dietkit.com>  
(translated from the original Spanish to English)
- b. *Chitosan* aids weight loss because it bonds with the fats in the stomach and prevents them from being digested and absorbed, some call it a "fat magnet."  
-Ex. A (translated from the original Spanish to English)
- c. I started taking Dr. Maritza Fuentes' 123 Diet Kit 2 months ago and I have already lost almost 22 lbs. . . .  
-Ex. A (translated from the original Spanish to English)
- d. I have been taking 123 Diet Kit for three months and I have lost about 35 Lbs, which is an average of 11 lbs more or less per month, . . .  
-Ex. A (translated from the original Spanish to English)
- e. Recently, people who were given Dr. Maritza Fuentes' 1-2-3 Diet Kit formula (along with a modest caloric restriction and moderate exercise) experienced more weight loss and 63% more decrease in body fat than those who followed a diet and exercise alone.  
-Ex. B, <http://www.drmaritzafuentes.com>  
(translated from the original Spanish to English)

- f. Dr. Maritza Fuentes' New weight loss program:
  - 100% Natural
  - No side effects
  - You'll lose 10 to 12 Pounds per monthAnd you won't gain them back!!
  - Ex. C, print ad in el Nuevo Herald  
(translated from the original Spanish to English)
  
- g. In two months my wife lost 36 (thirty six) pounds.
  - Ex. D at 13, radio show transcript  
(translated from the original Spanish to English)
  
- h. The ingredients in our formula will help you eliminate that fat that's accumulated in your body, specifically in your abdomen. You will also be able to control your appetite; . . . .
  - Ex. D at 7-8 (translated from the original Spanish to English)

**DEFENDANTS' VIOLATIONS OF THE FTC ACT**

- 11. Section 5(a) of the FTC Act, 15 U.S.C. § 45(a), prohibits unfair or deceptive acts or practices in or affecting commerce. Section 12(a) of the FTC Act, 15 U.S.C. § 52(a), prohibits the dissemination of any false advertisement in or affecting commerce for the purpose of inducing, or which is likely to induce, the purchase of food, drugs, devices, services, or cosmetics. For purposes of Section 12 of the FTC Act, 15 U.S.C. § 52, the 1-2-3 Diet Kit is a "food" or "drug" as defined in Section 15 of the FTC Act, 15 U.S.C. § 55.

**COUNT I**

**1-2-3 Diet Kit: False Claims**

- 12. Through the means described in Paragraph 10 above, defendants have represented, expressly or by implication, that:
  - a. The 1-2-3 Diet Kit causes permanent weight loss;
  - b. The 1-2-3 Diet Kit causes substantial weight loss in a short period of time, for example, 10 to 12 pounds per month or 36 pounds in two months; and

- c. The 1-2-3 Diet Kit causes substantial weight loss by blocking the absorption of a substantial portion or amount of dietary fat.

13. In truth and in fact:

- a. The 1-2-3 Diet Kit does not cause permanent weight loss;
- b. The 1-2-3 Diet Kit does not cause substantial weight loss in a short period of time, for example, 10 to 12 pounds per month or 36 pounds in two months; and
- c. The 1-2-3 Diet Kit does not cause substantial weight loss by blocking the absorption of a substantial portion or amount of dietary fat.

Therefore, defendants' representations set forth in Paragraph 12 above are false or misleading and constitute deceptive acts or practices, and the making of false advertisements, in or affecting commerce, in violation of Sections 5(a) and 12 of the FTC Act, 15 U.S.C. §§ 45(a) and 52.

## COUNT II

### **1-2-3 Diet Kit: Unsubstantiated Claims**

14. Through the means described in Paragraph 10 above, defendants have represented, expressly or by implication, that 1-2-3 Diet Kit causes weight loss by suppressing appetite.

15. Defendants did not possess and rely upon a reasonable basis that substantiated the representation set forth in Paragraph 14 above at the time the representation was made.

Therefore, defendants' representation set forth in Paragraph 14 constitutes a deceptive act or practice, and the making of false advertisements, in or affecting commerce, in violation of Sections 5(a) and 12 of the FTC Act, 15 U.S.C. §§ 45(a) and 52.

## **CONSUMER INJURY**

16. Consumers throughout the United States have suffered and continue to suffer substantial injury as a result of defendants' unlawful acts or practices. In addition, defendants have been unjustly enriched as a result of their unlawful acts or practices. Absent injunctive relief by this Court, defendants are likely to continue to injure consumers, reap unjust enrichment, and harm the public interest.

### **THIS COURT'S POWER TO GRANT RELIEF**

17. Section 13(b) of the FTC Act, 15 U.S.C. § 53(b), empowers this Court to grant injunctive and such other relief as the Court may deem appropriate to halt and redress violations of the FTC Act. The Court, in the exercise of its equitable jurisdiction, may award other ancillary relief, including rescission of contracts, restitution, and disgorgement of ill-gotten gains, to prevent and remedy injury caused by defendants' law violations.

### **PRAYER FOR RELIEF**

WHEREFORE, Plaintiff Federal Trade Commission, pursuant to Section 13(b) of the FTC Act, 15 U.S.C. § 53(b), and the Court's own equitable powers, requests that this Court:

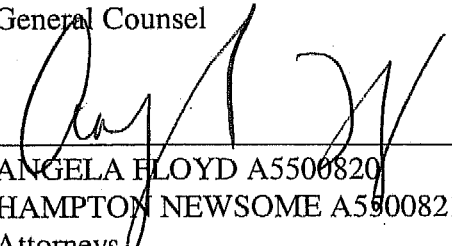
- (1) Permanently enjoin defendants from violating Sections 5(a) and 12 of the FTC Act, as alleged herein, including committing violations in connection with the advertising, offering for sale, or distribution of food, drugs, dietary supplements, devices, cosmetics, or other products, services, or programs;
- (2) Award such equitable relief as the Court finds necessary to redress injury to consumers resulting from defendants' violations of the FTC Act, including, but not limited to, rescission of contracts, restitution, and disgorgement of ill-gotten gains; and

(3) Award Plaintiff such other equitable relief as the Court may determine to be just and proper.

Dated: \_\_\_\_\_

Respectfully submitted,

WILLIAM E. KOVACIC  
General Counsel



ANGELA FLOYD A5500820  
HAMPTON NEWSOME A5500821  
Attorneys

Division of Enforcement  
Bureau of Consumer Protection  
Federal Trade Commission  
600 Pennsylvania Avenue, N.W.  
Washington, D.C. 20580  
(202) 326-2237 (telephone)  
(202) 326- 2559 (facsimile)

Attorneys for Plaintiff



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# Exhibit A


 Home

Lea lo que algunos de nuestros clientes tienen que decir.....

Yo empecé a tomar el 123 DietKit de la Dra Maritza Fuentes, hace 2 meses y ya he perdido casi 22 lbs no solo estoy contenta por haber perdido peso sino que a la vez me siento mejor tengo más energía y lo más importante salud..... **Yolanda Ruiz, NJ.**

Hace tres meses que estoy tomando el 123 Diet Kit y he perdido como 35 Lbs, que es un promedio de 11 lbs mas o menos por mes, creo que el producto es muy bueno..... **Rita Maria, Miami, Fl.**

Yo Habia probado unos cuantos productos en el mercado pero nunca obtuve los resultados que decebaba, Yo conocia de los beneficios del Calcium Piruvate, Chitosan and Chromium Picolinate, asi que empecé el programa y hace 1 mes y medio lo empecé y ya he perdido 22 Lbs.....**Nelly..... Miami, Fl.**

 Aprenda Mas !

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Web page designed by Leonel Martínez

## ¿Que es el 123 Diet Kit?

El 123 Diet Kit no es un tratamiento ordinario para bajar de peso sino un programa diseñado basado en estudios e investigaciones recientes de la Medicina Natural. Sencillamente ataca la obesidad desde diferentes ángulos:

- Regula el apetito.
- Acelera el metabolismo (sin actuar sobre el sistema nervioso centra).
- Mobiliza y elimina los ácidos grasos almacenados, utilizándolos como energía a nivel celular.
- Gran fuente de proteínas, vitaminas, minerales, carotenoides y otros elementos necesarios.

### La Guía Nutricional

Con el 123 Diet Kit Ud. recibe una guía nutricional confeccionada por la Dra. Maritza Fuentes. En esta guía Ud encontrará ejemplos de que se debe comer en el desayuno, almuerzo y cena. Así como, con el semaforo de la alimentación, se informa los alimentos que se tienen que sacar de la dieta, los que se pueden comer con alguna frecuencia y los que sin ningún problema se pueden ingerir todos los días, siempre manteniendo una alimentación balanceada.

