### IN THE UNITED STATES DISTRICT COURT FOR THE DISTRICT OF NORTH DAKOTA SOUTHWESTERN DIVISION

FEDERAL TRADE COMMISSION,	)
Plantiff,	)
v.	) ) Civ
COMPLETE WEIGHTLOSS CENTER, INC., TERRY GUTHMILLER, and DAVID GUTHMILLER,	) ) )
Defendants.	) ) )

Civil No.

### COMPLAINT FOR INJUNCTIVE AND OTHER EQUITABLE RELIEF

Plaintiff, the Federal Trade Commission ("FTC"), by its undersigned attorneys, for its complaint alleges:

1. The FTC brings this action pursuant to Section 13(b) of the Federal Trade Commission Act ("FTC Act"), 15 U.S.C. § 53(b), and Section 917(c) of the Electronic Fund Transfer Act ("EFTA"), 15 U.S.C. § 16930(c), to secure a permanent injunction, rescission of contracts and restitution, disgorgement of ill-gotten gains, and other equitable relief against Defendants for engaging in unfair or deceptive acts or practices in violation of Sections 5(a) and 12 of the FTC Act, 15 U.S.C. §§ 45(a) and 52, Section 907(a) of EFTA, 15 U.S.C. § 1693e(a), and Section 205.10(b) of Regulation E, 12 C.F.R. § 205.10(b).

### 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 District of North Dakota is proper under 28 U.S.C. § 1391(b) and (c) and 15 U.S.C. § 53(b).

### THE PARTIES

4. Plaintiff Federal Trade Commission is an independent agency of the United States Government created by the FTC Act, 15 U.S.C. § 41 *et seq*. The FTC enforces the FTC Act, which prohibits unfair or deceptive acts or practices in or affecting commerce. The FTC also enforces the EFTA, which regulates the rights, liabilities, and responsibilities of participants in electronic funds transfer systems. The FTC may initiate federal district court proceedings, through its own attorneys, to enjoin violations of the FTC Act and the EFTA, and to secure such other equitable relief, including rescission of contracts and restitution, and disgorgement of illgotten gains, as may be appropriate in each case. 15 U.S.C. § 53b.

 Defendant Complete Weightloss Center, Inc. is a North Dakota corporation with its principal place of business located at 3531 Memorial Highway, Mandan, North Dakota.
 Complete Weightloss Center, Inc. transacts or has transacted business in this district.

6. Defendant Terry Guthmiller is a principal, officer, and owner of Complete Weightloss Center, Inc. At all times material to this Complaint, acting alone or in concert with others, he has formulated, directed, controlled, and/or participated in the acts and practices set forth in this Complaint. Defendant Terry Guthmiller resides, transacts, or has transacted business in this district.

7. Defendant David Guthmiller is a principal, officer, and owner of Complete Weightloss Center, Inc. At all times material to this Complaint, acting alone or in concert with others, he has formulated, directed, controlled, and/or participated in the acts and practices set forth in this Complaint. Defendant David Guthmiller resides, transacts, or has transacted business in this district.

### COMMERCE

8. At all times material herein, Defendants have maintained a course of trade in or affecting commerce, as commerce is defined in Section 4 of the FTC Act, 15 U.S.C. § 44.

### **DEFENDANTS' COURSE OF CONDUCT**

9. Since at least August 2005, Defendants have advertised, marketed, promoted, offered to sell, and sold dietary supplements, including Woman's UltraSlim, through Internet websites, including <u>www.instatrim.com</u> and <u>www.freedietkit.com</u>.

10. Defendants' websites induce consumers to order Woman's UltraSlim by offering "free" samples of the product and by claiming that the product helps consumers lose weight.

11. Defendants require consumers who wish to receive a "free" sample to provide their credit or debit card account numbers. Defendants state they will charge the consumers' accounts a modest shipping and handling fee for the sample, but fail to disclose adequately that they also will automatically enroll the consumers who order the "free" sample in negative option programs for which the consumers' accounts will be charged a monthly fee until the consumers exercise the negative option by cancelling their enrollment. Until approximately July 2007, the negative option program consisted of a membership in Defendants' online support coaching program for which Defendants charged \$29.95 per month. Starting in approximately July 2007,

the negative option program consisted of a membership in a continuity plan, known as a Product Savings Program, for which Defendants charged \$29.99 per month.

### **Defendants' Free Trial and Automatic Enrollment in Coaching/Continuity Program**

12. One version of Defendants' instatrim.com website (*see* Exhibit A) states "**Tried EVERYTHING in sight?** Nothing works like the UltraSlim Starter Kit! **Give Us 7 Days and we will show you a trimmer, healthier, better-looking body...**" Another version of the website (*see* Exhibit B) states "**Can It Really Happen To You? YES! It Will Happen To You!** People are losing amazing amounts of weight...safely, quickly...and without ANY unwanted side effects!" Both versions offer consumers a free starter kit.

13. When consumers click the link to order their free starter kit, the instatrim.com website redirects them to Defendants' freedietkit.com website. The first webpage of Defendants' freedietkit.com website (*see* Exhibit C) asks consumers their current height and weight and how much weight they want to lose. On the second webpage (*see* Exhibit D), Defendants state **"What are you waiting for...Send me my FREE Fat Burning Kit!**" Next to this language is a large arrow pointing to a box that states "Send my FREE TRIAL to:" and asks consumers to enter their name, address, and email address. Under that box is a "Complete My Order" button, which takes consumers to the third freedietkit.com webpage.

14. The third webpage (*see* Exhibits E and G) contains a "FREE Fat Burning Kit Review" that consists of a table summarizing the items Defendants will send consumers, including a one-week sample of Woman's UltraSlim. Next to each item is a column labeled "Value" and a column labeled "Cost." The dollar amounts in the "Value" column are crossed out and the "Cost" column states "FREE." The webpage then asks consumers to verify the

name, address, and email address they entered on the previous webpage. Next, the webpage asks consumers to enter their credit or debit card account information and select one of two shipping options, standard shipping (2 weeks delivery) for \$6.95 or in-plant rush (3 - 5 business days delivery) for \$9.95. Directly under the account information box is a button labeled "I've read and agree to Terms and Conditions below **Order Now!**" The "Order Now" language is in a font several sizes larger than the "I've read..." language.

15. Under the "Order Now" button, Defendants place a testimonial from a purported consumer. The testimonial includes before and after pictures and text describing the consumer's purported success with Woman's UltraSlim. Below the testimonial, in smaller font, is copyright and related language typically seen at the end of websites:

Contact Us | Privacy Policy (updated 6/10/05) | Manage Subscriptions All contents © 2007 Complete Weightloss Center All Rights Reserved.

16. Several lines below the copyright language, such that a consumer would need to scroll well past the copyright language to reach it, Defendants' website includes the statement "FREE Fat Burning Kit Terms and Conditions" in small font.

17. With respect to the online support coaching program (see Exhibit E), Defendants

state:

FREE Fat Burning Kit Terms and Conditions:

We are so confident you will lose weight quickly and effortlessly that not only are we willing to give you a FREE Fat Burning Starter Kit, we will even refund your shipping charge if you are not completely impressed and blown away with the results Woman's UltraSlim can deliver! Simply return the empty Woman's UltraSlim Sample Packaging and your refund will be promptly processed wiht [sic] no questions asked!

Complete Your FREE Fat Burning Kit order now to receive a 1 week supply of UltraSlim (retail value of \$49.95). As part of this offer you'll receive a free 1 week

supply of Woman's UltraSlim, 1 week supply Complete Dieter's Vitamin, 1 toning band to reshape your Hips, Waist and Thighs, a 1 week trial of our top notch on-line weight loss coaching program as well as 3 additional bonuses, and you only pay \$6.95 for shipping and handling. When billing your card for the free trial, the shipping & handling will appear as 3 separate charges, shipping, handling and account setup. This gives you the opportunity to try Woman's UltraSlim so you can decide for yourself if this is the right product for you. You will also receive a 7 day trial of our online support program where our certified weight loss professionals will guide you to your weight loss goals.

Continued use of the Woman's UltraSlim has shown to drastically reduce food cravings to help you eat less, consume less calories and lose weight. To order more you can contact our customer support.

If you are enjoying the online support coaching program, do nothing, our support staff will continue to help you reach your weight loss goals. You agree to allow us to bill the same credit card information you have used for this transaction for the amount of \$29.95 per month for the online support program if you do not contact customer service before the 7-day trial period which begins the date of purchase.

You are not obligated to purchase after you have completed your support program trial and you can cancel anytime within the 7 day trial period. If you would like to cancel your membership, simply contact customer service. Even if you decide to cancel, please feel free to keep the FREE bottle and 7 day membership as our gift to you. No commitments, no hassles, cancel anytime. Please note this special offer is limited to one free trial of Woman's UltraSlim and support program per customer.

100% Money Back Guarantee. If you are not completely satisfied with the FREE Fat Burning Kit simply return the unused portion of the product within 30 days from the date of purchase and we will refund the initial \$6.95 S&H charge.

18. With respect to the Product Savings Program (see Exhibit G), Defendants state:

FREE Fat Burning Kit Terms and Conditions:

We're so sure you are going to love the powerful ingredients in our exclusive Fat Burning Kit that we'll send it to you for FREE! Let your body tell you it's working! Our only request is that you help us defray the cost of shipping and handling. It's that easy!

We are so confident you will lose weight quickly and effortlessly that not only are we willing to give you a FREE Fat Burning Starter Kit, we will even refund your shipping charge if you are not completely impressed and blown away with the results Woman's UltraSlim can deliver! Simply return the empty Woman's UltraSlim Sample Packaging and your refund will be promptly processed with no questions asked!

\* \* \*

We also know that if you are like many of our many other customers, once you try our amazing fat burning product you are going to love it! Continued use of the product has shown to drastically reduce food cravings to help you eat less, consume fewer calories and lose weight. Because we really want you to lose the weight we have developed a Product Savings Program. It's so easy and you'll save tons of money. All you have to do is call our Customer Service and place your next order. This one of a kind Product Savings Program allows you to order up to 5 bottles per month from our exclusive weight loss product line...

\* \* \*

If the product is working for you do nothing, the savings begins just seven days after your date of purchase, this time frame includes weekends and holidays. After seven days, we will enroll you in our Product Savings Program and bill the credit card you originally signed up with for the astonishing low price of \$29.99 which will occur every 30 days thereafter. This entitles you to order up to 5 bottles of our available product every month . . .

Sorry, due to our large customer base we do not send out e-mails or call customers to remind them to take advantage of the HUGE SAVINGS offered through our Product Savings Program, you will need to call in and place your order. . .

19. Defendants send to consumers who order the free sample a package

containing: (1) a bottle containing fifteen Woman's UltraSlim tablets, (2) a package containing seven Dieter's Complete Vitamin tablets, (3) a package containing exercise tubing, (4) a slip of paper containing a statement cautioning women who are pregnant or nursing about taking the products, and other warning statements, and (5) a green card containing additional testimonials, an invitation to visit Defendants' "members only" website (<u>www.555challenge.com/specials</u>) for "more great offers," and a statement that the free trial offer will expire in 7 days.

20. The "Terms and Conditions" on Defendants' websites are inconspicuous and fail to provide consumers with adequate notice that Defendants will: (1) automatically enroll consumers who order the "free" sample in the online support coaching program and will charge

those consumers \$29.95 per month unless they cancel; or (2) automatically enroll consumers who order the "free" sample in the Product Savings Program and will charge those consumers \$29.99 per month unless they cancel, especially in light of the more prominent representations that consumers will receive a "free" sample. Because the "Terms and Conditions" are below the "Order Now!" button, additional product testimonials, and copyright language typically found at the end of a webpage, and are in smaller text than the offer, many consumers do not notice or review these disclosures. Nothing in the package that Defendants send to consumers indicates that consumers must take affirmative action to avoid the additional charges.

21. In many instances, consumers are unaware that Defendants are enrolling them in the online support coaching program or Product Savings Program and imposing charges on their credit or debit cards in excess of the shipping and handling charges. In many instances, consumers do not discover that Defendants are continuing to charge their credit or debit cards until they review their credit card or bank statements.

