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formula for kids and adults*



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## Testimonials

### English Testimonials – VEMMA Nutrition Formula

#### Sng Cheng Chuanh – Singapore

"Hi, everybody! I am a pedantic person, stubborn, once bedridden with lingering diseases such as heart disease, vascular sclerosis, diabetes, cholesterol, fatty liver, high acidity, uric acid. cholelithiasis and so on.

It has been twenty years for taking medical prescription, daily medication in-take of 10 pills and above, consuming 4 to 5 times a day. In a word, it is extremely suffering if not taking persistently and has to drink up to 5 to 6 cups of coffee a day. This has led to overweight.

In October 2004, my wife was recommended to New Vision until today Vemma products, she keeps introducing to me with well intention yet I was being stubborn, rejecting and always arguing and bickering with my wife for many times. Through patience, tolerance, love and encouragement that my wife had shown deeply affected me to accept the products.

Until the beginning of December 2004, I began to feel sleepy, lack of strength throughout the body, and aches all over on the first tormenting week. He stink of sweat is unpleasant when the fourth week approaching. Three month later, the numbness of the four limbs had reduced, less greasy skin and the stink of sweat gradually gone down too. The above mentioned situation was sustaining from December 2004 to June 2005. All thanks to the Company and Vemma products.

After having medical checkup by doctor, I now no longer need to take any drugs (date: 8/4/2006).

During the medical checkup (date: 10/8/06), my health condition has drastically improved, and I am free from previous sufferings. I truly hope that people can adopt an open-minded attitude towards health supplements, meanwhile, cherish what we have in the present, forget about the past, accomplished the remaining wonderful life. Facing up to the future bravely, making yourself to live happier and healthier. Last but not least, quoting a phrase of advice from the Singapore Prime Minister: "Reduce the medical cost and contribute to the society" when you are still a live. Let us encourage each other in our endeavors."

# Thank you Vemma! Wow!

## Testimonial 见证

Heart Disease, Vascular Sclerosis, Diabetes, High Cholesterol,  
Fatty Liver, High Uric acid, Cholelithiasis



SNG CHENG CHUANH  
陈清泉  
GENDER: MALE

Singaporean  
AGE: 67 YEAR OLD  
START OF PRODUCT USAGE: DEC 2004.

Hi, everybody! I am a pedantic person, stubborn, once bedridden with lingering diseases such as heart disease, vascular sclerosis, diabetes, cholesterol, fatty liver, high acidity, uric acid, cholelithiasis and so on.

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大家好!我是个古早人,固执,曾经有过文明病的缠身,如心脏病、血管硬化、糖尿病、胆固醇、脂肪肝、尿酸增高、尿酸及胆结石等等。服食药丸已长达二十年,每天吞十多粒。一天要进食四次。总的来说,如果坚持不吃,是非常难受,每天要喝五到六杯咖啡。体重超重。

在2004年10月份,我太太认识了VEMMA产品时,太太好意介绍我使用,不过我还是固执、排斥。常常和太太抬杠,还多次争吵过。虽然如此,太太对我的忍耐、宽容、爱心、鼓励,最终让我接受了产品。

到了2004年12月份,第一週,昏昏欲睡,全身无力,全身酸痛,非常难受。进入到第四週,身体的汗臭很严重。三个月后,手脚麻痺减少,接下来皮肤少了油腻,汗水的臭味慢慢也没有了。以上的情况由2004年12月到2005年6月。在此我感谢公司及VEMMA保健品。

经过医生的检查后,我不需要服药了。日期:08/04/2006

在最近的体检中,日期:10/08/2006,情况大大的改善,再也不用为过去的问题烦恼了。希望大家不要像我生活在五十和六十年代那时的生活习惯。同时更希望大家珍惜现在拥有的一切,忘记过去,完成我们剩下美好的人生路。接受未来,让自己活的更快乐,吃的更健康。最后:借胡李圣龙总理说过的赠言:他告诉我们,当还活着时"自己不受罪,家人不受累"。减少医药费,贡献于社会。希望大家要牢记。

### Ng Lieu - Singapore

"Hi! My name is Ng Lieu and I am very happy to share some personal experience of my life for all my friends and pregnant women.

As a 6 months pregnancy wife - I seriously worry for me and my child's health since I couldn't really eat and drink properly due to vomiting that made my health getting worst and worst every day. I don't know how other pregnant women feel but for me that was very terrible period brought me to see doctor daily. My doctor said my body absolutely lack of vitamins, supplements and become skinny that it could harm my child so he gave me a lot of pills which I should take daily as normal meals. However, all these effort made me more depressive and I began to scare of food and pills.

One day, my husband started to join Vemma online business and he brought home 2 bottles of Vemma liquid nutritional products which contains a lot of vitamins and essential minerals from food that could be found on daily grocery list, such as: vitamin C, E, D, A, B12.... I started to drink it and found that my body seem like a sponge which absolutely absorbed these delicious drinks than other vitamin pills. My body is starting to gain normal weight and my child getting healthier."