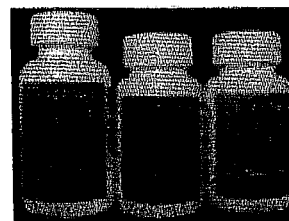
### Garantía 100%

Con cada Kit el Cliente obtiene una copia del certificado de análisis del producto, el cual consiste de una prueba fisicoquímica donde se verifican las cantidades exactas de los ingredientes principales, el tiempo de desintegración de las tabletas, además de la prueba microbiológica donde se comprueba la ausencia de bacterias como la salmonella, e.coli, s.aureus, entre otras. El certificado esta firmado por el Dpto de Control de Calidad de nuestros laboratorios. Con estas garantías; se asegura calidad, confianza y efectividad que a su vez se traduce en resultados y resultados son los que se tratan de alcanzar.

Introduciendo...  
**123 Diet Kit**

**\$ 129. 00**

**Envío GRATIS**



**COMPRAR**

**Dr. Maritza Fuentes Productos Naturales**  
Para ordenar por telefono llame al 1-800-813-9

Testimonios

Aprenda  
Mas !

Elimine la grasa de más para siempre... Sin riesgo!!!. **Garcinia Cambogia, L-Carnitin, Chitosan y Picolinato de Cromio...** son una combinacion muy efectiva para combatir la obesidad sin riesgo.

### Productos Nuevos

- Colesterol Kit
- Arthritis Kit
- Energy Kit
- PMS Kit
- Prostate Kit
- Memory Kit
- Circulation Kit

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El producto **Diet Formula** es el más importante dentro del **Diet Kit**, el cual ha sido confeccionado no solo con los ingredientes más efectivos sino que su fórmula es única, meticulosamente estudiada e investigada resultó en una proporción perfecta de sus componentes activos.

**Sus ingredeintes.**

Los ingredientes activos principales del **Diet Formula** son el aminoácido L-Carnitina<sup>1</sup>, la *Garcinia Cambogia* (**CITRIMAX™**), el *Citrus Aurantium*, el *Chitosan* y el *Picolinato de Cromio*.

Esta combinación perfecta es lo que hace el **Diet Formula** la herramienta necesaria para alcanzar el peso ideal de una forma natural, segura, sin efectos secundarios malignos y algo más importante; sin utilizar ningún tipo de estimulantes que actúen sobre el sistema nervioso central.

**¿Como Funcionan?**

La función principal de la *L-Carnitina* en el organismo es ayudar a movilizar los ácidos grasos de cadena larga, los cuales son quemados en el interior de las células para suministrar energía. Así pues, evita la acumulación de grasas, en particular en el corazón, el hígado y los músculos esqueléticos. La *Garcinia Cambogia* (**CITRIMAX™**) es un extracto que inhibe la síntesis de los ácidos grasos en el hígado, estimula la conversión de grasa corporal en combustible y además regula el apetito. El extracto de la fruta cítrica *Aurantium* estimula considerablemente el metabolismo, también ayuda a la eliminación

de las grasas y promueve la masa muscular —esencial para las caderas, los muslos, la cintura y los glúteos. El *Chitosan* ayuda a la pérdida de peso porque se une a las grasas en el estómago e impide que puedan ser digeridas y absorbidas, algunos se refieren a esta sustancia como un “imán para las grasas”. El *Picolinato de Cromio* es la forma en que el cromio es mejor absorbido por el organismo, es importante en la síntesis del colesterol, grasas y proteínas, promueve la quema de grasas e incrementa el tejido muscular.

1. La Carnitina no es un aminoácido en sentido estricto, si embargo por poseer una estructura química se le suele considerar parte de ellos.

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**Exhibit A**  
**(TRANSLATED)**

**CERTIFIED TRANSLATION**  
The Language Doctors, Inc.

[graphic] Home

Read what some of our clients have to say ...

[graphic] [illegible]

I started taking Dr Maritza Fuentes' 123 DietKit 2 months ago and I have already lost almost 22 lbs I am not just happy because I lost weight but also because I feel better I have more energy and, most important, health ... **Yolanda Ruiz**, NJ.

[graphic] Learn More!

I have been taking 123 Diet Kit for three months and I have lost about 35 Lbs, which is an average of 11 lbs more or less per month, I think the product is very good ..... **Rita Maria**, Miami, Fl.

I Had tried several products on the market but never got the results I wantid [sic], I knew about the benefits of Calcium Pyruvate, Chitosan and Chromium Picolinate, so I startid [sic] the program and 1 and a half months ago I startid [sic] it and I have already lost 22 Lbs .....**Nelly** ..... Miami, Fl.

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[illegible]

[graphic]

English site

[illegible]

### What is the 123 Diet Kit?

The 123 Diet Kit is not an ordinary weight loss treatment, but a program designed on the basis of recent studies and research in Natural Medicine. Simply, it attacks obesity from different angles:

- Controls appetite
- Speeds up metabolism (without acting on the centra [sic] nervous system).
- Movilizes [sic] and eliminates the stored fatty acids, using them as energy at the cellular level.
- Great source of proteins, vitamins, minerals, carotenoids, and other necessary elements.

### The Nutrition Guide

With the 123 Diet Kit you receive a nutrition guide developed by Dr. Maritza Fuentes. In this guide you will find examples of what you should eat for breakfast, lunch, and dinner. And the nutrition signal tells you about the foods you have to eliminate from your diet, those you can eat with some frequency, and those you can ingest every day without any problem, always maintaining a balanced diet.

### 100% Guarantee

With each Kit the Client gets a copy of the product's certificate of analysis, which consists of a physical chemistry test in which the exact amounts of the main ingredients [and] the pills' disintegration time are verified, as well as the microbiological test confirming the absence of bacteria such as salmonella, e.coli, s. aureus, and others. The certificate is signed by our laboratories' Quality Control Dept. With these guarantees; assurance of quality, confidence, and effectiveness which also translates into results and results are what we're trying to achieve.

Introducing:

123 Diet Kit [garbling or overwriting]

[photo] \$129.00

FREE shipping

[photo]

[MasterCard logo] [Visa logo] [illegible]

BUY

**Dr. Maritza Fuentes Natural Products**

**To order by phone call 1-800-813-9 [cut off]**

[graphic] Testimonials [graphic] [illegible] [graphic] Learn More!

Eliminate excess fat forever ... Without risk !!! **Garcinia Cambogia, L-Carnitine, Chitosan, and Chromium Picolinate**... are [sic] a very effective combination for fighting obesity without risk.

### New Products

- **Cholesterol Kit**
- **Arthritis Kit**
- **Energy Kit**
- **PMS Kit**
- **Prostate Kit**
- **Memory Kit**
- **Circulation Kit**

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CERTIFIED TRANSLATION  
The Language Doctors, Inc.

[illegible] [graphic] English site [illegible]  
 [graphic] Learn More! [graphic] Testimonials [graphic] Home

**Diet Formula** is the most important product in the Kit, which has not just been prepared with the most effective ingredients, but its unique formula, meticulously studied and researched, resulted in a perfect proportion of its active ingredients.

#### Its ingredients.

The main active ingredients of **Diet Formula** are the amino acid L-Carnitine,<sup>1</sup> Garcinia Cambogia (CITRIMAX™), Citrus Aurantium, Chitosan, and Chromium Picolinate.

1. *Carnitine is not, strictly speaking, an amino acid, but [sic] it is generally considered one because it has a similar chemical structure.*

This perfect combination is what makes **Diet Formula** the necessary tool for achieving the ideal weight naturally, safely, without harmful side effects and, more important; without using any type of stimulants that act on the central nervous system.

#### How does it work?

The main function of **L-Carnitine** in the body is to help mobilize the long chain fatty acids, which are burned in the cells to provide energy. So it prevents the accumulation of fat, especially in the heart, liver, and skeletal muscles.

**Garcinia Cambogia (CITRIMAX™)** is an extract that inhibits the synthesis of

fatty acids in the liver, stimulates the conversion of body fat to fuel, and also controls the appetite. The citrus fruit extract **Aurantium** considerably stimulates the metabolism, it also aids the elimination of fats and promotes muscle mass - essential for the hips, thighs, waist, and gluteals. **Chitosan** aids weight loss because it bonds with the fats in the stomach and prevents them from being digested and absorbed, some call it a "fat magnet." **Chromium Picolinate** is the form in which chromium is best absorbed by the body, it is important in the synthesis of cholesterol, fats, and proteins, promotes the burning of fat, and increases muscle tissue.