### Defendants' False and Unsubstantiated Weight Loss Claims

22. Since at least August 2005, Defendants have advertised, marketed, promoted, offered for sale, sold, and distributed Woman's UltraSlim, a purported weight loss product. The product label states that Woman's UltraSlim contains green tea leaf extract, cayenne, ginger root, garcinia cambogia, citrus aurantium, cocoa seed extract, guarana seed, eleuthero root, chromium, niacin, L-tyrosine, and taurine. Defendants recommend that users consume two tablets daily, one in the morning and one in the mid-afternoon.

23. To induce consumers to purchase Woman's UltraSlim, Defendants have disseminated or have caused to be disseminated advertisements, including but not necessarily

limited to those contained in the attached Exhibits A - G. These advertisements contain the

following statements and depictions, among others, on Defendants' websites:

### A. Can It Really Happen To You? YES! It Will Happen To You!

People are losing amazing amounts of weight...safely, quickly...and without ANY unwanted side effects! The results seen from this remarkable Weightloss Kit are NOT drastic...they are steady, safe and long term. (Exhibit B.)

B. SIZZLE THIS SWIMSUIT SEASON

Lose Up To 10, 20, 30 POUNDS OR MORE

\* \* \*

My name is Linda and I've been on UltraSlim one month and have lost 8 pounds, 4 inches from my waist, 1 inch from my arm and 1 ½ from my thighs. I couldn't believe how much I lost until I saw it for myself on paper and realized that my clothes were looser. This is the first product that truly works for me. Thank you UltraSlim. Linda S.

(Exhibit C.)

C. SIZZLE THIS SWIMSUIT SEASON

Lose up to 10, 20, 30 POUNDS OR MORE

\* \* \*

UltaSlim [sic] contains a **Special Thermogenic Blend**, a new technology, will promote visible results that women like you can truly see in the mirror and on the scale, within just days of starting the product! The most powerful ingredient in our Thermogenic Blend is Green Tea!

This Thermogenic Blend...

- Works for ALL Body Types!
- Burns Fat Fast
- Targets those trouble areas (waist, hips, thighs)
- Increases Energy
- Boosts Metabolism
- Extremely Fast Acting

\* \* \*

A woman's body is **designed to store fat!** Compared to men, **women have a harder time** when it comes to losing weight. Therefore, you need that extra edge to really set your metabolism on fire and help you lose that extra weight! Woman's UltraSlim is the weight loss secret designed specifically for women!

UltaSlim [sic] contains Nature's best ingredients to help your body fight excess fat! UltaSlim [sic] utilizes the amazing appetite-suppressing and metabolismboosting power of Green Tea.

Now this powerful ingredient is available for women just like you who want to lose 10, 20, 30 lbs and more! Get your FREE 30 Day Supply and Lose More Than 20 lbs!

### **All Natural Fat Burning Ingredient!**

Green Tea is a powerful, all-natural fat burning ingredient that will increase metabolism without jitters, mood swings, increased heart rate or other unpleasant side-effects.

\* \* \*

### But does it really work?

Study after study confirms the power and success of this all natural ingredient!

\* \* \*

Substances found in green tea known as catechins may trigger weight loss by stimulating the body to burn calories and decreasing body fat.

\* \* \*

Green tea is now holding promises in many areas of weight loss. Activation of brown fat by increased nonadrenaline levels is significant because it burns calories from the white fat located around our waistline, hips and thighs.

\* \* \*

Green Tea Extract resulted in a significant increase in energy expenditure (increase in metabolism), plus had the added bonus of having a significant effect on fat oxidation - Increasing daytime thermogenesis (the body's own rate of burning calories) by up to 43%

\* \* \*

Green tea appears to speed up calorie burning, including fat calorie burning.

\* \* \*

### Burn More Fat With Your FREE Fat Burning Kit

UltaSlim [sic] is the **fastest, most effective and safest way to lose weigh** [sic] without starvation diets or strenuous exercise! With Woman's UltaSlim [sic] you don't even have to think about losing weight the Thermogenic Blend does all the work for you!

\* \* \*

Still not convinced? Read these true stores of success from people **JUST LIKE YOU** who have finally found a way to lose weight easier and faster with UltaSlim [sic].

Jennifer L. said ...

I am half way to my goal on Day 4 of the free sample...My bikini is going to fit once again!

Karen said...

When I started using UltaSlim [sic] I was 215 pounds and a size 20. I lost 5 pounds the first week. After 2 months I lost 45 pounds...It's now 3 months later and I have not gained any of the weight back...

Linda said ...

Well, it's Monday morning and I wanted to let you know that my first full week on the program has proven to be quite successful. I weighed myself Saturday morning and was thrilled to see that I had lost 5 pounds!! I even lost  $\frac{1}{2}$ " in my bust,  $\frac{1}{2}$ " in my waist and  $\frac{1}{4}$ " in my thigh!

I feel great...I am 5 lbs. closer to my goal! Linda

(Exhibit D.)

### D. Sharon went from a size 10 to a size 2!

At the age of 42, Sharon B. was unhappy with her weight and her life in general and had decided it was a time for a change.

Life is very different for Sharon after her Complete Reshaping Program with UltraSlim. She is down from a size 10 to a size 2 and could not be happier with herself, her career, and her new body!

Real estate agent by day...and now beauty pageant contestant by night! (Exhibits E and G.)

- E. **Woman's UltraSlim** uses green tea extract & citrus aurantium, which are all natural fat burners that are just as effective as Ephedra...without the dangerous side effects.
  - Lose pounds and inches like crazy
  - Boost your energy level
  - Stimulate your body's natural fat-burning ability
  - Jump start your metabolism
  - Lose your appetite and feel satisfied
  - Reduce cholesterol levels
  - Eliminate cellulite and excess fat pockets

Most Important: You Will Keep The Weight Off!

### Here is What Will Happen:

Woman's Ultra Slim will begin working from day one...You will feel your energy increase and appetite fading on the first day. Your family and friends will notice dramatic changes in your appearance after just a couple of weeks. Once you reach a certain level, your metabolism will stabilize and adjust to the weight you lost. This will help to maintain your weight loss **AND KEEP IT OFF!** 

\* \* \*

Frequently Asked Questions

\* \* \*

### Q: Will the product work for someone who doesn't exercise much?

A: YES. Some people will achieve extraordinary results simply by taking Woman's UltraSlim<sup>™</sup>...

### Q: Is Woman's UltraSlim<sup>™</sup> safe and effective?

A: ...the effectiveness of these components has been proven many times over...Each of our ingredients have been individually tested and studied to be safe and effective for most people...

\* \* \*

A: 1) It increases your metabolic rate (which burns calories and increases your energy levels). 2) It suppresses your appetite (which controls food cravings or binge dieting to help you eat less). 3) It creates Thermogenisis (which generates extra body heat, causes your body to work and burn more fat to "cool down" and maintain a steady  $98.6^{\circ}$  F).

\* \* \*

### Q: How much weight can someone expect to lose?

A: It is common to lose 5 to 10 pounds within a week's period of time...

\* \* \*

### Q: Does Woman's UltraSlim<sup>TM</sup> help people to eat less?

A: Yes, it contains several appetite suppressants that will help curb your desires for sweets, and binge eating or gorging.

\* \* \*

(Exhibit F.)

### THE FEDERAL TRADE COMMISSION ACT

24. Section 5(a) of the FTC Act, 15 U.S.C. § 45(a), provides that "unfair or deceptive acts or practices in or affecting commerce, are hereby declared unlawful." The FTC 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. For the purposes of Section 12 of the FTC Act, 15 U.S.C. § 52, Woman's UltraSlim is a "food" and/or "drug" as defined in Section 15(b) and (c) of the FTC Act, 15 U.S.C. § 55(b) and (c).

### VIOLATIONS OF THE FTC ACT

### **COUNT I - Failure to Disclose Material Terms**

25. In numerous instances, in connection with the advertisement, marketing,

promotion, offering for sale, sale, or distribution of dietary supplements, online support coaching

programs, and Product Savings Programs, Defendants have represented, expressly or by implication, that consumers may order a "free" or "trial" sample and will incur only a small cost for shipping and handling.

26. In numerous of these instances, Defendants have failed to disclose, or to disclose adequately, to consumers the material terms and conditions of the offer for a "free" or "trial" sample, including:

- a. that Defendants enroll automatically consumers who order the free or trial sample in an online support coaching program or Product Savings Program that consumers must separately cancel to avoid additional charges;
- b. that Defendants will use consumers' credit or debit account information to charge them periodically for the online support coaching program or Product Savings Program;
- c. the cost of the online support coaching program or Product Savings Program;
- d. when consumers must cancel to avoid further charges; and
- e. the means consumers must use to cancel.

27. In light of the representation set forth in Paragraph 25, Defendants' failure to disclose or to disclose adequately the material information set forth in Paragraph 26 constitutes a deceptive act or practice in violation of Section 5(a) of the FTC Act, 15 U.S.C. § 45(a).

### **COUNT II - Unauthorized Billing**

28. In numerous instances, in connection with the advertisement, marketing, promotion, offering for sale, sale, or distribution of dietary supplements, online support coaching programs, and Product Savings Programs, Defendants have caused charges to be submitted for

payment to the credit or debit cards of consumers who were not adequately informed of the negative option features or terms and conditions of Defendants' online support coaching programs or Product Savings Programs and therefore did not provide express informed consent for the charges.

29. Defendants' practice of causing charges to be submitted for payment to financial institutions without the consumers' express informed consent has caused substantial injury to consumers that is not reasonably avoidable by consumers themselves and is not outweighed by countervailing benefits to consumers or competition.

30. Therefore, Defendants' practice as alleged in Paragraph 28 is unfair in violation of Section 5(a) of the FTC Act, 15 U.S.C. § 45(a).

### **COUNT III - False and Deceptive Weight-loss Claims**

31. In numerous instances, in connection with the advertisement, marketing, promotion, offering for sale, sale, or distribution of Woman's UltraSlim, Defendants have represented, expressly or by implication, that:

- a. Woman's UltraSlim causes substantial weight loss for all users;
- b. Woman's UltraSlim causes rapid and substantial weight loss, including as much as 5 to 10 pounds in one week;
- c. Users of Woman's UltraSlim typically lose 5 to 10 pounds in one week;
- d. Woman's UltraSlim curbs a user's appetite sufficiently to cause substantial weight loss;
- e. Woman's UltraSlim causes weight loss with little effort;

- f. Woman's UltraSlim raises a user's metabolism sufficiently to cause substantial weight loss;
- g. Woman's UltraSlim causes permanent weight loss; and
- h. Woman's UltraSlim eliminates cellulite and excess fat deposits.

32. The representations set forth in Paragraph 31 are false or were not substantiated at the time the representations were made. Therefore, the making of the representations set forth in Paragraph 31, above, constitutes a deceptive practice, and the making of false advertisements, in or affecting commerce, in violation of Sections 5(a) and 12 of the Federal Trade Commission Act, 15 U.S.C. §§ 45(a) and 52.

### THE ELECTRONIC FUND TRANSFER ACT AND REGULATION E

33. Section 907(a) of the EFTA, 15 U.S.C. § 1693e(a), provides that a "preauthorized electronic fund transfer from a consumer's account may be authorized by the consumer only in writing, and a copy of such authorization shall be provided to the consumer when made." Section 903(9) of the EFTA, 15 U.S.C. § 1693a(9), provides that the term "preauthorized electronic fund transfer' means an electronic fund transfer authorized in advance to recur at substantially regular intervals."

34. Section 205.10(b) of Regulation E, 12 C.F.R. § 205.10(b), provides that "[p]reauthorized electronic fund transfers from a consumer's account may be authorized only by a writing signed or similarly authenticated by the consumer. The person that obtains the authorization shall provide a copy to the consumer." 35. Section 205.10(b) of the Federal Reserve Board's Official Staff Commentary to Regulation E, 12 C.F.R. § 205.10(b), Supp. I, provides that "[a]n authorization is valid if it is readily identifiable as such and the terms of the preauthorized transfer are clear and readily understandable."