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file://E:\Diet%20Kit\Dietformula.htm

10/16/2003

CERTIFIED TRANSLATION  
 The Language Doctors, Inc.



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# Exhibit B

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Conócete a tí mismo! Calcula tu Índice de Masa Corporal con nuestra [calculadora IMC](#).

## Como bajar de peso

**S**i Ud se siente con sobrepeso y quiere recuperar su peso pero no puede tomar estimulantes, entonces quizás se este preguntando... ¿que hacer? Pruebe el sistema 1-2-3 Diet Kit completamente libre de estimulantes. Una potente y segura herramienta para perder grasa, perfecta para todas aquellas personas que en realidad quieran seriamente bajar de peso saludablemente, sin afectar o interferir con su sistema nervioso central y cardiovascular.

Recientemente, personas a quienes se le suministró la fórmula 1-2-3 Diet Kit de la Dr. Maritza Fuentes (en conjunto con una modesta restricción calórica y ejercicios moderados) experimentó más pérdida de peso y 63% más de disminución de grasa corporal, que aquellos que solamente siguieron una dieta y ejercicios.

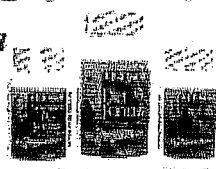
Los que tomaron el 1-2-3 Diet Kit reportaron sentirse con más energía y con una disminución importante de la ansiedad de estar comiendo constantemente. La fórmula 1-2-3 Diet Kit funciona trabajando en el metabolismo, regulando el apetito y transporta los ácidos grasos a través de la membrana mitocondrial para la función energética, por tanto moviliza los depósitos de grasa y los utiliza como fuente de energía.



El sistema 1-2-3 Diet Kit desarrollado por la Dr. Maritza Fuentes es recomendable para toda persona que quiera bajar de peso e incluso para aquellos pacientes que padecen de enfermedades crónicas como la diabetes, la hipertensión, enfermedades cardiovasculares y de la glándula tiroide. Tambien para los que han considerado que los estimulantes pudieran afectar su organismo.

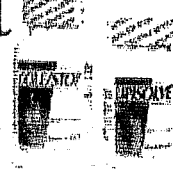
## 1-2-3 Diet Kit

La fórmula más avanzada y eficiente para bajar de peso libre de estimulantes.



## Manténgase saludable con Colesterol Kit

Una alternativa más saludable



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**Exhibit B**  
**(TRANSLATED)**

**CERTIFIED TRANSLATION**  
The Language Doctors, Inc.



Know yourself! Calculate your **Body Mass Index** with our BMI calculator.

**How to lose weight**

[photos]

If you are overweight and want to get back to your normal weight but can't take stimulants, then perhaps you are asking yourself ... what to do? Try the completely stimulant-free 1-2-3 Diet Kit system. A strong, safe tool for losing fat, perfect for everyone who really, seriously wants to lose weight healthily, without affecting or interfering with his/her central nervous and cardiovascular system.

Recently, people who were given Dr. Maritza Fuentes' 1-2-3 Diet Kit formula (along with a modest caloric restriction and moderate exercise) experienced more weight loss and 63% more decrease in body fat than those who followed a diet and exercise alone.

Those who took the 1-2-3 Diet Kit reported that they had more energy and a significant decrease in the anxiety of being constantly eating. The 1-2-3 Diet Kit formula works on the metabolism, regulating the appetite, and transports the fatty acids through the mitochondrial membrane for the energy function, so it mobilizes the fat deposits and utilizes them as a source of energy.

The 1-2-3 Diet Kit system developed by Dr. Maritza Fuentes is recommended for anyone who wants to lose weight, and even for those who suffer from chronic diseases such as diabetes, hypertension, cardiovascular disease, and thyroid disease. Also for those who feel that stimulants could affect their bodies.

**1-2-3 Diet Kit**  
*The most advanced and efficient  
stimulant-free weight loss formula*

[graphic]

*Stay healthy with*  
Cholesterol Kit  
*A healthier alternative*

[graphic]



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**CERTIFIED TRANSLATION**  
The Language Doctors, Inc.

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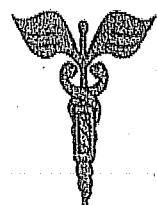
# Exhibit C

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# MIAMI ESTA ADELGAZANDO CON:




DRA. MARITZA FUENTES



1 2 3

DIET  
KIT





El Nuevo programa para bajar de peso  
de la Dra. Maritza Fuentes:

- 100% Natural
  - No tiene efectos secundarios
  - Va a perder 10 a 12 Libras por mes
- ¡¡Y no las vuelve a subir!!

**1-866-371-2335**

DIETKIT@123.COM

Llame gratis al 1 866 371 2335 y reciba de regalo con su orden una guía nutricional y ¡¡15 parches para adelgazar!!

123 Diet Kit, para bajar de peso saludablemente

**Exhibit C**  
**(TRANSLATED)**

**CERTIFIED TRANSLATION**  
**The Language Doctors, Inc.**

**MIAMI IS  
SLIMMING DOWN WITH:**

[photo]

Dr. MARITZA FUENTES

[graphic] 1 2 3 DIET  
KIT

[photo]

K-FTC 0001767  
CONFIDENTIAL

**CERTIFIED TRANSLATION**  
The Language Doctors, Inc.

[photo]

[illegible]

Dr. Maritza Fuentes' New weight loss program:

- 100% Natural
  - No side effects
  - You'll lose 10 to 12 Pounds per month
- And you won't gain them back!!

1-866-371-2335

DIETKIT@123.COM

Call 1 866 371 2335 toll-free and receive as a gift with your order a nutrition guide and 15 slimming patches!!

123 Diet Kit, for healthy weight loss

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**Exhibit D**

[cd]

**(TRANSLATED)**

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**Federal Trade Commission  
Bureau of Consumer Protection**

**Cassette Tape**

**LABEL: KAMARFU1  
0323173 EXHIBIT D**

**REFERENCIA / LEGEND**

**VOZ MASCULINA NO IDENTIFICADA EN OFF: UM**

**MF: MARISA FUENTES (M.D.)**

**MA: MARIA [LNU]**

**MAG: MAGALI [LNU]**

**EP: ENRIQUE PEREZ**

**RV: ROSA VIDAL**

**LO: LOURDES [LNU]**

**CERTIFIED TRANSLATION  
The Language Doctors, Inc.**

**[INICIO DE LA GRABACION]**

**[BEGINNING OF RECORDING]**

**[MUSICA DE FONDO]- INICIO DEL PROGRAMA.**

**[BACKGROUND MUSIC] –BEGINNING OF PROGRAM**

001 UM Con ustedes amigos Radio [ph] Letes. Un programa exclusivo hecho a la medida para lucir y sentirse siempre mejor. "La Salud y Su Familia" con la doctora Marisa Fuentes. Con ustedes ya la doctora Marisa Fuentes.

My friends, with you Radio [ph] Letes. An exclusive program specially made to your size to look and feel always better. "Health and Family" with doctor Marisa Fuentes. With you now doctor Marisa Fuentes.

002 MF Que tal amigos, tengan todos muy buenos días y sean bienvenidos a este espacio que como acabamos de escuchar la que lo conduce es solamente la doctora Marisa Fuentes. Pero usted es el principal protagonista de este espacio, como cada miércoles alterno, esta mañana estamos tempranito en la mañana. El miércoles próximo vamos a estar en la tarde a las cuatro (4:00) de la tarde. Muchísimas gracias. Este es un amigo oyente que nos acompaña cada semana en este espacio en algunas partes en que hablamos de salud, de temas interesantes, de cómo cuidar su vida, de cómo aprender nuevos hábitos que le van a garantizar prolongar no solamente los años de vida, sino también su calidad de vida que es lo mas importante. Muchísimas gracias a usted también oyente que en este momento esta sintonizando este espacio por primera vez, bienvenido. Crea esto que en este espacio, juntos, usted quizás va a aprender a identificar algunas cosas que están pasando con su organismo en los últimos meses, quizás en los últimos días, en semanas atrás, que usted nota que esta sucediendo algo diferente y no sabe cual es la razón. Yo siempre digo, y a pesar de de que lo he aprendido no solamente en el curso de la vida sino también que como Médico, que cualquiera de nosotros puede aprender el arte de escuchar su organismo. Yo creo que si nosotros aprendemos a escuchar nuestro cuerpo, el mismo nos va a indicar que está sucediendo. Para esto solamente debemos ser un poco observadores, eh... tener en cuenta cuales son los síntomas que nosotros podemos sentir de forma diferente en algún

Hello my friends, good morning to you all and welcome to this program that, as we heard, is conducted by doctor Marisa Fuentes. But you are the main character in this space, just like every other Wednesday, this morning we are here early. Next Wednesday we'll be here at 4:00 in the afternoon. Thank you very much. This is a friend listener who is with us every week in this space sometimes when we talk about health, about interesting topics, about how to take care of your life, how to learn new habits that will guarantee to prolong not only your years of life, but also the quality of life that is the most important. Thank you very much to you, who are listening right now this space for the first time, welcome. Believe me that in this space we, together, you will learn to identify some things that have been happening in your body during the last months, probably these last few days, weeks ago, that you notice that something different is happening and you don't know what's the reason. I always say, even though I learned it not only in my life, but also as a doctor, that any of us can learn the art of listening to your body. I believe that if we learn to listen to our body, he is going to let us know what's going on. We only need to be better observers, uh... taking into consideration what are the symptoms that will make us feel in a different way at certain point in our lives. For that reason we have to be a little bit reflexives, uh... to think how we were feeling some time ago and to think that what's happening to us is that right now we are feeling different. You only need a few minutes of meditation, a few minutes of concentration, a few minutes to concentrate in yourself. I know that sometimes it's a little

momento de nuestras vidas. Para eso tenemos que ser un poco reflexivos, eh... pensar como nosotros nos sentíamos hace un tiempo atrás y pensar que lo que nos está sucediendo es que en este momento nos estamos sintiendo diferentes. Solamente necesita unos minutos de meditación, unos minutos de concentración, de centrarse en usted mismo. Yo sé que a veces es un poquito difícil con él, el de cursar de la vida tan rápida que llevamos todos los días. Pero yo creo que usted como ser humano merece dedicarle unos minutos al día, solamente unos pocos minutos, puede ser en horas de la mañana o en horas de la tarde, para aprender a escuchar su organismo. ¿Que le esta diciendo su cuerpo en ese lenguaje que solamente usted puede interpretar? que le esta avisando de que algo mal esta sucediendo. Y cuando digo de ese lenguaje que solamente usted puede interpretar, y que para usted sentarse en la oficina de su medico de cabecera y explicarle lo que esta sucediendo, usted tiene que interpretar que le esta diciendo su cuerpo, que esta pasando. Por que su medico, ni ningún medico es adivino. Usted tiene que describirle lo que esta sucediendo con su cuerpo. Y si usted comienza poquito a poco a aprender ese arte, el arte de saber identificar lo que esta sucediendo con su cuerpo, usted misma va a describir más exacta, más fácil, mas eh... yo diría directa. La manera en que su cuerpo va todos los días reaccionando y va progresando. Esto es algo que usted debería pensar en el día de hoy y debería reflexionar. Recuerde que nuestro cuerpo, nuestro organismo es una maquinaria casi perfecta y que si nosotros aprendemos a manejar esta maquinaria, vamos a ser los sabios, los mas sabios de nuestro organismo. Y nosotros mismos vamos a aprender a identificar lo que está sucediendo y también poquito a poco usted va a aprender cual podría ser una posible solución. Obviamente para eso estamos los médicos para ayudarle a complementar esa solución. De eso se trata

bit hard with the fast rhythm of life that we live everyday. But I think that you, as a human being, should dedicate a few minutes a day, just a few minutes, maybe in the morning or sometime in the afternoon, to learn how to listen to your body. What is your body telling you in that language that only you can interpret? That's letting you know that something bad is happening. And when I say that language that only you can interpret and that for you to seat in front of your own doctor and explain to him what's happening, you have to interpret what your body is telling you, what's happening. Because neither your doctor nor any other doctor are wizards. You have to describe what's happening with your body. And if you start learning that art, little by little, the art to be able to identify what's going on with your body, you will be the one to describe more precisely, easily, more uh... I would say more directly. The way in which your body is reacting and progressing every day. This is something that you should think and meditate about today. Remember that our body is a machine almost perfect and that if we learn to control this machine, we are going to be the wizards, the biggest wizards of our body. And we are going to be the ones to learn how to identify what's happening and also little by little you will learn to find a good solution. Of course that's what we doctors are here for, to help you complete that solution. That's what this space is about. I invite you to stay. Good morning and welcome.

este espacio. Yo le invito a que se quede.  
Muy buenos días y bienvenido.

003

Si usted es uno de tantos que tratando de librarse de unas incómodas libras demás, ha recurrido a distintos métodos para bajar de peso y lograr su propósito, ponga atención. Les habla la doctora Marisa Fuentes. A mi me ocurría igual hasta que decidí buscar con ayuda de mi experiencia médica y la efectividad del procedimiento investigativo, la fórmula que cambiaría mi vida y mi figura significativamente. Así creé Un-Dos-Tres Diet Kit, mi programa para bajar de peso, ¿y saben qué? Funcionó. Un-Dos-Tres Diet Kit, consta de tres elementos fundamentales que ayudan a quemar el exceso de grasa, regulan el apetito, reducen los niveles de colesterol, estabilizan en nivel de azúcar y le ayudan a evitar el estreñimiento y las hemorroides. Contribuyen a a eliminar también toxinas en nuestro organismo. Un-Dos-Tres Diet Kit funcionará también para usted.

If you are one of many people looking for a way to get rid of a few extra pounds, you have tried different methods to lose weight and succeed, pay attention. This is doctor Marisa Fuentes. I had the same problem until I decided to do some research, by using my medical experience and the effectiveness of investigation, to find the formula that would change my life and my figure significantly. That's how I created One-Two-Three Diet Kit, my program to lose weight. And do you want to know what? It worked. One-Two-Three Diet Kit, consists of three fundamental elements that help to burn the excess of fat in your body, regulate your appetite, reduce the cholesterol level, stabilize your sugar levels and help you avoid constipation and hemorrhoids. They also assist to eliminate toxic elements from our body. One-Two-Three Diet Kit works for you too.

004 UM

Llame para los productos naturales de la Doctora Marisa Fuentes al 305-599-0014.

Call to receive the natural products from doctor Marisa Fuentes at 305-599-0014.

005 MF

Tengan este teléfono a mano, que más adelante yo les voy a comentar por qué en el 305-599-0014 usted puede encontrar una ayuda las 24 horas del día y quizá a usted le haga falta. De cualquier manera lo mas importante es que yo le mencioné tempranito en el espacio, en qué número estamos nosotros en vivo, estamos aquí en Radio Bombin [ECO: Radio Bombin] 05-446-0710, 305-446-0710 y usted, mas adelante vamos a ver (INTERFERENCIA/ECO) todas las personas que pueden entrar en las líneas nuestras esta mañana. Solamente en pocos minutos porque el espacio es de veintisiete (27) minutos. Pero antes quiero comentarle algo. Yo no sé si usted se ha dado cuenta que la nutrición es esencial para la salud. Para su vitalidad, para mantener los niveles de energía de su cuerpo y para protegerlo de las infecciones. No es posible llevar una vida activa y sana con una comida inadecuada, con una alimentación que no es correcta. Entonces cada día se pone mas vigente ese

Keep this telephone number handy, because in short I will tell you why by calling 305-599-0014 you will find help 24 hours a day and that may be something that you need. I did inform you earlier in the program what's the number you need to call to talk to us live, we are here in Radio Bombin [ECHO: Radio Bombin] 05-446-0710 and you, we will talk [INTERFERENCE/ECHO] later on to all the people who can get through our lines this morning. We do not have too much time, because the program last only 27 minutes. But first I want to comment with you something; I don't know if you realize how essential nutrition is for your health. It is essential for you to feel vital, to keep the levels of energy in your body and to protect it from infections. It is impossible to live an active and healthy life if you don't eat the right food, and have eating habits that are incorrect. So each day the old proverb that comes from hundreds of years ago, which says that we are what we know, becomes actual. So, maybe if you are feeling bad at this very moment, if you are [ECHO], you