### **COUNT IV - Violations of the Electronic Fund Transfer Act and Regulation E**

36. In numerous instances, Defendants have debited consumers' bank accounts on a recurring basis without obtaining a written authorization signed or similarly authenticated from consumers for preauthorized electronic fund transfers from the accounts, thereby violating Section 907(a) of the EFTA, 15 U.S.C. § 1693e(a), and Section 205.10(b) of Regulation E, 12 C.F.R. § 205.10(b).

37. Pursuant to the EFTA, 15 U.S.C. § 1693o(c), every violation of the EFTA and Regulation E constitutes a violation of the FTC Act.

38. By engaging in violations of the EFTA and Regulation E as alleged in Paragraph36, Defendants have engaged in violations of the FTC Act.

### **CONSUMER INJURY**

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

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

40. Section 13(b) of the FTC Act, 15 U.S.C. § 53(b), empowers this Court to grant a permanent injunction, rescission of contracts and restitution, the disgorgement of ill-gotten gains, and other equitable relief to prevent and remedy any violations of any provision of law enforced by the FTC.

### PRAYER FOR INJUNCTIVE AND MONETARY 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 the Court:

1. Enter a permanent injunction to prevent future violations by Defendants of the FTC Act, the EFTA, and Regulation E;

2. Award such relief as the Court finds necessary to redress injury to consumers resulting from Defendants' violations of the FTC Act, the EFTA, and Regulation E, including but not limited to, rescission or reformation of contracts, restitution, the refund of monies paid, and the disgorgement of ill-gotten monies; and

3. Award Plaintiff the costs of bringing this action, as well as such other and

additional relief as the Court may determine to be just and proper.

Dated: 5/13/08

Respectfully submitted,

William Blumenthal General Counsel

Thiggs a. Ashe

Gregory A. Ashe Attorney for Plaintiff Federal Trade Commission 600 Pennsylvania Ave. NW, NJ-2122 Washington, DC 20580 Telephone: 202-326-3719 Facsimile: 202-326-2558 Email: gashe@ftc.gov

# **EXHIBIT A**



ц <sup>21</sup>

<ul> <li>Frequently Asked Questions</li> <li>Manage Subscriptions</li> </ul>	<ul> <li>Complete Reshaping Kit</li> </ul>	of three major things, Support, Motivation, and Education	Password:	Log In
Home   Priv	vacy Policy (updated 6/1	10/05)   Contact Us   Manage Sub	scriptions	

# **EXHIBIT B**

.



,



# **EXHIBIT C**

•



O Wedding

Waist

O Look Better!

O Vacation

○ Thighs

Other

**What is your BIGGEST PROBLEM** Area?

◯ Hips



Wy name is Linda and I've been on UltraSlim one month and have lost 8 pounds, 4 inches from my waist, 1 inch from my arm and 1 1/2 from my thighs. I couldn't believe how much I lost until I saw it for myself on paper and realized that my olothes were looser. This is the first product that truly works for me. Thank you UltraSlim. Linda S

### and the Barber - Shaff stability

# EXHIBIT D

.



rage 1

CINER TIME C MITTERIE CORDON



# Goal Weight: 140 lbs!

# What are you waiting for...

Send me my FREE Fat Burning Kit!



### FOR WOMEN ONLY! LIMIT, one FREE Fat Burning Kit per houselhold!

Send my FREE TRIAL to:		
First Name		
Last Name		
E-Mail		
(Your email will never be sold or shared to an unsuthorized party) Privacy Policy Address		
City		
State (US Orders Only) US Orders Only		
Zip/Postal Code		
Complete My Order		
Yes! I would like to receive:		
CWC Weekly Newsletter containing: Weight Loss Tips & Tricks, Product Discounts and Survive the Weekend Advice.		
Other great offers from our affiliate, BioBodyLean		
Manage Subscriptions		

# FREE Fat Burning Kit will work for Youl

# The Weight Loss Secret Designed Specifically For Women Only!

UltaSlim contains a **Special Thermogenic Blend**, a new technology, will promote visible results that women like you can truly see in the mirror and on the scale, within just days of starting the product! The most powerful ingredient in our Thermogenic Blend is Green Teal

This Thermogenic Blend...

- Works for ALL Body Types!
- Burns Fat Fast
- Targets those trouble areas (waist, hips, thighs)
- Increases Energy
- Boosts Metabolism
- Extremely Fast Acting





## Why just for women?

A woman's body is **designed to store fat!** Compared to men, **women have a harder time** when it comes to losing weight. Therefore, you need that extra edge to really set your metabolism on fire and help you lose that extra weight! Woman's InstaTrim is the weight loss secret designed specifically for women!

UltaSlim contains Nature's best ingredients to help your body fight excess fat! UltaSlim utilizes the amazing appetite-suppressing and metabolism-boosting power of Green Tea.

Now this powerful ingredient is available for women just like you who want to lose 10, 20, 30 lbs and more! Get your FREE 30 Day Supply and **Lose More Than 20 lbs!** 

Click Here for Your Free Fat Burning Kit!

### rage 4 (

### All Natural Fat Burning Ingredient!

Green Tea is a powerful, all-natural fat burning ingredient that will increase metabolism without jitters, mood swings, increased heart rate or other unpleasant side-effects.

It is made from the dried leaves of Camellia Sinensis. For centuries, Green Tea has been consumed throughout the ages in Asia. In traditional Chinese and Indian medicine, Green Tea has been safely used for thousands of years to improve health.

### But does it really work?

Study after study confirms the power and success of this all natural ingredient!

### Don't Take Our Word for It!

The benefits of Green Tea shown by more than 100 recent medical studies are so important, and so powerful that it would be easy to dismiss them as marketing hype - read for yourself and you'll see **medical proof** of how powerful Green Tea really is!



## Burn More Fat With Your FREE Fat Burning Kit

UltaSlim is the **fastest**, **most effective and safest way to lose weigh** without starvation diets or strenuous exercise! With Woman's UltaSlim you don't even have to think about losing weight the Thermogenic Blend does all the work for you!

Don't take our word for it, Try it yourself today! Take advantage of this exclusive online offer and order Woman's UltaSlim, available for a limited time.



### Testimonials

Still not convinced? Read these true stories of success from people **JUST LIKE YOU** who have finally found a way to lose weight easier and faster with UltaSlim.

#### Jennifer L. sald...

I am half way to my goal on Day 4 of the free sample. This stuff is amazing. I have told all my friends and co-workers about this amazing product, UltaSlim. Thank YouI My bikini is going to fit once again!

#### Karen sald...

When I started using UltaSiim I was 215 pounds and a size 20. I lost 5 pounds the first week. After 2 months I lost 45 pounds, and that was with making some minor changes to my eating and exercise habits. The appetite suppressant in UltaSiim made it hard to overeat; there were times when I actually had to force myself to eat. Its now 3 months later and I have not gained any of the weight back. I tried other supplements like trim spa and the apple cider vinegar, but noticed no results. I would definitely recommend UltaSiim to anyone who wants to lose the weight and keep it off. Thank you.

#### Linda said...

Well, it's Monday morning and I wanted to let you know that my first full week on the program has proven to be quite successful. I weighed myself Saturday morning and was thrilled to see that I had lost 5 pounds!! I even lost a 1/2" in my bust, 1/2" In my waist and 1/4" in my thigh!

I feel great...I am 5 lbs. closer to my goall Linda

#### Chi' Mere C said ...

I feel great. I don't feel jittery-I just want to keep moving. I'm more alert. My appetite level has decreased tremendously. I don't crave sugar much anymore. I consume close to 96 oz. of water a day or more when I can, which helps keep me full. The online support has been very helpful and informative. I would give Deni (virtual counselor) and the info and overall 10 so far.





# FAQ

Will the product work for someone who doesn't exercise much? Is UltaSlim safe and effective? What are some of the side effects of UltaSlim? Is UltaSlim FDA approved? How does UltaSlim work? How much weight can someone expect to lose? Does UltaSlim help people to eat less and offer them more energy? What are the fat burning ingredients for UltaSlim?



Q. Will the product work for someone who doesn't exercise much?

A. YES. Some people will achieve extraordinary results by simply taking UltaSlim. However, if you do not improve your eating or cardiovascular habits, you may not lose the amount of weight you would like. Any company that claims otherwise is probably lying and/or misrepresenting their products. back to FAQ

Q. Is UltaSlim safe and effective?

A. If taken as directed, it is safe. Under a physician's care, the effectiveness of these components has been proven many times over. All of the ingredients are natural or derived from natural sources. Asians have been using herbal remedies for thousands of years. We are using a lot of the same herbs the Asians have seemingly always known to be effective. Each of our ingredients have been individually tested and studied to be safe and effective for most people, but without knowing each person's history, we cannot guarantee this product to be safe for everyone. It is not recommended to anyone under the age of 18. People with a history of medical problems or who are on medications should not take UltaSlim without first consulting their physician.back to FAQ

Q. What are some of the side effects of UltaSlim?

A. Everybody is different and may have some rare reaction to any of the herbs, vitamins or formulas in this type of product. Some individuals may experience sleeplessness, lightheadedness, nausea, jitters, and in rare cases mild chest pains or short term diarrhea. The positive effects are appetite suppression, increased energy, and of course weight loss.back to FAQ

### Q. Is UltaSlim FDA approved?

A. The FDA is a policing authority, which has allowed the use of the individual ingredients used in this product. It does have some restrictions on amounts of consumption and length of usage. UltaSlim is manufactured by an FDA licensed laboratory, which has to adhere to the strictest standards in the industry.back to FAQ

### Q. How does UltaSlim work?

A. It increases your metabolic rate (which burns calories and increases your energy levels). It suppresses your appetite (which controls food cravings or binge dieting to help you eat less). It creates Thermogenisis (which

generates extra body heat, causes your body to work and burn more fat to "cool down" and maintain a steady 98.6\* F).back to FAQ

Q. How much weight can someone expect to lose?

A. It's common to lose 5 to 10 pounds within a week's period of time. There is not a precise scientific answer to this question. The amount of weight loss will be affected by many factors including, but not limited to: program compliance; amount of dosages; individual body composition; type and quantity of food consumed; level of physical activity; and believe it or not, even personal commitment. back to FAQ

Q. Does UltaSlim help people to eat less and offer them more energy?

A. Yes, it contains several appetite suppressants that will help curb your desires for sweets, and binge eating or gorging. The increase in your metabolism should raise your energy levels. Also, as you see results you will become more eager to be active in the program. back to FAQ

Q. What are the fat burning ingredients for UltaSlim?

### A. Ingredients:

Supplement Facts	19 -	
Serving size 2 capsules		
Amount per 2 capsules		100% Daily Value
Niacin	10 mg	50%
Chromium Picolinate	25 mcg	20%
Thermogenic Herbal Blend	610mg	
Green Tea (Standardized to 40%)		•
Citrus Aurantium (Standardized to 6%)		*
Ginger Root Powder (Standardized to 6%)		*
Guarana w/ Theophyline (Standardized to 20%)		*
Coco Extract w/ Theobromine (Standardized to 10%)		*
Siberian Ginseng Granular		•
Cayenne Powder		*
Appetite Control Blend	225mg	*
L-Tyrosine		
Taurine		
Garcina Combogia (Standardized to 50% HCA)		
--	--	
Percent Daily Value are based on a 2,000 calorie diet. *Daily Value has not been established.		
Other Ingredients: Microcystalline Crllulose, Calcium Carbonate, Stearic Acid, Magnesium Stearate, Primellse, Silica.		

back to FAQ



How it Works | What's Green Tea | Free Fat Burning Kit | Testimonials | FAQ

Contact Us | Privacy Policy (updated 6/10/05) | Manage Subscriptions All contents © 2007 Complete Weightloss Center All Rights Reserved.

The statements in this website have not been evaluated by the Food & Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.

a: These findings appear in the January issue of the American Journal of Clinical Nutrition.

b: American Journal of Clinical Nutrition November 1999;70:1040\_1045.

Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans1,2,3 Abdul G Dulloo, Claudette Duret, Dorothée Rohrer, Lucien Girardier, Nouri Mensi, Marc Fathi, Philippe Chantre and Jacques Vandermander.

c: By Jennifer Warner, WebMD Medical News, Reviewed By Michael Smith, MD on Wednesday, January 26, 2005

d. The findings appear in the January issue of the American Journal of Clinical Nutrition.