viejo proverbio que data de cientos de años atrás, que somos lo que comemos. Así que si usted en este momento quizás se está sintiendo mal, que [ECO EN LA VOZ], se siente cansado todo el tiempo a pesar que dormir ocho horas, se levanta ya cansado [ECO EN LA VOZ] visita un centro comercial y tiene que caminar hacia la entrada de ese centro comercial y solamente de dar esos pocos pasos ya usted se siente con falta de aire, se siente agitado. Si usted señor está roncando mucho en la noche y su compañera de vida le está diciendo que ya es tanto que le molesta, que ella no puede descansar bien, y que esto antes no sucedía, pues entonces son alertas que su organismo le está dando de que algo mal está sucediendo en su cuerpo, en esa maquinaria que es casi perfecta. Usted debe tomar atención de esas alertas. Usted debe pensar cual podría ser la solución y vamos juntos a analizarlo, porque quizás la solución la podemos encontrar aquí. El sobrepeso es un tema de todos los días. No se si ustedes están en contacto, la mayoría me imagino que si, con las noticias diarias en nuestros espacios en televisión, y el sobrepeso es un un tema que todos los días, absolutamente todos los días. Nosotros recibimos noticias de lo que está aconteciendo en los Estados Unidos con las estadísticas tan grandes que se arrojan cada día y cada vez más personas padecen de sobrepeso y obesidad y que esto está costando vidas, humanas que es lo más triste. Más de trescientas mil (300.000) personas fallecen cada año en Estados Unidos por tener enfermedades que las ha causado la obesidad. Entonces el sobrepeso que es la primera etapa de la obesidad, pero cuando ya tiene, cuando ya supera el número de veinte libras ya comienza a caer en el estado de obesidad, entonces ya comienza la clasificación de grado uno, grado dos, o grado tres, dependiendo del número de libras que usted tenga demás. Entonces cuando digo que es un tema de todos los días, es que muchas personas quizás no toman la decisión a tiempo. Si usted se da cuenta

feel frequently tired [ECHO], even though you sleep eight hours, you get up tired, go to a shopping center and you have to walk all the way to the entrance, but just by walking those few steps you felt that you need more air, you feel tired. If you, gentlemen are snoring too much at night and your partner is telling you that it is so much that it's beginning to bother her, that she can't rest well and that this never happened before, well those are warning your body is giving you, that something is happening in your body, in this almost perfect machine. You must pay attention to those warnings. You must think of a solution, and together we are going to analyze it, because we may find the solution right here. Overweight is an everyday topic, I don't know if you listen to the news daily on television. Overweight is a topic that we cover everyday, absolutely everyday. We receive information about what's happening in the United States, of the large statistics shown day after day of the amount of people that suffer from overweight and obesity and the sad part is that this is costing human lives. More than three hundred thousand (300.000) people die every year in the United States, due to diseases caused by obesity. So, overweight is the first stage of obesity; but when it goes beyond twenty pounds, then we are facing obesity. And the classification of stage one, stage two or stage three begins, depending on the amount of extra pounds you have. So when I say it's an everyday topic, it means that many people haven't made a timely decision. If you realize that you have ten extra pounds, please don't wait for your doctor to tell you that you need to lose that weight, that you are endangering your life. Because if you continue increasing the amount of extra pounds in your body, you are going to become one of those people with a high risk factor to contract diseases. Chronic diseases. I don't mean just the minor symptoms we have mentioned, like tiredness, legs pain, joints pain, insomnia, lack of air and snoring. Those are symptoms that we could call minor, if we compare with some chronic diseases that may cause overweight and obesity, and those diseases are diabetes

que ya tiene solamente diez libras demás, por favor no espere a que su medico le diga que tiene que bajar de peso. No espere a que su medico le diga que esta poniendo en riesgo su vida, porque si sigue aumentando ese numero de libras, usted va a ser una persona con factor de riesgo numero uno para padecer enfermedades. Enfermedades crónicas. No solamente los síntomas banales, que hemos hablado anteriormente como el cansancio, como el dolor en las piernas, como el dolor en las articulaciones, como el insomnio, como la falta de aire, como los ronquidos en la noche. Esos son síntomas que podríamos llamar si, banales, al lado de enfermedades crónicas que pueden ocasionar el sobrepeso y la obesidad, que son la diabetes, como numero uno, enfermedades como la hipertensión arterial, enfermedades como el cáncer amigos. Y antes no se había tenido en cuenta la obesidad y el sobrepeso, como posible causa del cáncer. Entonces nosotros tenemos que tener en cuenta que si la obesidad y el sobrepeso nos están causando enfermedades, entonces usted debe salir, de manera inteligente a buscar ayuda. Pero no espere que tenga treinta, cuarenta y cincuenta libras demás. Tenga en cuenta que si usted no hace un *stop* y si usted no toma una decisión desde el momento en tanto que solamente tiene diez libras demás, si usted no decide que lo va a detener, pues entonces va a seguir progresando. Independientemente que si usted hoy tiene cincuenta libras demás y toma la decisión, yo lo voy a ayudar, para eso estamos aquí. Esta a tiempo. Siempre hoy es un buen día para que usted tome la decisión, y esta a tiempo de salvar no solamente su vida, sino de mejorar su calidad de vida. No se vale, que usted se levante todos los días, con ganas de salir a trabajar, con ganas de luchar por la vida, con ganas de sacar adelante su familia, si y usted se siente mal, si no tiene salud, no se vale. Usted tiene que ponerse a pensar que va a ser para mejorar su salud, porque de eso depende su productividad, de eso depende

and finally cancer, my friends. So we have to think that if obesity and overweight are causing us certain diseases, then we need to get out and reach out for help. But do not wait until you have thirty, forty or fifty extra pounds. Keep in mind that if you don't make a decision at the time you only have ten extra pounds, if you don't make a decision to stop it, then it is going to become progressive. Weather you have today fifty extra pounds and make that decision, I'm still going to help you. That's what we are here for. You still have time. Today is always a good day to make a decision and it's not only a good day to make that decision to save your life, but to improve your quality of living. It's not worth it that you get up everyday, ready to go to work, ready to fight for your life, ready to get your family ahead, if you feel yourself bad, if you don't have good health. It's not worth it. You have to think what you are going to do to improve your health, because that factor determines your productivity, your life projection, your mind to be healthy to do a good job to be able to produce and maintain your family. The program One-Two-Three Diet Kit will help you. And that's something we are going to talk in just a few minutes. Stay with us. We'll be right back.

If you are one of those people that, in an attempt to lose those uncomfortable extra pounds, have tried all type of methods to lose the weight and haven not achieved it, pay attention. This is doctor Marisa Fuentes. I had the same problem until I decided to do some research, by using my medical experience and the effectiveness of investigation, to find the formula that would change my life and my figure significantly. That's how I created One-Two-Three Diet Kit, my program to lose weight. And do you want to know what? It worked. One-Two-Three Diet Kit, consists of three fundamental elements that help to burn the excess of fat in your body, regulate your appetite, reduce the cholesterol level, stabilize your sugar levels and help you avoid constipation and hemorrhoids. It also assists to eliminate toxic elements from our body. One-Two-Three Diet Kit will also work for you.

su proyección en la vida, de eso depende que su mente este sana para poder trabajar, para poder producir y para poder mantener su familia. El programa Un-Dos-Tres Diet Kit lo puede ayudar y de eso vamos a hablar en solo minutos. Quédese que ya volvemos.

Si usted es uno de tantos que tratando de librarse de incomodas libras demás, han recurrido a distintos métodos para bajar de peso, sin lograr su propósito, ponga atención. Habla la doctora Marisa Fuentes. A mi me ocurría igual, hasta que decidí buscar con la ayuda de mi experiencia medica y la efectividad del procedimiento investigativo, la formula que cambiaria mi vida y mi figura significativamente. Así cree Un-Dos-Tres Diet Kit, mi programa para bajar de peso y saben que? Funciono. Un-Dos-Tres Diet Kit, consta de tres elementos fundamentales que ayudan a quemar el exceso de grasa, regulan el apetito, reducen los niveles de colesterol, estabilizan el nivel de azúcar y le ayudan a evitar el estreñimiento y las hemorroides. Contribuye a eliminar también toxinas en nuestro organismo. Un-Dos-Tres Diet Kit, funcionara también para usted.

006 UM Llame para los productos naturales de la doctora Marisa Fuentes al 305-599-0014. 305-599-0014.

Call the number 305-559-0014 and ask for the natural products from Dr Marisa Fuentes

007 MF Y ahora rapidito, antes de pasar a las líneas telefónicas, les voy a comentar que en el 305-599-0014, que es el número de nuestras oficinas, usted va a encontrar un apoyo las (24) horas del día. Esto es importante para cualquier proyecto de vida que usted se proponga hacer. El apoyo, la orientación, la sugerencia. Un número que este a la mano, donde le va a contestar un profesional, que va a estar ahí siempre para usted para ayudarlo. El programa Un-Dos-Tres Diet Kit le va a ayudar a quemar esa grasa, esa grasa insoportable que esta pegada en su cuerpo por meses, por anos, y que le hace que la ropa le quede apretada, que le hace que usted tenga que comprar una talla mayor porque ya no soporta la ropa tan apretada en la cintura, igual para las mujeres que para los hombres, entonces esa grasa hay que

And now quick, before we get to the phone lines, I'm going to tell you that by calling 305-599-0014, our offices number, you will find support 24 hours a day.