# **EXHIBIT E**

# ZZLE THIS SWIMSUIT SEASON WITH ULTRASLIM

# FREE Fat Burning Kit Review

Quantity	Description	Value	Cost
1	Week Samlpe - Woman's UltraSlim	<del>\$19.99</del>	FREE
1	Week Sample - Dieter's Vitamin	<del>\$ 9.00</del>	FREE
1	Toning Band - Reshape your Hips, Waist & Thighs	<del>\$14.95</del>	FREE
1	Online Week Weight Loss Loss Coaching Program to help you reach your goals!	<del>\$14.99</del>	FREE
	<ul> <li>BONUS!</li> <li>Dining Out Guide ebook</li> <li>5 Biggest Mistakes Women Make When Losing Weight ebook</li> <li>Over 100 Fat Burning Recipes</li> </ul>	<del>\$49.98</del>	FREE
х	Weekly subscription to the UltraSlim Newsletter! We will send you Weight Loss Tips & Tricks, Product Discounts and Survive the Weekend Advice.	<del>\$9.05</del>	FREE
	Total Value:	<del>\$119.85</del>	FREE



**100% Money Back Guarantee!** Your FREE Fat Burning Kit is risk free to try, all we ask is that you pay the Shipping & Handling. If it does not deliver what you need, return the unused product. No questions asked!

# Please Select Your Shipping Method:

○ Standard Shipping (\$6.95) Please allow 2 weeks for delivery

For Faster Processing Select:

In-Plant Rush - ONLY \$3 more!

Ships within 24 hours with 3-5 Business Day Priority Shipping!

A Verify Your Address First Name Last Name E-Mail (Your email will never be sold or shared to an unauthorized party Privacy Policy Address City State (US Orders Only) - 194 Zip/Postal Code **Money Back Guarantee** Payment Information VISA Payment Method Visa 111 Credit Card No. CVV2 # (What's a CVV2//CVC2?) (REQUIRED)

#### ------

# Continue for your FREE Fat Burning Kit [





Sharon went from a size 10 to a size 2!

At the age of 42, Sharon B. was unhappy with her weight and her life in general and had decided it was time for a change.

Life is very different for Sharon for after her Complete Reshaping Program withUltraSlim. She is down from a size 10 to a size 2 and could not be happier with herself, her career, and her new body!

Real estate agent by day.... and now beauty pageant contestant by night!

Before

After

Contact Us | Privacy Policy (updated 6/10/05) | Manage Subscriptions All contents © 2007 Complete Weightloss Center All Rights Reserved.

The statements in this website have not been evaluated by the Food & Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.

FREE Fat Burning Kit Terms and Conditions:

We are so confident you will lose weight quickly and effortlessly that not only are we willing to give you a FREE Fat Burning Starter Kit, we will even refund your shipping charge if you are not completely impressed and blown away with the results Woman's UltraSlim can delver! Simply return the empty Woman's UltraSlim Samlpe Packaging and your refund will be promptly processed with no questions asked!

Complete Your FREE Fat Burning Kit order now to receive a 1 week supply of UltraSlim (retail value of \$49.95). As part of this offer you'll receive a free 1 week supply of Woman's UltraSlim, 1 week supply Complete Dieter's Vitamin, 1 toning band to reshape your Hips, Waist and Thighs, a 1 week trial of our top notch on-line weight loss

coaching program as well as 3 additional bonuses, and you only pay \$6.95 for shipping and handling. When billing your card for the free trial, the shipping & handling will appear as 3 separate charges, shipping, handling and account setup. This gives you the opportunity to try Woman's UltraSlim so you can decide for yourself if this is the right product for you. You will also receive a 7 day trial of our online support program where our certified weight loss professionals will guide you to your weight loss goals.

Continued use of the Woman's UltraSlim has shown to drastically reduce food cravings to help you eat less, consume less calorles and lose weight. To order more you can contact our customer support.

If you are enjoying the online support coaching program, do nothing, our support staff will continue to help you reach your weight loss goals. You agree to allow us to bill the same credit card information you have used for this transaction for the amount of \$29.95 per month for the online support program if you do not contact customer service before the 7-day trial period which begins the date of purchase.

You are not obligated to purchase after you have completed your support program trial and you can cancel anytime within the 7 day trial period. If you would like to cancel your membership, simply contact customer service. Even if you decide to cancel, please feel free to keep the FREE bottle and 7 day membership as our gift to you. No commitments, no hassles, cancel anytime. Please note this special offer is limited to one free trial of Woman's UltraSlim and support program per customer.

100% Money Back Guarantee. If you are not completely satisfied with the FREE Fat Burning Kit simply return the unused portion of the product within 30 days from the date of purchase and we will refund the initial \$6.95 S&H charge.

# **EXHIBIT F**

· ·







Siberian Ginseng Granular	الال	*
Cayenne Powder		*
Appetite Control Blend	225mg	*
L-Tyrosine		
Taurine		
Garcina Combogia (Standardized to 50% HCA)		
Percent Daily Value are based on a 2,000 calorie diet. *Daily Value has not been established.		
Other Ingredients: Microcystalline Crilulose, Calcium Carbonate, Stearic Acid, Magnesium Stearate, Primelise, Silica.		<b>4</b>

Complete Dieter's Vitamin | Back To Top



It is difficult if not impossible to get enough nutrients from your normal diet to support your weightloss goals. The reason behind taking a multi-vitamin with your daily meals is to supply the body with calorie-free nutrition or select compounds that have the potential to enhance your performance, reduce body fat, increase muscle and improve health.

The Dieter's Complete Vitamin gives your body the nutrition it needs without adding calories. By supplying the body with the nutrients it needs without additional calories, (e.g., a multivitamin and mineral), you can help satisfy all you nutritional needs without exceeding the amount of calories your body needs.

Supplement Facts Serving Size: 1 Tablet	
Amount per 1 tablet:	% Daily Value
Vitamin A	100
Vitamin D3	50
Vitamin E	200
Vitamin C	400
Citrus Bioflavonold Comp	50
Folic Acid	15
Calcium	25
Magnesium	125
Iodine-from potassium iodide	25
Iron as Ferrous fumarate	25

	Copper as Copper Gluconate		125
	Manganese as Mang. Gluconate		.75
	Potassium as Potassium Citrate		35
	Selenium as L Selenomethionine		25
	Chromium from Chromium Polynic	cotinate	*
	Pancreatin 4X		*
	Betaine HCL		*
2	Pantothenic Acid as Calpan		*
	Calcium from Unmilled diCal Phos	phate	*
	Sorbitol Adm Coarse		*
	Stearic Acid		*
	Magnesium Stearate		*
	Primellose		*
	Ditab		*
	Thiamine Mono		*
	Riboflavin		*
	Niacinamide Free Flo		*
	Pyridoxine HCL		*
	Pyridoxial 5-Phosphate		*
	Blotin		*
	P.A.B.A. Granular		*
	R.V.P		*
	Recent Daily Values are based on	a 2,000 calorie diet.	
	* Daily Value has not been establi	shed	
• Customer Corner •	• Weightloss Kits •	· Learn To Lose ·	• Member Login •
Change of Address	• Free Starter Kit		Username:
• Track My Order	• 2-For-1 Kit	Weightloss is a combination	
<ul> <li>Frequently Asked Questions</li> </ul>	Complete     Reshaping Kit	of three major things, Support, Motivation, and Education	Password:
<ul> <li>Manage Subscriptions</li> </ul>		)/05)   Contact Us   Manage Su	

, i i

# Frequently Asked Questions

- Why is it important for a person to use the Woman's UltraSlim<sup>tm</sup> training and support system?
- Will the product work for someone who doesn't exercise much?
- Is Woman's UltraSlim<sup>tm</sup> safe and effective?
- Who can take Woman's UltraSlim<sup>tm</sup>?
- May Woman's UltraSlim<sup>tm</sup> be taken in conjunction with Thyroid medications?
- Can someone who has a heart condition or high blood pressure take Woman's UltraSlim<sup>tm</sup>?
- Does Woman's UltraSlim<sup>tm</sup> affect blood pressure?
- Does Woman's UltraSlim<sup>tm</sup> affect menstrual cycles, or the potency of birth control pills?
- Do the ingredients in Woman's UltraSlim<sup>tm</sup> cause mood swings?
- Can Woman's UltraSlim<sup>tm</sup> be taken with other prescribed or non-prescribed medications?
- Is it possible for Woman's UltraSlim<sup>tm</sup> to cause light-headedness or stomach nausea?
- Is the product addictive?
- How much Caffeine is in Woman's UltraSlim<sup>tm</sup>?
- What are some of the side effects of Woman's UltraSlim<sup>tm</sup>?
- Is Woman's UltraSlim<sup>tm</sup> FDA approved?
- Is Woman's UltraSlim<sup>tm</sup> similar to Fen-Phen?
- How does Woman's UltraSlim<sup>tm</sup> work?
- Is Woman's UltraSlim<sup>tm</sup> just for women?
- Is Woman's UltraSlim<sup>tm</sup> a fat blocker?
- <u>Can Woman's UltraSlim<sup>tm</sup> be taken everyday?</u>
- How long should Woman's UltraSlim<sup>tm</sup> be taken?
- Is there a maintenance program with Woman's UltraSlim<sup>tm</sup>?
- What if it doesn't work?
- How much weight can someone expect to lose?
- Is it safe to drink coffee with Woman's UltraSlim<sup>tm</sup>?
- Is smoking ok with Woman's UltraSlim<sup>tm</sup>?
- After I reach my projected weight loss goals do I stop taking Woman's UltraSlim<sup>tm</sup> or is there a maintenance program?
- Does Woman's UltraSlim<sup>tm</sup> help people to eat less?
- Will Woman's UltraSlim<sup>tm</sup> increase my energy levels?
- How many tablets are in a bottle?
- How many pills per day are allowed?
- When should the pills be taken?
- Does one have to be on a diet for Woman's UltraSlim<sup>tm</sup> to work?
- How does Woman's UltraSlim<sup>tm</sup> compare with products like Herbalife, Metabolife, or Metabolite, Metaboloss, or Diet Pep?
- What are the credentials of your Certified Weight Loss Partners?

#### BACK TO TOP

# Q. Why is it important for a person to use the Woman's UltraSlim<sup>tm</sup> training and support system?

A. Because the body adapts to calorie intake (diet) and energy output (exercise). Eventually you will build immunity to Woman's UltraSlim<sup>tm</sup> taken daily. Our nutrition counselors help you train yourself to lower calorie intake and increase physical activity so your body can perform like the efficient machine it is designed to be. They will advise you on maintenance programs and recommend other products such as the right kind of multi-vitamins for you to take.

#### BACK TO TOP

#### Q. Will the product work for someone who doesn't exercise much?

A. YES. Some people will achieve extraordinary results by simply taking Woman's UltraSlim<sup>tm</sup>. However, if you do not improve your eating or cardiovascular habits, you may not lose the amount of weight you would like. Any company that claims otherwise is probably lying and/or misrepresenting their products.

#### BACK TO TOP

## Q. Is Woman's UltraSlim<sup>tm</sup> safe and effective?

A. If taken as directed, it is safe. Under a physician's care, the effectiveness of these components has been proven many times over. All of the ingredients are natural or derived from natural sources. Asians have been using herbal remedies for thousands of years. We are using a lot of the same herbs the Asians have seemingly always known to be effective. Each of our ingredients have been individually tested and studied to be safe and effective for most people, but without knowing each person's history, we cannot guarantee this product to be safe for everyone.

#### BACK TO TOP

#### Q. Who can take Woman's UltraSlim<sup>tm</sup>?

A. It is not recommended to anyone under the age of 18. People with a history of medical problems or who are on medications should not take Woman's UltraSlim<sup>tm</sup> without first consulting their physician.

#### BACK TO TOP

#### Q. May Woman's UltraSlim<sup>tm</sup> be taken in conjunction with Thyroid medications?

A. It is safe as far as we know, but each person reacts differently. You may want to start with small dosages. Please consult your doctor before using Woman's UltraSlim<sup>tm</sup>.

#### BACK TO TOP

#### Q. Can someone who has a heart condition or high blood pressure take Woman's UltraSlim<sup>tm</sup>?

A. It is not recommended. Under some circumstances however, your doctor may allow it. We still recommend taking a good multi-vitamin. Our Training Support System may still be able to help you with meal plans and exercises.

#### BACK TO TOP

#### Q. Does Woman's UltraSlim<sup>tm</sup> affect blood pressure?

A. It may increase your blood pressure a little. There is usually an adjustment period of 7 to 10 days. It should adjust itself as your body gets used to Woman's

UltraSlim<sup>tm</sup>. Talk to your doctor first.

#### BACK TO TOP

# Q. Does Woman's UltraSlim<sup>tm</sup> affect menstrual cycles, or the potency of birth control pills?

A. It may change the day you start your cycle. It is to the best of our knowledge ok to use with birth control pills, but you should consult your physician first.

#### BACK TO TOP

## Q. Do the ingredients in Woman's UltraSlim<sup>tm</sup> cause mood swings?

A. If you are on anti-depressant medications, it may. It is impossible for us to say do not use UltraSlim<sup>tm</sup> or predict any adverse reactions without knowing each person's circumstances. If you have some side effects, you should talk to your doctor.

#### BACK TO TOP

### Q. Can Woman's UltraSlim<sup>tm</sup> be taken with other prescribed or non-prescribed medications?

A. You should always consult your doctor before mixing any kind of medications.

#### BACK TO TOP

# Q. Is it possible for Woman's UltraSlim<sup>tm</sup> to cause light-headedness or stomach nausea?

A. Rarely, but yes. Taking it with 8 ounces of water and/or a very light snack may minimize this.

#### BACK TO TOP

#### Q. Is the product addictive?

A. Each pill contains as much caffeine as in a cup of coffee or a can of soda. Caffeine has been proven to be addictive. The possibility of addiction will depend on the tolerance level of the individual.

#### BACK TO TOP

### Q. How much Caffeine is in Woman's UltraSlim<sup>tm</sup>?

A. Each pill contains 455mg of Guarana Seed Extract 4:1 which equals (100mg-Caffeine). Because these ingredients are from natural sources, you are receiving the benefits of potency without the harshest side effects.

#### BACK TO TOP

#### Q. What are some of the side effects of Woman's UltraSlim<sup>tm</sup>?

A. Everybody is different and may have some rare reaction to any of the herbs, vitamins or formulas in this type of product. Some individuals may experience sleeplessness, lightheadedness, nausea, jitters, and in rare cases mild chest pains or short term diarrhea. The positive effects are appetite suppression, increased energy, and of course weight loss.

#### BACK TO TOP

## Q. Is Woman's UltraSlim<sup>tm</sup> FDA approved?

A. The FDA is a policing authority, which has allowed the use of the individual ingredients used in this product. It does have some restrictions on amounts of consumption and length of usage. Woman's UltraSlim<sup>tm</sup> is manufactured by an FDA licensed laboratory, which has to adhere to the strictest standards in the industry.

#### BACK TO TOP

## Q. Is Woman's UltraSlim<sup>tm</sup> similar to Fen-Phen?

A. NO. ABSOLUTELY NOT. Fen (Fenfluramine) is a synthetic drug. Phen (Phentermine) is also a synthetic lab created drug. Both were designed to be used as appetite suppressants, but not in conjunction with each other. Phen was also believed to be an amphetamine or "speed" in street language. Our products are natural herbs, non-narcotic, and have been used for thousands of years.

#### BACK TO TOP

#### Q. How does Woman's UltraSlim<sup>tm</sup> work?

A. 1) It increases your metabolic rate (which burns calories and increases your energy levels). 2) It suppresses your appetite (which controls food cravings or binge dieting to help you eat less). 3) It creates Thermogenisis (which generates extra body heat, causes your body to work and burn more fat to "cool down" and maintain a steady 98.6\* F).

#### BACK TO TOP

#### Q. Is Woman's UltraSlim<sup>tm</sup> just for women?

A. No, Woman's UltraSlim<sup>tm</sup> is formulated for both men and women.

#### BACK TO TOP

#### Q. Is Woman's UltraSlim<sup>tm</sup> a fat blocker?

A. No. Fat blocking agents block fat, but also destroy important "fatty" based vitamins such as Vitamin E, and Beta-Carotene. Woman's UltraSlim<sup>tm</sup> does not block anything that comes into your body. It just helps to process what you consume more efficiently.

#### BACK TO TOP

# Q. Can Woman's UltraSlim<sup>tm</sup> be taken everyday?

A. Yes. But we recommend taking it consecutively for five (5) days and stopping for two (2) days. This will allow your body a break and permits the adrenal glands to function normally with no boost. The days off will ensure your system doesn't build immunity to the product. Therefore, you will not have to keep increasing your dosages to see results.

#### BACK TO TOP

# Q. Is there a maintenance program with Woman's UltraSlim<sup>tm</sup>?

A. Yes. We have recommended multi-vitamins, meal replacement drinks and other dieting aids accessible to you coming soon. Our Certified Weight Loss Partners have special instructions and helpful tips for continued results. We don't just sell products; we give you support and education. This is why our success rate is much higher than that of typical weight loss products.

#### BACK TO TOP Q. What if it doesn't work?

A. For the majority of people Woman's UltraSlim<sup>tm</sup> will give results. It has been our experience that the small percentage it does not work for are those who do not follow the program recommendations. They try to "short cut" or cheat and blame their lack of progress on the products they are using. It is simply non-compliance or laziness. If you follow our system and duplicate exactly what our Certified Weight Loss Partner advise, and still do not achieve results, we are more than willing to exercise our guarantee.

#### BACK TO TOP

#### Q. How much weight can someone expect to lose?

A. It common to lose 5 to 10 pounds within a week's period of time. There is not a precise scientific answer to this question. The amount of weight loss will be affected by many factors including, but not limited to: program compliance; amount of dosages; individual body composition; type and quantity of food consumed; level of physical activity; and believe it or not, even personal commitment.

#### BACK TO TOP

### Q. Is it safe to drink coffee with Woman's UltraSlim<sup>tm</sup>?

A. Yes. If you get the jitters, lower dosages of UltraSlim<sup>tm</sup> AND COFFEE.

#### BACK TO TOP

### Q. Is smoking ok with Woman's UltraSlim<sup>tm</sup>?

A. Yes, you can smoke while using Woman's UltraSlim<sup>tm</sup>, but we do not recommend it simply because smoking itself is not healthy for you. No studies have shown smoking to reduce the effects of Woman's UltraSlim<sup>tm</sup>.

#### BACK TO TOP

# Q. After I reach my projected weight loss goals do I stop taking UltraSlim<sup>tm</sup> or is there a maintenance program?

A. There is a recommended maintenance program directed by our Certified Weight Loss Partners once you reach your goals and they will train you how to follow it.

#### BACK TO TOP

# Q. Does Woman's UltraSlim<sup>tm</sup> help people to eat less?

A. Yes, it contains several appetite suppressants that will help curb your desires for sweets, and binge eating or gorging.

#### BACK TO TOP

# Q. Will Woman's UltraSlim<sup>tm</sup> increase my energy levels?

A. Yes it should. The increase in your metabolism should raise your energy levels. Also, as you see results you will become more eager to be active in the program.

#### BACK TO TOP

Q. How many tablets are in a bottle?

A. 60 tablets in a bottle. We recommend taking the pills consecutively for 5 days and stopping for 2 days. This is the safest way to use Woman's UltraSlim<sup>tm</sup>. For the average person this allows a 1 month supply to get excellent results. Some people will require more tablets to get the same results.

#### BACK TO TOP

## Q. How many pills per day are allowed?

A. At most, 2 tablets at a time, three times a day for a total of not more than 6 per day.

#### BACK TO TOP

#### Q. When should the pills be taken?

A. About 30 minutes before a meal. Otherwise you will not get the appetite suppression needed to curb your eating habits, and you may eat a lot of fatty high sugar type foods or sweets.

#### BACK TO TOP

# Q. Does one have to be on a diet for Woman's UltraSlim<sup>tm</sup> to work?

A. Calories must be maintained for any program to work properly. Anyone who tells you otherwise is misrepresenting, or does not completely know their facts. Most people need to have some sort of calorie reduction. We do not believe in "starving for success". Our Certified Weight Loss Partners will help you with our "FOOD MANAGEMENT PROGRAM". It is easy and effortless. This is why our system works when others fail.

#### BACK TO TOP

# Q. How does Woman's UltraSlim<sup>tm</sup> compare with products like Herbalife, Metabolife, or Metabolite, Metaboloss, or Diet Pep?

A. Those are good products. However, not all are formulated as well as Woman's UltraSlim<sup>tm</sup>. We have more fat loss ingredients and Adrenal support ingredients. Plus, we have Certified Weight Loss Partners ON STAFF included with our program. This benefit is very expensive individually and it is not even offered by our competitors!! It is an interactive system tailored just for you. We have a no hassle guarantee. Switch to UltraSlim<sup>tm</sup> now, and tell all of your friends.

#### BACK TO TOP

#### Q. What are the credentials of your Certified Weight Loss Partners?

A. Our Weight Loss Partners are Certified Fitness Professionals. They have completed studies at the National Academy of Sports Medicine(NASM) and the United States Nutritionalysis Association (USNA)



#### Sharon went from a size 10 to a size 21

At the age of 42, Sharon B. was unhappy with her weight and her life in general and had decided it was time for a change.

Life is very different for Sharon for after her Complete Reshaping Program with UltraSlim. She is down from a size 10 to a size 2 and could not be happier with herself, her career, and her new body!







The support program was awesome. It taught me how to eat the foods I love and still lose weight. The bands and ball are great for working out at home, I can do all the same exercises I could when I went to the gym but it is so "much cheaper! Now I help other people learn how they can lose their unwanted weight too!



# What our Members are Saying...

Wish I could have gotten in on this!

Are you going to run another one soon? I just started, today is day 3, and I am 100% following the program. It is awesome! I have never seen a program that was so easy to follow, and gave such quick results.

The forums take a lot of time to read, but, I have gained a lot of information from them.

Well I belong is this forum... the chatter corner... I hope all you had a nice and safe new years.... I am now over my cold... and ready to start back up.... I dont make new years resolutions but I have committed to myself to:

exercise..... eat healthy and eat a cookie every am for breakfast.... and hopefully those 3 things together will help me accomplish my goal. My next small goal is for my cruise in 6 weeks.

I am so glad to be a part of all of you... you all were a great inspiration through out the end of 2004!~ I have met great people in this program and feel a sense of true friendship and comittment for everyone to come together and help as needed.

I wish everyone a happy and successful 2005 and get whatever you wish for in this year! take care and Karen - lets kick butt this contest!

Liz - aka Spinning Angel

"what you eat in private shows in public"

All my life up until about my mid 30's I was never overweight. I would exercise, watch what I ate and took pretty good care of myself. Even after having my first child at the age of 24 I was able to get the weight off. I had gone from 120 lbs up to 200 lbs when I was pregnant. Most of it was retaining water and I lost 30 lbs before leaving the hospital, another 30 within a week or two and the last 20 came off within 30 to 60 days after that. After that time though I had 4 other pregnancies, the first one was a tubular, then I had 2 miscarriages and the last one was another tubular. With each tubular it lessened my chance of ever having kids, in fact after the last one I couldn't. It was very devastating to me since I wanted to have 3 children. We considered all our options but the risks and considerations were risky. My husband didn't want to put me through anymore disappointments. I couldn't even look at a pregnant woman.

Then being in depression and no one even offered any help (the hospital, doctors, etc.) I decided if I couldn't get pregnant maybe getting fat would give me similar feelings of satisfaction. That's when I started eating and quit exercising.

WOW - do not try that, eventually it comes back at you and you wake up one day and wonder, why did I do that to myself. I have been on a struggle to get the weight off for 10 to 15 years now and nothing was working, until I started UltraSlim. I had gone up to 219 lbs at one point. I have a long ways to go, but I can see the light at the end of the tunnel, and yes I have been getting counseling too.

I'm now feeling more energetic, I'm loving exercising, changing eating habits is very difficult but with all the help that I get here on Personal Online Support I know it will happen. Every 30 days I will give you an update on how I'm doing.