This is very important for any project that you intend to achieve in your life. Support, orientation, suggestions. A number that you must keep handy at all times, where a professional will answer your call and who is always going to be there to help you. The program One-Two-Three Diet Kit is going to help you burn that fat, that unbearable fat has been stuck to your body for months, for years, and that makes your clothes look tied, that makes you having to buy a larger size because you just can not stand your cloths so tied in your waist, women as much as men. So, that's the fat you have to eliminate, you have to burn. The ingredients in our formula, will help you eliminate that fat that's



eliminarla, hay que quemarla. Los ingredientes que tiene la formula le van a ayudar a eliminar esa grasa que esta acumulada en su cuerpo, especificamente en el área del abdomen. Y además, usted va a regular el apetito, va a aprender como comer correctamente con una orientación nutricional. Recuerde que la nutrición es la parte más importante de cualquier evento en su vida. Yo no estoy de acuerdo con las dietas estrictas. Yo estoy de acuerdo con que usted aprenda de una vez y por todas a comer correctamente. La nutrición es una especialidad muy delicada. Yo también lo tuve que aprender. El hecho de que yo sea medico no quiere decir que yo, de hecho, cuando eh... uh... cuando los eh... médicos se gradúan, no quiere decir que se han especializado en nutrición. Es una especialidad aparte, que tenemos que aprender. Yo también tuve que aprender este tema de la nutrición y por eso lo quiero compartir con usted. Es un tema delicado. Es un tema que hay que ir paso a paso, escalonadamente, porque son cosas que uno no aprendió durante la vida y que tiene que ir incorporando poquito a poco porque son hábitos. Y lo más difícil que hay de modificar son los hábitos. Porque nosotros somos maniáticos. Entonces los hábitos son muy difíciles de modificar. Pero usted poquito a poco, en este aprendizaje que nosotros nos hemos propuesto ofrecerle a usted, para que mejore su calidad de vida, usted va a ir aprendiendo como usted va a seguir viviendo, pero lo va a hacer de una manera diferente, saludable. Y va a seguir comiendo que es lo más interesante, pero va a prender como y cuando comer. De eso se trata este programa Un-Dos-Tres Diet Kit. Un tratamiento natural, para resumir rápidamente antes de pasar a las líneas, que le va a regular el apetito, le va a controlar la ansiedad, le va a ayudar a eliminar esa grasa que esta acumulada en su cuerpo, especialmente en el abdomen, esos rollitos van a bajar por fin de una vez. Esa pancita que hace que los hombres ronquen, porque esa grasa esta acumulada ahí e interviene en el oxígeno que va al

accumulated in your body, specifically in your abdomen. You will also be able to control your appetite; you will learn how to eat properly with a nutritional orientation. Remember that nutrition is the most important part in any event in your life. I do not agree with strict diets. I want you to learn for once and forever to eat properly. Nutrition is a very sensitive major. I had to learn it too. Being a doctor doesn't mean that I, uh...when the uh... doctors graduate, it doesn't mean that they have specialized in nutrition. It is a major that we have to pass all separate. I had to learn about nutrition too and that's why I want to share it with you. It is a very sensitive topic. It is a topic that we have to analyze step by step, because these are things we did not learn in life and that we have to incorporate one at a time. These things are called habits. And trying to modify habits is the most difficult thing to do. Because we are complicated. So habits are extremely difficult to modify. But you, little by little, in this learning process we want to offer you so you can improve your quality of life, you are going to learn how to continue living, but you are going to do it in a different way, in a healthy way. And you will continue eating, which is the most interesting thing, but you are going to learn how and when to eat. That's what this One-Two-Three Diet Kit is about. A natural treatment, to quickly resume before we take care of the lines, that is going to regulate your appetite, is going to control your anxiety, is going to help you eliminate that fat you have accumulated in your body, specially the abdomen, finally you are going to reduce those love handles. That belly that causes man to snore, because the fat is accumulated right there and interferes with the oxygen on its way to the brain. That belly will start to disappear. This means not only that you will lose pounds, but you will also reduce the size of your waist and even more, you will eat, you will not starve. You will have five (5) meals a day and you will learn how you can eat and lose weight. The only thing you need to learn is how and when to eat. That's what it's all about. Let's take care immediately of the phone calls. We are live, good morning.

cerebro. Esa pancita va a comenzar a disminuir. Esto quiere decir que no solamente va a bajar libras, que también va a bajar tallas de la cintura y además usted también va a comer, no va a pasar hambre. Va a tener cinco (5) comidas al día. Usted va a aprender como comiendo se puede bajar de peso. Lo único que debe aprender: que, como y cuando comer. De eso se trata. Vamos de inmediato con las llamadas telefónicas. Estamos en vivo, muy buenos días. Usted se acaba de incorporar a la audiencia, le saluda la doctora Marisa Fuentes. Estamos al 305-446-0710. Buenos días.

You just incorporated to the audience, this is doctor Marisa Fuentes. We are here at 305-446-0710. Good morning.

- |     |    |  |   |
|-----|----|--|---|
| 008 | MA | Buenos días.   | Good morning.   |
| 009 | MF | ¿Con quien hablo?  | Who's calling?  |
| 010 | MA | Con Magali.  | This is Magali.   |
| 011 | MF | Hola señora Magali. ¿Cómo esta usted?  | Hello miss Magali, how are you?   |
| 012 | MA | Bien, mire doctora, mi problema es que yo tuve una depresión muy grande y debido a las medicinas que mandaron, he aumentado bastante.  | Fine doctor, my problem is that I was suffering from a deep depression and due to the medication they prescribed; I have gained a lot of weight.  |
| 013 | MF | Eso es muy frecuente senora Magali. El, es muy frecuente que cualquier persona en un momento de su vida sufra depresion. No estamos exemptos de eso. Cualquiera de nosotros puede sufrir un momento de depresion. Lo unico importante es que hay que aprender a identificarlo. Y desafortunadamente los medicamentos que se utilizan para tratar la depresion, independientemente que lo mas importante es que usted utilice su mente. El medicamento le va a yudar a equilibrar la quimica de su cerebro, pero usted debe enfocarse mentalmente a mejorar ese episodio de depresion. Pero desafortunadamente es muy frecuente que las personas aumenten de peso despues de una depresion. | That's very frequent miss Magali. It is very frequent that people in a moment of their lives suffer from depression. We are not exempt from that. Any of us may suffer from a moment of depression. The important thing is that we have to learn to identify it. And unfortunately the medications generally used to treat depression, independent that the most important is that you use your mind. The medication is going to help you balance the chemistry of your brain. But you need to focus mentally to get well from that episode of depression. Unfortunately it is quite frequent that people gain weight after an episode of depression. |
| 014 | MA | Doctora, y con las medicinas estas que yo estoy tomando, yo puedo tomar el...  | Doctor, since I'm taking these medications, can I still take the...   |
| 015 | MF | Si lo puede tomar, el programa Un-dos-tres Diet Kit, le voy a explicar a usted y a todos los oyentes que estan en linea. ¿Por que lo puede tomar? Porque no tiene estimulantes, no contiene [ph] Cedra. Y esto hace que usted aunque este tomando medicamentos para la depresion, o para la hipertension arterial o para la diabetes o   | Yes, you can take the program One-Two-Three Diet Kit, and I am going to explain you and everyone who is listening today on line. Why can you take it? Because it does not contain stimulants, does not contain [ph] Cedra. And this protects you even if you are taking medications for depression, for hypertension, for diabetes, or for any Tyroids  |

para algun trastorno del funcionamiento de la glandula Tiroidea, lo haga, lo proteja. O sea no le va a ocasionar ningun efecto adverso a su salud, que usualmente los tratamientos para bajar de peso que estan en el mercado tienen y le producen alteracion en el sistema cardiovascular, yle producen alteraciones en el sistema cerebral y hemos visto las estadisticas de personas que se han muerto por consumir estos tratamientos con estimulantes

problems. This is not going to cause any side effects because it is very common that those treatments to loose weight sold in the market have and produce alteration in your cardiovascular system and in your brain system. We have seen statistics of people who have died due to the consumption of these kind of medications with stimulants.