Everyone at Complete Weightloss Center is very awesome and you get the encouragement and support that you need to lose weight. The members that post are very encouraging and never put you down if you had a bad day/week. Even when I'm about to give up, someone says something or e-mails me and makes me laugh and give me the encouragement than I need to keep going.

One of the tricks I discovered is coming to the website often and talking about your is sues and someone will respond with just the right advice to keep you going.

Don't ever give up, Complete Weightloss Center wants to help, will help and does help.

Sar ah Smile

IF YOU STICK WITH IT - IT WILL HAPPEN!

Hi everyone!

I have to share... 🙂

My 39th birthday was in October <sup>(2)</sup>. At that time, my brother and sister-in-law sent me a gift certificate for Eddie Bauer. I looked and looked online to find something to buy. I was really tempted to just get something for the house <sup>(2)</sup> instead of for me, which they intended, but I didn't find anything that really struck me. So I held onto the certificate.

Then I found this program (DDD)

I am a Girl Scout Leader, and I have a shirt, but really didn't have any pants to make the uniform look nice. I decided that I would order a pair of pants...a size 18W...and that would be my Christmas goal to get into them.

Well... Wethey came yesterday. I was going to put them away and try them on Christmas Eve, but then I decided that I needed to know how close I am .

I tried them on this morning...AND...THEY FIT **ODD** The pleats don't lie flat yet, but I got them all the way on, ZIPPED, and I could sit and bend in them.

What makes it even more sweet, is that I was a 22/24 only 4 weeks ago  $^{igodoldsymbol{0}}$ 

Hope you all have a good week...Can't wait until Sunday...Bring on the challenge! Sarah, when are you going to post the rules and goals?

# Karen 🕮

Smile!!!! You never know what a difference it may make in someone's day!!

Well Karen get back in that closet and clean <sup>(1)</sup>! I like your long posts... i get ideas out of reading them! Once you come in this room you arent a newbie anymore you are a buddy! <sup>(2)</sup>

Well I hope you all got some sunshine..... i sent a bunch! and have more to send if you

#### need it!

just bored...may leave and go xmas shopping..... 🖤

Liz - aka Spinning Angel

"what you eat in private shows in public"

BINGO! you hit the jackpot... if you want something that bad you will find away. When Chrissy first came on I detected an attitude and thought this isnt going to work. I almost wrote something harsh to her and thought no she can pave her own road. and honestly I dont have time for people like that.... but I thought I would give it a shot. If someone is truly sincere I will give them the world... but I can also detect someone who is just there for the ride.

I always do the swapping thing in my head. My head is so high I will get through the bad times... I am a survivor and love a challenge and will fight until the end! I will give you all a great compliment... as much as I have been on WW online support... Complete Weightloss Center is so much better! Ww is so petty and theres always cat fights in there... its disgusting! I know I need a strong support group to overcome my weight is sue. I have gone down 15lbs though and have to weigh in on wednesday. I still to this day have NOT touched a piece of halloween candy... had a stressful weekend and didnt melt down... my neighbor's brought this BIG bowl of Velveta cheese, salsa and sausage... and my hubbys just chowed down ... and i just watched... I am starting to realize I dont need to eat just to eat... I need to eat to survive!

Well Deni - have a great week and I will check in later with my stats... which i am a bad girl and havent done bands... and its probably cuase I feel like i don so much more. So for your job ...do you just do emails all day long or other stuff? How cool to do this... and get paid!

Hey girl I too weighed about the same as you did and believe me it is not fun to carry all that baggage around with you. But you know what? If it hadn't been for my friends here on the site I wouldn't have made it as far as I have in such a short time.... I weighed 232 when I began in the first week of Sept. I now weigh 199 and am still losing. Now this is the first time in 10 years that I have been on and stuck with this lifestyle change and you know what, I can do it. And if I can do it *so can you, I promisel* Just stick with us kid and we'll help you as much as we can.

Be sure to thouroughly(sp?) check out the web site it has tons of valuable info that has helped me. The best thing though was the last challenge that we did.I may not have lost a tremendous amount in that time but I sure kept up withmy journaling andwater,pills, and especially the exercise. Congrats on your first step to the rest of your beautiful life. Katie

Stand for each other's greatness, it's an empowering thing! --Leigh Lane- a wonderful Complete Weightloss Center "loser"

Hi guys sorry I haven't been so attentive lately.... Alot going on in the home front, but it's all good.

So how's the family of buddies doing? good I hope. I've been keeping busy with 2 new jobs and also sick chilldren and self not to mention the hubby got the creeping crud too...

But we are all better and going striong. I had to go shopping the other day and the lady at the changing rooms had to knock on my door because I screamed and she thought something was wrong.

Of course there wasn't, I just put on a size 16 pair of pants and a 12/14 top. I was so elated that I screamed for joy. I had put pants on earlier that day and they were 5 inches too big. How do I know this you ask??!!!

I MADE my hubby measure for me...

Talk about dancing a jig... So for christmas I have requested of everyone that asks- gift certificates for my favorite clothing stores. Good thing is that it doesn't matter if my sweats are a bit big at least they're not falling off (YET).

Glad to see all the people still posting like mad. Keep up the great jobs everyone!! Katie

Stand for each other's greatness, it's an empowering thing! --Leigh Lane- a wonderful Complete Weightloss Center "loser"

Hello, everybody!

I haven't been on much inthe past 2 weeks or so, and it's awesome to see how many new members there are! I'm so glad that I am part of such a great support team! I haven't been posting but I have been sticking to the program and have seem major results! I started in a tight size 16 (facing having to buy a size 18! I thought I'd die! So, a friend told me about this program and decided to try it after she had been on it for a couple weeks and already seeing good results. I ordered my sample pack and no kidding, but day 3, I was totally hooked. I had energy that I haven't had in many years and the starch/carb cravings were just totally gone. I could pass up doughnuts and pastries that were brought into the office and I haven't made a trip to the candy dish in about 2 months! It just sits there but it's just totally unappetizing to me! My kids have Halloween candy that I have "sampled" but it's not like that's all I think about, which have totally obsessed about junk inthe past. You guys will totally love this program..in case you haven't fell in love with it already! hee hee!

goodluckcharm

I haven't been on much inthe past 2 weeks or so, and it's awesome to see how many new members there are! I'm so glad that I am part of such a great support team! I haven't been posting but I have been sticking to the program and have seem major results! I started in a tight size 16 (facing having to buy a size 18! I thought I'd die! So, a friend told me about this program and decided to try it after she had been on it for a couple weeks and already seeing good results. I ordered my sample pack and no kidding, but day 3, I was totally hooked. I had energy that I haven't had in many years and the starch/carb cravings were just totally gone. I could pass up doughnuts and pastries that were brought into the office and I haven't made a trip to the candy dish in about 2 months! It just sits there but it's just totally unappetizing to me! My kids have Halloween candy that I have "sampled" but it's not like that's all I think about, which have totally obsessed about junk inthe past. You guys will totally love this program..in case you haven't fell in love with it already! hee hee!

#### goodluckcharm

Hello and Welcome, ChrissySue and Molly!

Like Deni said, this program is meant to educate. This site is an invaluable source to know everything you need to know about how to get the weight off, and keep it off! This forum is one of the most helpful tools as well, because it not only provides support from the many members, but it is also an outlet to vent your frustrations, share your joys, and motivate you to become healthier and trimmer. We keep one another accountable for sticking to this program, so if you feel like you are faltering. . . share it! More than likely you will get more support than you ever thought possible. We are all here to cheer one another on! Welcome to the club! I know you'll both succeed! Keep posting, keep in touch, and the best of luck to both of you!

# Kam 🕮

Effort only fully releases its reward after a person refuses to quit. --Napoleon Hill

#### Hi ptigereyes!!

I hope you like this product!! I too have tried many different diets (don't you hate that 4 letter word) and have found out that the lifestyle change is what I need also. I even had to wait 1 week before I could order the the full supplements, \$\$ and all you know but to date I have lost 13 lbs. and I feel great and am looking better than I have in years. I only have about 90 more to go and I will be where I want to be. I think we all need a support system with certain things in our lives and losing weight happens to be one of those things for me. I hope that you and every one else will keep posting so that we can form a big weight loss family that is there when we need each other no matter who writes for support. You are worth every penny that you put into this goal and then some so don't get discouraged about a plateau. You just may need a boost and a change in exercise plans a little. That is what I had to do also. I just varied one thing.. I added 5 more minutes of cardio and strength training to my workout and what a difference it has made, besides taking these supplements.

It wasn't always what I ate but how much I ate of it 3 that has caused me to gain this much.

I'm glad to see those of us taking control of our lives back and saying no more it is empowering isn't it??!?!!

Feel free to write me here or at the needing to lose 60-100 pounds board. I check about 2 times a day. But always at night at least once. Katie

yeah, I did not know how cool it was going to be. It's like this whole intertwined thing. I thought it was going to be some pills and a personal on-line support thing, not this whole forum of people jsut like me. It's so awesome!

#### goodluckcharm

HI AND WELCOME TO YOU R NEW HOME AWAY FROM HOME ....

WE ARE ALL GLAD THAT YOU DECIDED TO TAKE THE STEPS TO CHANGE THE REST OF YOUR LIFE.... I HAVE BEEN USING THE PRODUCT NOW SINCE THE FIRST OF SEPTEMBER AND HAVE LOST 25 POUNDS. IT HASN'T BEEN ALL EASY BUT I FIND IF I REMEMBER TO EXERCISE 3 TIMES A WEEK (CARDIO) AND USE MY FIT AND TRIM BANDS (I ALSO DO POWER YOGA) THAT IT HAS BEEN INCREASINGLY EASY TO TAKE THE WEIGHT OFF AND KEEP IT OFF.

DON'T FORGET THE H2O ALSO, IT HELPS METABOLISE THE FAT AWAY. WHICH IS A GOOD THING. THE FAT IS KINDA LIKE THAT BOYFRIEND YOU THOUGHT YOU DITCHED SEVERAL YEARS AGO BUT HE STILL SHOWS UP. THE EXERCISE AND WATER SURE HELP TO KEEP THINGS MOVING SO TO SPEAK.

SO CONGRATULATIONS AND WE ALL HOPE THAT YOU WILL STAY WITH US THROUGH THE THICK AND THE THIN OF THIS NEW VENTURE.

KEEP US POSTED AND DON'T FORGET TO LOOK AT THE WEEKLY TIPS AND TRICKS. THEY HELP ALOT TOO.

IF YOU NEED ANY OF US JUST WRITE!!! KATIE

Stand for each other's greatness, it's an empowering thing! --Leigh Lane- a wonderful Complete Weightloss Center "loser"

ok. how is everyone doing with their bands? I am having fun with them, and so is the rest of my family...at watching me! hahaha! I'm very uncoordinated when it comes to stuff like that. I really feel a difference already, though. I must be doing something right. my 3 year old likes to try it, too. very hilarious!

goodluckcharm

I was amazed at how easy the band is. I was expecting to do the whole 'dred the exercise thing' while dieting, but this time is different. I don't dred doing it all. It's just

. \_ \_ - ----

easy and virtually pain free. I do it while I'm watching TV in the mornings.

i'm on my way!

#### Kriscinda

what is everyone doing with their extra energy? I have so much energy that I jsut cleaned my house, went running around my house with a set of 3 lb. weights up and down the stairs and all around and now I'm trying to master my thigh master. It seems like the more I exert myself, the more energy I have. Does everyone feel like this? I'm on day 5 of my sample pack and I feel GREAT!!!

#### goodluckcharm

Kriscinda - I hope to see your name come up under Contest Rules - you will definitely be giving us a challenge. I think sticking to a diet is much more exciting and you really do want to do it when you have such a great support team and high energy people to help you with it.

Everyone who posts on this web page gives me a renewed desire to stick with it and keep doing this program.

#### **\*\*\*I** just want to thank all the UltraSlim staff for bringing us all together here and giving us the opportunity to communicate with each other and really giving us the chance to get in shape and become healthler.**\***\*\*

#### KUDO'S TO ALL OF YOU AND ALL THE MEMBERS !!!!!

Sar ah Smile

Hi Katie! That is so awesome that you are doing so well! I know how you feel about those D cups, I feel the same way about mine! I went from a 34 DD to a 34 D, I'm happy with the change, and I don't even think I'd mind if I went down to a C cup.

My weight loss is going well, it's coming off slowly, but I expected that, I have to loose about 15 pounds to reach my goal, but I'm sure that is going to take me at least until February, maybe January if I'm lucky. We'll just have to see. My exercising has improved 200%. I'm running about 6+ miles per day and I've never felt better! I'm going to try to get up to 10 miles/day. My strength training is going well, but I have to say that I enjoy doing the cardio more! My abs are feeling much stronger and doing those various types of crunches is no longer a chore! I've gone down 2 sizes, almost three, but it's a little tight! I'll get there eventually.

I can't even begin to thank all you for being there. Without this program and all of the support I would not have been able to make it past the second week, and here I am on week 6 and I'm going stronger than ever! This place rocks! I hope the rest of you feel as good as I do! So keep up your hard work, and I'll keep up mine!

#### Take care!

Kam

Effort only fully releases its reward after a person refuses to quit. --Napoleon Hill

Hi Suzanne! Welcome to the Complete Weightloss Center family. If you read all the posts, you'll find that we are all buddies. Everyone that posts offers support, encouragement, motivation, inspiration, and any other kind of support you'll need to help you reach your weight loss goals. I hope that you stick with this program, you'll find that the support forum is invaluable and probably the best way to stick to this program.

I can't even begin to tell you how the support forum haas helped me stick to this! It's been 4 weeks now, the longest I have ever been on a "diet" and I'm still going strong! Everyone here has the same goals in mind, and that really helps when you are having a "blah" day, they know what you are going through!

So welcome, stick with us, post your thoughts and feelings. Let us know how you are doing, we'll be here to cheer you on!!

#### Kam

Effort only fully releases its reward after a person refuses to quit. --Napoleon Hill

Welcome, wildone!

I know you'll love it here. The product is GREAT...the people are great...the support is great...and YOU are great for becoming a part of something so awesome! welcome to the club!

2

we are all on our way!

Kriscinda

Energy??? oh yes! i had a baby 3 months ago and I have more energy now than I had even before getting pregnant! It's amazing.

i'm on my way!

#### Kriscinda

You guys just can't imagine what you all mean to me, having found this site was a GOD SEND. Literally. I have a friend here in my town who is a lot younger, and not nearly as tragically overweight as me, but she is also such a sweetie, and is helping me stay focused. oh, and she's a nurse. LoL. Quite helpful. But you folks.... you are my

driving energy. I get from you something she's not able to give. And I can't quite put my fing er on what that something is, but just know you give it. And I am so grateful.

#### just me, tracy

Karen, the way you cover it all, it leaves nothing else for us to mention.

I agree with Karen whole-heartedly. This is an absolutely fabulous program, and I have already decided to keep my membership so I can come to the forums, even if the supplements don't work out for me. The online support is the absolute BEST I have ever come upon. There should be some increase in the trial time too, because Karen's right, 2 weeks barely gives a person time to figure their way around here, especially if they are not familiar with how bulletin boards work.

And Karen, your idea of a video for work-out ideas with the bands is AWESOME!! It would help me tremendously. I have played with mine in the last 24 hours I have had them (()) and figured out a lot, but it's kinda tricky.

One thing I'd love to be slightly changed about this forum/bulletin board.... I wish we could send private messages to each other. It would be nice, when someone posts something and it seems like they could use some encouragement, if we wanted to send that personally, it might help make someone's day. That's just me though.

just me, tracy

Granny,

Welcome!!

I also am a late breakfast eater who wants to "nossh" (my own word...nibble on salt & sugar hourly) especially at night. Let me tell you, I love this program!

First of all...get yourself a notebook that you can always keep with you. Mine is BIG, cause I am a stay-at-home mother of 4 and I need to be able to see it!! Write down EVERYTHING you put in your mouth BEFORE you eat it...that means vitamins, water, and all of those BLT's (bites, l.i.c.k.s. and tastes), as well as all of your meals and snacks. Jot down the time and your feelings when you eat also. This will do several things for you. It will identify your "hungry" times, it will identify your emotions, and it will simply let you know just how much you are putting in your mouth! I was astounded at how much actually went into my mouth when I first started journaling. I found that I would eat out of boredom, or as a form of procrastination. Journaling makes us think twice about actually putting it in our mouth.

Secondly...check out Deni's post on portions. Ummm, I think it is under the Insider Forum. Hunger is a figment of our imagination in many cases, and we need to retrain our bodies and minds to distinguish actual hunger from all the other eating times. The journal is ideal for that! Spread your meals and snacks out over the course of the day. Try having some peanut butter on some apple or celery around 4:00 in the afternoon and make sure you have protein for dinner. Try to stay away from bread and pasta after lunch...the carbs may be triggering your "hunger". I know they do for me.

Back to the journal... write down your target calories for the day (eg: 1300) at the top of the page. Please note that you may not be able to go this low at first, if you have 100 pounds to lose. Deni will work with you on the calories if you contact her. Everytime you eat, figure the calories and subtract it from your target. When you get to zero, you are done eating for the day.

When the grumblies in the tumblie kick in, drink another glass of water, and get out of the kitchen. Give yourself 20 minutes to decide if you really must eat something. If you find something to do with your hands, or take a walk during this time, chances are that you will decide that you really are not hungry. If all else fails, hop on the computer and post in these forums. We are in and out all day long, and sometimes just writing it down helps the feeling to go away.

Maybe this would be a good time to take up scrapbooking, or knitting, or yoga or do your toning bands...those are absolutely wonderful...and you will notice a difference in as little as two weeks!!!

Lastly...come join our challenge! You will find it in the challenge forum under the title POSITIVELY ALIVE FOR 2005. I guarantee that you will be motivated once you get involved. The more you post, the more everyone gets to know you, and reply posts will be taylored to you! We are a wonderful bunch of people, and underneath the excess weight, we are all very beautiful! We know that you are a beautiful person also, and we want to help you bring that out!

God Bless you!

Karen

Hey Diva!

If you look at the various posts on this forum, you will find that we are all one anothers' buddies! This whole site is basically a place you can come to and every one will be here to support you on your journey. So fear not! I'm your buddy, along with the many others! I'm glad that you are doing this, keep posting because you will find that the more support you have here, the better and longer you'll stick with it (at least that's the way I feel about it!)

I have about 15 more to lose, but even after I'm done with that, I'm still going to keep posting to cheer all of you on! Plus, it will be good for me to maintain my loss as well!

Welcome to the club! Keep your eyes peeled for Sarah Smiles November contest!

Kam ወ

Effort only fully releases its reward after a person refuses to quit. --Napoleon Hill

Yet another wonderful post to keep us all informed, Deni. Thanks for that info!

One of my coworkers came over and asked about eating healthy. She said that she was gradually gaining weight and she didn't know why. I asked her if she had changed anything in her diet and she told me that she had been eating more nuts because she heard that they are good for you (which they are!). However, when I inquired to how much in a day she consumes, she showed me a 4 ounce bag of almonds, of which she eats one bag a day! I told her about the whole portion-distortion and that if she is eating too many in a day, it's likely that it is contributing to her weight gain. Nuts are a GREAT source of protein among other positive benefits, but they are EXTREMELY high in fat (good fat) and calories. She didn't realize this, she thought that if she was eating something "healthy" the weight wouldn't pack on. I told her about the law of thermodynamics and that if she regularly eats about 1500-1800 calories in a day and burns the same amount of calories she'll have no weight gain. However if she coupled her 1500-1800 calorie diet with the addition of the almonds, everyday she'd have a weight gain. It was like a light turned on and she understood what she was doing. It amazes me how people think that just because something is healthy, they can eat as much of it as they want. Too much of anything will cause weight gain! Unless, of course, all you're eating is celery and lettuce, then you'll starve!

Anyhooo, we are a nation of BIG! BIG country, BIG businesses, BIG cars, BIG thinkers, BIG eaters!

Let's be like the Europeans, smaller servings more often.

Again, wonderful post, Deni! 🖤

Effort only fully releases its reward after a person refuses to quit.

Well I belong is this forum... the chatter corner... I hope all you had a nice and safe new years.... I am now over my cold... and ready to start back up.... I dont make new years resolutions but I have commited to myself to:

exercise..... eat healthy and eat a cookie every am for breakfast.... and hopefully those 3 things together will help me accomplish my goal. My next small goal is for my cruise in 6 weeks.

I am so glad to be a part of all of you... you all were a great inspiration through out the end of 2004!~ I have met great people in this program and feel a sense of true friendship and comittment for everyone to come together and help as needed.

I wish everyone a happy and successful 2005 and get whatever you wish for in this year! take care and Karen - lets kick butt this contest!

Liz - aka Spinning Angel

"what you eat in private shows in public"

I love this program and the food choices fit better for me. I like to have cereal in the morning and not just proteins all the time. That is what I like about the program, you can eat some good food.

#### Nicki

#### \*\*\*\*\*

We are all worth it!

Welcome

I think you will love this program, especially if you ordered the toning bands and the exercise ball. They take up little or no room, and are extremely helpful in reshaping your body.

Keep posting...You will find a tremendous support system here. I invite you to get involved in our monthly challenges. January's will begin on Thursday, January 6. Look under the challenges topic. January's will be named, POSITIVELY ALIVE IN 2005.

Karen

Smile!!!! You never know what a difference it may make in someone's day!!

Hi girls and WELCOME! 🕮 We are really glad you are here!

I am also a stay-at-home mom. I just had my 4th child. She will be 4 months old on Monday. I also have a 19 month old boy, a 7 year old girl and an 8 year old boy.

I know the "binging" at home is tough, but please journal everything. That way, you will realize just how much you put in your mouth on a daily basis. I also recommend jotting down the times you eat and how you are feeling...sad, lonely, elated, tired, status quo...etc. Once you learn your eating patterns, it is much easier to adjust them to incorporate a more healthy lifestyle. I am still working on that myself.

Also, please join the challenges. They can be very motivating. I believe we are going to have "team" challenges in January, where you and a buddy pair up, and both of your numbers count as one. Hopefully it will help us by knowing that we are accountable to someone else, as well as to ourselves.

I have been here just shy of 30 days. In that time, I have lost only 2 pounds, but I am 22 inches smaller overall. I know first-hand that the numbers on the scale can be discouraging (as you will see in my post under slim down for santa), and I try not to pay attention to the scale. It is a major psychological thing though. I made up a spreadsheet with graphs to help me see that the inches lost actually are better than the pounds lost. DO THE BANDS WHEN YOU GET THEM!!! You will notice results in the inch column very quickly. Be sure you measure this week before you get your supplements and bands. You will be amazed in a couple of weeks!

Everyone in here is very supportive. We don't always get to read all of the forum areas though, so you may want to post in another forum as well. Most importantly...Don't give up

Karen

Hi everyone...

You wanted motivation, and we can help, but first you need to commit to yourself that this is what you want...To look better...to feel better...to have healthier bodies...and that you are willing to be honest with yourself and put forth the effort that it will take. We all have had really good days, weeks, months, etc...but we have also had really bad days, weeks, months, etc. The difference between a really bad day and a really good day, is simply how you look at it!

Please look into our January Challenge, titled POSITIVELY ALIVE IN 2005. It will start on January 6th, and we welcome all participants. This program will definitely help you get to your goals, but it is important that YOU establish those goals...write them down...and share them. We will hold you accountable (in a good natured way).

Losing weight is hard work...akin to a full-time job. The vitamins and supplements WILL help with your appetite. You still need to choose the right foods to eat, and measure out your portions. I know that I was flabbergasted when I realized that I was eating two, three, and even four times the portion size of food at my meals. When your portion sizes come into control, then there is room for an indulgance every once in a while.

Losing weight is only half of the battle though. The lifestyle change that will take place will amaze you. The other half of the battle is to reshape your body. If you have ever lost weight in the past (and who among us hasn't?), you know that the flabby left-over is enough to make you "fall off of the wagon" and go back to your old ways. That is where the toning bands come in on this program. I personally challenge EACH one of you to measure yourself. WRITE IT DOWN!!! Start using the bands. I can guarantee that you will be awed by the number of inches that you have lost by the time the January challenge is over. In fact, I bet you will notice a change the first week!!! I have lost 25 inches ( 6 from my waist alone ) since I have joined Complete Weightloss Center...approximately 1 month ago. This is a direct result of using the toning bands, walking three times a week, and monitoring portion sizes.