- |     |    |   |  |
|-----|----|---|--|
| 016 | MA | Aja.  | Uh-huh.  |
| 017 | MF | Asi que tome la decision ahora y usted vera como el hecho de bajar de peso va a ser un factor importantisimo para que su depresion disminuya. | So, take the step now, and you will see how losing weight will be a very important factor in the elimination of your depression. |
| 018 | MA | Bueno, entonces el 559-   | Okay, so 559-  |
| 019 | MF | No, no, 599-0014.   | No, no, 599-0014.  |
| 020 | MA | Ah bueno.   | Uh, okay.  |
| 021 | MF | 305-599-0014.   | 305-599-0014   |
| 022 | MA | Okay.   | Okay.  |
| 023 | MF | Buena suerte.   | Good luck.   |
| 024 | MA | Yo llamo a la oficina.  | I'll call the office.  |
| 025 | MF | Suerte.   | Good luck.   |
| 026 | MA | Gracias doctora.  | Thank you doctor.  |
| 027 | MF | Gracias a usted por confiar en nosotros.  | Thanks to you for trusting us. Good morning,   |
|     |    | Buenos dias, ¿con quien hablo?  | who is this?   |
| 028 | RV | Buenos dias, habla con Rosa Vidal   | Good morning, this is Rosa Vidal.  |
| 029 | MF | Hola senora Rosa, ¿como esta usted?   | Hello Ms rosa, how are you?  |
| 030 | RV | ¿Como esta doctora?   | How are you doctor?  |
| 031 | MF | Esta con un bebe ahí al lado, ¿verdad?  | I hear you have a baby with you, right?  |
| 032 | RV | Si, es que yo cuido un bebe.  | Yes, I take care of a baby.  |
| 033 | MF | Ah, que lindo.  | Uh, that's nice.   |
| 034 | RV | Yo la llamaba para felicitarla por, por su medicina. Yo [I/I] a su oficina  | I was calling to congratulate you, for your medication. I [U/I] your office.   |
| 035 | MF | Aja   | Uh-huh.  |
| 036 | RV | Eh... para que baje de peso no? Y excelente, nosotros estamos felices, a lo menos yo de que mi hija haya bajado mucho.                        | Uh...to lose weight, right? And excellent, we are extremely happy, at least I am, because my daughter has lost several pounds.   |
| 037 | MF | Muchisimas gracias.   | Thank you very much.   |
| 038 | RV | Y mi hija también porque como es esto quería adelgazar y estaba con sobrepeso   | And my daughter too, because, she wanted to lose weight, she was overweight.   |
| 039 | MF | Aja.  | Uh-huh.  |
| 040 | RV | [I/I] He bajado como noventa (90) kilos.  | [U/I] I have lost like ninety (90) kilos.  |
| 041 | MF | ¡Guau!  | Wow!   |
| 042 | RV | Entonces es que estaba demasiado fea. ¿No?  | Because I was looking to ugly, you know what I mean?   |
| 043 | MF | Pero noventa (90) kilos son practicamente ciento ochenta (180) libras demas.  | But ninety (90) kilos are practically one hundred and eighty (180) extra pounds.   |
| 044 | RV | Si, asi estaba mi hija Y yo estaba pero   | Yes, that's how heavy my daughter was. And   |

		preocupadisima.	I was so worried.
045	MF	¿Cuánto ha bajado senora Ma- eh, senora Rosa?	How much has she lost Ms Ma-uh, Ms Rosa?
046	RV	¿Ah?	Uh?
047	MF	¿Cuanto ha bajado ella?	How much has she lost?
048	RV	Mi hija ahora esta en sesenta y ocho (68) kilos.	My daughter is weighing sixty eight (68) kilos.
049	MF	¡Guau! Ha bajado veintidos (22) kilos	Wow! She has lost twenty two (22) kilos.
050	RV	Entonces y ella tambien y nosotros seguimos el tratamiento porque todavia le falta por lo menos unos diez (10) kilos me parece que baje.	So she also, and we continue the treatment because she still needs to lose at least ten (10) kilos more I think.
051	MF	Bueno, que interesante.	Okay, that's very interesting.
052	RV	Si yo la felicito por haber echo...	Yes, congratulations for having...
053	MF	Si, yo la verdad es que yo estoy	Yes, actually I am quite...
054	RV	Si.	Yes.
055	MF	Estoy impresionada, realmente el tratamiento no es milagroso ¿ah? Y esto quiero comentarlo con los oyentes. No hay nada que sea milagroso en la vida, lo que si puedo decirles es que el tratamiento es bueno, eh.. es eficaz, le va a ayudar a regular el apetito, la ansiedad, le va a ayudar a regular, a bajar esa grasa que esta acumulada en su cuerpo.	I'm quite impressed; actually the treatment is not miraculous. Uh? And I want to comment this with my listeners. Nothing is miraculous in life, but what I really can tell you is that the treatment is good, uh... is effective, it will help you control your appetite, your anxiety, it will help you control, reduce the fat accumulated in your body.
056	RV	Si.	Yes.
057	MF	Lo mas importante, senora Rosa es la disciplina, para cualquier cosa en la vida hay que tener disciplina maximo para un tratamiento del cual se quiere lograr objetivos.	The most important, Ms Rosa is discipline, we need discipline for any thing we pursue in life, even more so for treatment where you can get achievements.
058	RV	Asi es, muchas gracias porque mi hija aprendio a disciplinarse para comer.	You are right, thank you very much because my daughter learned to be disciplined to eat.
059	MF	Muchisimas gracias por confiar usted en nosotros.	Thank you very much to trust us.
060	RV	Ah si doctora.	Uh yeah doctor.
061	MF	Muchas gracias y bendicion.	Thank you and blessings.
062	RV	Igualmente, gracias.	Same to you, thank you.
063	MF	Tan amable. Buenos dias, ¿con quien hablo?	You're welcome. Good morning, who's calling?
	LO	Doctora, eh... mi nombre es Lourdes.	Doctor, uh... my name is Lourdes.
064	MF	Hola señora Lourdes, ¿Cómo esta usted?	Hello Ms Lourdes, how are you?
065	LO	Bien gracias, muchas gracias doctora Fuentes por aceptar mi llamada.	Fine, thank you doctor Fuentes to take my call.
070	MF	No, por nada para eso estamos aqui.	No, your welcome, that's what we are here for.
071	LO	Doctora, yo quisiera saber si usted en su linea de medicina, o, o usted conoce a cerca de la enfermedad, de una heredica, de [ph] Sinovial Hostroshondromatosis, que es un problema de los hombros que	Doctor, I would like to know if among your medications, or, or if you know about the disease, of a hereditary disease called [ph] Sinovial Hostroshondromatosis, which is a problem I have in my shoulders.

		tengo.	
072	MF	Aja.	Uh-huh.
073	LO	Si tiene usted alguna medicina o algo y si es recomendable la Glucosamina.	If you have any medication for that, and if you recommend Glucosamine.
074	MF	<i>Okay</i> , dejeme comentarle rapidito. Yo tengo una linea de productos en las Farmacias Navarro que es para problemas articulares. Dependiendo, yo tendria que hablar con usted fuera del aire, porque, o sea esta demostrado que los productos naturales pueden ayudar, como por ejemplo el Glucosamin y el [ph] Congrudictin. La combinacion de ellos puede ayudar en la produccion de las sustancias que van a mejorar el funcionamiento de las articulaciones. Pero esto no quiere decir que va a actuar en el funcionamiento curativo de la enfermedad.	Okay, let me tell you something quick. I have a line of products for joint problems at Navarro's Drugstore. I would have to talk with out off the air, because it has been proved that natural products may help, like for instance Glucosamine and [ph] Congrudictin. Both in conjunction may assist in producing the substances which will improve the functioning of the joints. But this does not mean it will assist in curing the disease.
075	LO	Pero por lo pronto un alivio, no?	But, it would be a relief in the meantime, right?
076	MF	Yo te, yo, a mi me gustaria hablar con usted fuera del aire.	I, I, I would like to speak with you off the air.
077	LO	Como no, doctora.	Sure, doctor.
078	MF	Me interesa, la voy a dejar en linea.	I am very interested; I am going to put you on hold..
079	LO	Si.	Yes.
080	MF	¿Esta bien?	Is that right?
081	LO	Si.	Yes.
082	MF	[I/I]	[U/I].
083	LO	[I/I] en linea, <i>right</i> ?	[U/I].
084	MF	Muchas gracias. No se vaya de la línea.	Thank you very much. Don't go away.
085	LO	Gracias a usted.	Thank you.
086	MF	Muy buenos días, con quien hablo? Antes de pasar con esta llamada telefónica, como se me esta pasando el tiempo y quiero seguir contestando las llamadas de ustedes, no me quiero ir a comerciales, quiero decirles el número telefónico donde usted puede llamar ahora mismo o en cualquier momento las 24 horas del día: 305-599-0014, el número de nuestras oficinas. Ahí va a recibir información, va a recibir servicio, lo va a recibir un profesional que le va a ayudar a darle eh... la importancia que necesita su salud en cuanto a la obesidad se refiere y recuerde que también tenemos un tratamiento natural para bajar los niveles de colesterol de la sangre. Buenos días, ¿con quien hablo?	Good morning, who's calling? Before we take this next phone call, since we are running out of time and I want to continue taking your calls, I don't want to go to commercials, I want to give you the telephone number where you can call right now or any time you desire, 24 hours a day: 305-599-0014, the number of our offices. There you will receive information, service, a professional will take your call and will help you give you uh... the importance about your health, in terms of obesity; and remember that we also have a treatment to reduce cholesterol levels in your blood. Good morning, who's is calling?
087	EP	Buenos días, mi nombre es Enrique Pérez.	Good morning, my name is Enrique Pérez.