Look folks...I have four kids...ages 8,7,19 months and 4 months old. I have sufferred and been treated for depression. I am the ultimate couch potato (or computer potato as the case may be). My idea of exercise was doing the dishes. I blamed everyone and everything for my being overweight. Once I took responsibility for myself, and decided that I needed to change for ME, I needed help being accountable. This program is the help I needed, and it will help you also. We look forward to getting to know all of you. Please get involved in January's challenge. Karen

Smile!!!! You never know what a difference it may make in someone's day!!

-----

This is my first day. I am a 51 year old working woman who needs to lose 25 pounds before my New Year's cruise. I know this won't be easy but it would be nice to know that there are folks out there supporting me when the going get tough.

Hey, CM!

You will find that we are all buddies here. Everyone in this program is your buddy! We will all be here to cheer you on throughout your quest to be slimmer! Dust keep posting, and we'll keep responding! If you need to vent, or need encouragement, we're here for you!

You'll make it to your goal for that cruise! Where are you going on the cruise? We have a couple other members here that are trying to lose weight for a cruise, too! I know that Spinning Angel, aka, Liz has a cruise in February that she is trying to lose weight for, and she's already lost 16 pound total! I've lost 10 in preparation for my upcoming wedding in July, and if you look around the forum there are many more "losers" out there!

Keep posting, staying in touch with the other members really helps to motivate you to stick with it! Weight loss is not easy, but we make it fun!!

Welcome! 🗐

Kam

Effort only fully releases its reward after a person refuses to quit. --Napoleon Hill

**CONGRATULATIONS TO ALL OF YOU** - EVERYONE DID AN EXCELLENT JOB. I'M ONLY POSTING THE TOP 4. I WILL BE HAPPY TO E-MAIL EVERYONE THEIR RESULTS.

Deni, will let the winner know what the prize is.

Are you all as nervous as I am - I'm so excited over these numbers it simply sends my head spinning.

In 4th place is Kriscinda with 209.66 points (excellent job Kriscinda).

In 3rd place is Sacco 72 (Angela) with 245.50 points (you are not too far behind the 2nd place winner.

In 2nd place is Katie with 257.75 points (Awsome Katie) and the winner of the Complete Weightloss Center Contest is:

Kami with 339.49 points (I think everyone will agree with me that your numbers for water and exercise was unbelievable - congratulations)

I just want everyone to know that just by doing this challenge that we are all winners

(or should I say losers). We are attempting to do something that millions throughout the USA have failed to do - and that is LOSE weight. Millions of people start diets and give up or go to some other diet plan and never stick with it. That's what Complete Weightloss Center is here for to give us the support and supplying us with the tools and encouragment we need to succeed on the quest of finding our new self. Have a good evening, signing off with Sarah Smile.

Sar ah Smile

HEY YOU GUYS!!!

THE CONTEST WAS AWESOME! CAN YOU BELIEVE ALL THE WATER WE DRANK BETWEEN US. GOOD GOD WE COULD ALMOST TAKE A BATH IN IT.

BUT SERIOUSLY I AM PROUD OF US ALL, AND THE FACT THAT WE STUCK WITH IT IS INCREDIBLE.

CONGRATS KAM!! AND EVERYBODY!! WE DID IT .....

#### KATIE

Stand for each other's greatness, it's an empowering thing! --Leigh Lane- a wonderful Complete Weightloss Center "loser"

GREAT JOB EVERYBODY!!!!

Angela

Wow this is great,

I will get the prize sent out ASAP

I can't wait until the next one is up; I think you all have done a great job. You all have taken the hardest step.

Great Job, Gals! Let's keep this momentum going! Thank you for keeping my spirits high! You are all the best!

# Kam 🕲

Effort only fully releases its reward after a person refuses to quit. --Napoleon Hill

AND the Winner Receives......

12 free Nu Diet Cookies

0

Can they be all white-chocolate? That would be fantastic!

Effort only fully releases its reward after a person refuses to quit. --Napoleon Hill

.

12 white chip cookies I can do that

they will be sent out this week.

Way TO GO ⊡ 🏵

Woo Hoo! I'm so glad everyone is doing well! The next contest will be even more exciting!!!

Am I correct to say it starts on Nov. 1?

# **EXHIBIT G**



# FREE Fat Burning Kit Review

DISK

No questions asked!

Please Select Your Shipping Method:

In-Plant Rush - ONLY \$3 morel

For Faster Processing Select:

Continue for your FREE Fat Burning Kit

Quantity	Description	Value	Cost
1	Week Sample - Woman's UltraSlim	<del>\$19.99</del>	FREE
1	Week Sample - Dieter's Vitamin	<del>\$ 9.99</del>	FREE
1	Toning Band - Reshape your Hips, Waist & Thighs	<del>\$14.95</del>	FREE
	BONUSI 1 Year Membership to an exclusive on-line Weight Loss Support Program: • Meal Plan of the Day • Personalized Exercise Plans • Advice from Certified Weight Loss Pros • No Calorie Counting! • Tip, Tools and Much More!	<del>\$99.00</del>	FREE
	Weekly subscription to our Weight Loss Newsletterl We will send you Weight Loss Tips & Tricks, Product Discounts and Survive the Weekend Advice.	<del>\$9.95</del>	FREE
	Total Value:	<del>\$153.88</del>	FREE

100% Money Back Guaranteel Your FREE Fat Burning Kit is risk free to try,

all we ask is that you pay the Shipping & Handling. If it does not deliver what

Sharon went from a size 10 to a size 2!

career, and her new body!

contestant by night!

Life is very different for Sharon for after her Complete Reshaping Program withUltraSlim. She is down from a size 10 to a size 2 and could not be happier with herself, her

Real estate agent by day .... and now beauty pageant

At the age of 42, Sharon B. was unhappy with her weight and her life in general and had decided it was time for a change.

you need, return the unused product and we will refund your shipping.

O Standard Shipping (\$6.95) Please allow 2 weeks for delivery

Ships within 24 hours with 3-5 Business Day Priority Shippingi



Contact Us | Privacy Policy (updated 6/10/05) All contents @ 2007 Complete Weightioss Center All Rights Reserved.

The statements in this website have not been evaluated by the Food & Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.

Before

Atta

We're so sure you are going to love the powerful ingredients in our exclusive Fat Burning Kit that we'll send it to you for FREEL Let your body tell you it's working! Our only request is that you help us defray the cost of shipping and handling. It's that easy!

We are so confident you will lose weight quickly and effortlessly that not only are we willing to give you a FREE Fat Burning Kit, we will even refund your shipping charge if you are not completely impressed and blown away with the results our Fat Burning Kit can delivert Simply return the empty packaging and your refund will be promptly processed with no questions asked!

Bonusi We have partnered with a top of the line weight loss support program designed specifically for women. As part of this exclusive offer you'll be entitle to a FREE 1 Year Membership to a personalized on-line weight loss plan which includes;

- Meal Plan of the Dayl
- · Fast and easy personalized exercise plans!
- Dining Out Guide!
- No more calorie counting!
- Advice from Certified Weight Loss Experts!
- 24/7 Support Community!
- Weight loss tips, tools and much more!

We also know that if you are like our many other customers, once you try our amazing fat burning product you are going to love It! Continued use of the product has shown to drastically reduce food cravings to help you eat less, consume fewer calories and lose weight. Because we really want you to lose the weight we have developed a Product Savings Program. It's so easy and you'll serve tons of money. All you have to do is call our Customer Service and place your next order. This one of a kind Product Savings Program allows you to order up to 5 bottles per month from our exclusive weight loss product line, which includes:

- Woman's UltraSilm (capsule)
- InstaTrim (tablet)
- · Dieter's Gum in a fresh minty flavor
- Dieter's Complete Vitamin
- Home Gym (3 Toning Bands + 1 Toning Loop) (equivalent to 2 bottles)

With so many great products you will lose the weight GUARANTEEDI And remember, when you enroil in the Product Savings Program you only pay for shipping and handling. All you have to do is call and place your order!

Here's a tip: you can order up to 5 bottles per month so now you can pass these savings on to your family and friends so they can lose weight too, they'll thank you!

If the product is working for you do nothing, the savings begins just seven days after your date of purchase, this time frame includes weekends and holidays. After seven days, we will enroll you in our Product Savings Program and bill the credit card you originally signed up with for the astonishing low price of \$29.99 which will occur every 30 days thereafter. This entities you to order up to 5 bottles of our available product every month; you pick the products you want, you save hundreds of dollars and you lose the weight! Sorry, we do not accumulate any un-ordered bottles towards future months, the maximum order per month is 5 bottles. Once you reach your weight loss goals or you decide that the Product Savings Program isn't for you simply call Customer Service and cancel, no questions asked. Sorry we do not refund or pro-rate any Product Savings Programs that have already billed, the cancefation will go into effect for the next billing cycle. We do not send out monthy billing tatements, but you are welcome to call, email or snail mail with any questions or updates you might have in regards to your Product Savings Program or to find out more about the amazing products we have to offer.

Sony, due to cur large customer base we do not send out e-mails or call customers to remind them to take advantage of the HUGE SAVINGS offered through our Product Savings Program, you will need to call in and place your order. You will not find these incredible savings any where else! We do not give refunds of the Product Savings Program due to lack of participation. This is an incredible program and we encourage you to take advantage by calling and placing your order each and every month so you and your family and friends can look slim and saxy!

Complete Weight Loss Center c/o Customer Service 3531 Memorial Hwy Mandan, ND 58554

Hrs: Mon-Fri, 8am – 5pm CST Phone: 1-888-829-0637 Email: customerservice@completeweightlosscenter.com

#### Payment Options:

a. Credit Card: we accept Visa and Mastercard. Complete Weightloss Center/FreeDietKit will not be responsible for any fees or penalties associated with decline, over-the-limit fees, etc due to a charge of Complete

b. Debit Card: 1 understand that if I use a debit card, Complete Weightloss Center/FreeDietKit will not be responsible for any fees or penalties associated with insufficient funds, bounced checks or any other form of fee due to a charge of Complete Weightloss Center<sup>11</sup> supply fee to that debit card.

c. Phone Order: Please call Customer Service at 1-888-829-0637 to place an order.

d. Check or Money Order: when ordering the FREE kil with check or money order you will need to enroll in the Product Savings Plan for a minimum of one month, if you do not include a check/money order for the amount of \$36.94 (\$6.95 for the Shipping & Handling + \$29.99 for one month of the Product Savings Plan. If you do not include the correct amount your order will not be processed). Please send your check/money order to the following address:

Complete Weight Loss Center c/o Customer Service 3531 Memorial Hwy Mandan, ND 58554

Please note: Complete Weightloss Center/ FreeDietKILcom takes fraudulent chargebacks very seriously. By placing your order you agree to the terms of use stated on this page. If you dispute the credit card amount that we charge for our services, products, etc and charge back your credit card for any amounts, your account will be assessed a \$50 processing fee per chargeback occurrence, the original fees, plus the maximum amount of damages allowed by law. Furthermore, we will dispute the chargeback with supporting documentation and report the fraudulent chargeback to regulatory and related financial agencies.

Should we be unable to collect this fee we will take the necessary actions to report your account to a collection agency to collect all fees for us. If our collection efforts fail, unpaid debts WLL be reported to all available credit reporting agencies. This could negatively affect your credit.

In addition, your information will be placed on a national database that other retailers will reference to verify whether a consumer is a potential chargeback risk prior to allowing them to purchase any goods or services. Your information will remain in this database until all fees in relation to the chargeback(s) have been paid in full for each specific company. A chargeback should be the last line of customer protection used in obviously fraudulent situations. Quickly posting a chargeback or threatening to post a chargeback against us for situations out of our control - could be a costly decision if used frivolously - and because of our business ethics and customer care programs - should never be necessary. Always work with us on issues - we are more than happy to help as possible.

Money Back Guarantee: If you are not completely satisfied with the FREE Fat Burning Kit simply return the unused portion of the product within 30 days from the date of purchase and we will refund the shipping charge.