**CERTIFIED TRANSLATION**  
**The Language Doctors, Inc.**

		Esta llamada no es para una consulta, si no una llamada de agradecimiento.	I'm not calling to ask your advice, but to thank you.
088	MF	Dios mío.	My God.
089	EP	Si, de una forma indirecta gracias a Un-Dos-Tres Diet Kit [I/I] ha salvado mi matrimonio.	Yes, One-Two-Three Diet Kit has saved my marriage indirectly.
091	MF	Hay Dios mío, [I/I]	Oh my God, [U/I]
092	EP	Mi señora, mi señora, se llama Alicia Pérez. Tenia complejo, no quería ir conmigo a la plaza, no se ponía intrusa bueno, la cosa iba de mal en peor. Hasta que un día probe el Un-Dos-Tres Diet Kit de usted. En dos meses mi señora ha bajado 36 (treinta seis) libras. O sea que funciona, ha puesto a mi señora hecha un pollo otra vez.	My wife, my wife's name is Alicia Pérez. She was embarrassed to go to the park, she got upset, things were not going good. Until one day I tried your One-Two-Three Diet Kit. In two months my wife lost 36 (thirty six) pounds. That means it works, my wife looks again just as good as she did before.
093	MF	Señor Enrique muchísimas gracias. De verdad eh ... me da mucho placer de que usted diga esas palabras que tienen muchísimo significado para mi. La felicito a su esposa por su disciplina, por la confianza en nosotros. Y realmente nosotros hemos tenido muchos testimonios a cerca de, de en ese sentido que "ha salvado mi matrimonio", he... me da mucha satisfacción que haya podido compartirlo con nosotros, y bueno nada, que tenga excelente día, le dice a su esposa que aquí estamos para ayudarla. Buenos días	Mr. Enrique thank you so much. Really uh... I feel very happy to hear those words that mean so much to me. Congratulations to your wife for her discipline, to trust us. We have actually had many testimonies of people saying "you saved my marriage", uh... I am very glad that you could share it with us, and that's all, have an excellent day and tell your wife that we are here to help her. Good morning.
094	EP	Ya gracias, bueno que tenga buen día.	Okay thank you, have a nice day.
095	MF	Muchas gracias señor Enrique. Muy buenos días, ¿con quien hablo?.	Thank you very much Mr Enrique. Good morning, who is calling?
096	MA	Buenos días, mi nombre es Maria doctora. Eh... estoy llamando, estaba oyendo el anuncio que usted esta dando ahora en la radio.	Good morning doctor, my name is Maria. Uh... I am calling, I was listening to the announcement you were giving now on the air.
097	MF	Aja.	Uh-huh.
098	MA	Y me interesa. Yo soy una mujer de 47 (cuarenta y siete) anos y nunca he estado en sobrepeso como estoy ahora. Yo le estaba diciendo a la muchacha que acaba de dar a luz hace cinco meses, tambien la muchacha la tengo en sobrepeso. Eh... estamos interesadas, pero la pregunta mia es, mi esposo es diabetico, quiero ponerlo tambien en el programa. El es diabetico y le dio un infarto. Este tipo de medicina le causa algun problema para tomarlo este medi? esta...	I am interested. I am a 47 (forty seven) years old woman and I had never been overweight the way I am now. I was telling my girl who gave birth just five months ago and she is also overweight. Uh... we are interested, but my question is, my husband is diabetic and I also want him to start the program. He is diabetic and had a stroke. Will he encounter any problems if he starts taking this medication? This...
099	MF	La única razón por la cual no le pudiera	The only reason why it couldn't cause,

		causar, recuerde eh... que donde único las matemáticas no funcionan es en términos médicos. Dos mas dos no es igual a cuatro.	remember uh... it is in medical terms the only field where mathematics don't work. Two plus two is not four.
100	MA	Si.	Yes.
101	MF	Ahora, la parte que yo le puedo decir, quizá a usted le pueda aliviar, es que el tratamiento no tiene estimulantes. Al no tener estimulantes pueda ser de que las personas lo puedan consumir de forma que no se tengan que preocupar porque no les va a producir los efectos adversos que producen la mayoría de los tratamientos para bajar de peso, que son las alteraciones cardiovasculares, y las alteraciones cerebrales. Entonces es muy importante que usted tenga en cuenta esto, que es realmente natural y que no tiene estimulantes.	Now, I certainly can tell you and that may be of help for you, is that the treatment has not stimulants. By having no stimulants, some people may be able to take it without a concern because it will not cause side effects, which most of weight lose produce. Like for instance cardiovascular and cerebral disturbance. Therefore it is very important that you keep this in mind, that the product is natural and has no stimulants.
102	MA	<i>Okay</i> , bueno muchísimas gracias doctora..	Okay, thank you very much doctor.
103	MF	Usted, gracias por confiar en nosotros. Si toda la familia se pone en tratamiento usted sabe que psicológicamente esto es buenísimo.	You're welcome. Thanks for trusting us. If the entire family starts the treatment, you know it is psychologically proven to be excellent.
104	MA	<i>Okay</i> , si.	Okay, yes.
105	MF	Yo tengo muchas pers- muchas familias que el matrimonio, los hijos, todo el mundo esta con el tratamiento, se cocina para todos por igual, es más rico, es más agradable...	I know many peo- many families, where the couple, the kids, they all are doing the treatment, they cook one meal for everyone, it tastes better, it's nicer.
106	MA	No, eso es verdad.	No, that's true.
107	MF	Se comparten las opiniones, eh... es como un reto, se comparten las opiniones, eh... es como un reto entre uno y otro como te va a ti, como me va a mí, que esta pasando conmigo, estas tomando agua, yo creo que es muy interesante.	They share opinions, uh... is like a challenge among them, how are you doing, how am I doing, what's going on with me, are you drinking water, I think it is very interesting.
108	MA	Nos estamos motivando mucho más.	We are motivating each other much more.
109	MF	<i>Okay</i> .	Okay.
110	MA	Muchísimas gracias.	Thank you very much.
111	MF	Gracias, que tenga buen día.	Thank you, have a nice day.
112	MA	Igualmente.	You do the same.
111	MF	Amigos oyentes, el programa ha sido un placer para mí hacerlo esta mañana, el señor Enrique de verdad que me ha conmovido y me gustó muchísimo su intervención. Eso es lo que pasa cuando una persona se siente con ganas de vivir y con motivación. Hay que salir adelante, hay que decirle no a lo que ya, a los errores que ya cometimos, pero a partir del	My friend listeners, it has been a pleasure for me to present the program this morning, Mr Enrique really touched me and I really liked his intervention. That's what happens when a person wants to live and feels motivated. You have to go ahead, you have to say no to those mistakes you made, but we make a decision to stop making them as of today. If you made mistakes in the past and did not worry about

día de hoy no queremos seguirlos cometiendo. Si usted en el día, en tiempo pasado cometió errores y no se preocupó de su salud, ni de su cuerpo ni de su figura, ni de su salud mental, en el día de hoy puede cambiar su vida, solamente tomando una decisión. Nosotros estamos aquí para ayudarlos si usted nos abre la puerta. Recuerde que el número lo tiene disponible las veinticuatro horas del día. 305-599-0014. Buen día y como siempre, que Dios lo bendiga.

112 UM

Sabe que la doctora Marisa Fuentes nos ofrece ahora colesterol Kit, un producto nuevo que mantiene...

your health, or your body or your look or even your mental health, today is the day your life may change, just by making a decision. We are here to help you if you open your door to us. Remember the number is available twenty four hours a day 305-599-0014. As always have a good day and may God bless you.

Do you know that doctor Marisa Fuentes offers now Cholesterol Kit, a new product that keeps...

**[FIN DE LA GRABACION]**

**[END OF RECORDING]**