### Tony Wong - UK

"I start with Verve (Vemma energy drink), & drink that daily without any suspicious, until one afternoon, I found a packet of tissue in my jacket which was still sealed. July is summer time here in the UK, I normally having running nose in the morning which at least used up half pack of tissue 6 sheets, if not more. WHY? Hay fever!!! But, this afternoon (on 12 days I drank Verve), I am not even use any of them. Does this coincidence? I don't know but I didn't take any more medication which I had for 5 years now. No more medication now for me. Does it cure me? I will said it reduce my sufferings to very minimal, instead of cure."

### Andre Le Roux - Canada

"For the past year I have been seeing doctors regarding my neck and shoulder pain, I have been for MRI and all they can tell me, you have compressed vertebrae, associated to my mountain bike racing days and all the accumulated falls and injuries, before taking Vemma I couldn't bring my right arm past my hip, the doctors wanted me to have a shot in my shoulder to take away the pain and give me more flexibility, I refused because it is only a cover up of the problem. They said that it was not severe enough for an operation at this time maybe later when it gets worst. After 5 weeks of taking vemma, all my pain are gone, all inflammations are gone, my arm is back to normal and I am a very happy person."

## Chinese Video Testimonials - VEMMA Nutrition Formula



## 1. Chinese Video Testimonial 1

Vemma Product Testimonials – sharing by Mr Aljoe from Malaysia.

Diabetes

来自马来西亚的 Aljoe (建华) 的维玛产品见证。



Chinese Testimonials – VEMMA Nutrition Formula

### Testimonial 1

### Testimonial 2

## 江姐「舌头痛、肌肉酸痛、过敏」



我是台糖产品专卖店的老板娘,因眼见一个腿上患有蜂窝性组织炎,长期为我送货来的年轻人,近来怎么身体明显改善~不但走路不用拐杖,远远就闻得到的腐臭味也没了,就问他是这么好的?他说是喝果汁好的,我很纳闷以为是某某宫的加持品,就说我也要喝...

这样的因缘让我认识了**VeMMA**产品,所以一开始就很接受**VeMMA**,马上早晚各60cc的喝法来体验产品,并仔细记下发生在自己身上的变化.或许自己属于敏感体质,一个多月来竟有十多种小毛病获得改善,令我大为惊喜,因为那些毛病虽小却是大大干扰着我的生活品质!

原本舌尖像被烫伤般疼痛,治疗了13年,都没有改善,没想到喝了一个多月,舌痛就改善了;牙齿似乎因珐琅质缺少,常觉得涩涩的刷不干净,也改善了;头发变黑了;黑斑变淡了;右手受过伤的地方,晚上睡觉原本会痛,现在改善了;3456节脊椎长骨刺,脖子长年酸痛常去打肌肉松弛剂。

现在不用打了;右手中指有扳机指现象又麻又痛,喝**VeMMA**也改善了;本来容易被蚊子咬,现在蚊子不咬了;吃安眠药吃了16年,也睡眠改善了;晚上11点后会过敏、背会痒,喝**VeMMA**也渐渐改善;左右手各一颗脂肪瘤变小了;右手上有三颗痣少了两颗;左脚踝曾经受过伤,好转痛了10天就减缓了;大腿内侧鼠蹊部有静脉瘤,现在变小了。

因为喝**VeMMA**前有听过金凤小姐的详细介绍,知道**VeMMA**是一种很完整又全方位的营养补充品,帮助我们的身体很有能量去发动自己的自我疗愈系统,因为这层原理,所以上述总是因我有配合好好喝果汁而产生的现象,否则我真会认为是某某宫加持过的仙水哩!

我不禁想人们的生活、饮食到底出了什么问题?现在知道有这么简单、方便又好喝的产品,希望可以用产品来帮助周遭的人!我也知道自己的退休生活将会过得充实丰富而有意义!



## 叶小姐「原发性水肿、肠燥症、更年期问题」

我是叶小姐，50岁。

感谢维玛黄顾问让我认识到「维玛」。从国中开始到下午、晚上身体都会有水肿的现象，晚上身体的体重较白天的体重多1.2公斤，久而久之也习以为常...

我从2007年9月开始体验维玛的果汁，第1个星期，身体开始有强烈水肿的反应，最多多了2.3公斤，持续1-2个礼拜，2个礼拜后水肿症状就消失了，持续到现在5个月，已经不再有水肿的现象。



从2004-2005年开始，就常有腹泻的现象，一天最多跑厕所的次数高达4-5次，它深深的困扰我，那种身体的不舒服跟担心，使我连出远门都不放心，害怕有一天会忍不住。而心悸及燥热的问题，因进入更年期的关系，在半夜会有心悸的现像发生，常常伴随着身体燥热的现像，它不停的提醒我，我已不再年轻，往事只能回味，岁年不再饶人...

自从喝了维玛果汁后，水肿的现象不再发生，体重也减少4-5公斤！腹泻的问题改善许多，跑厕所的现像也不像之前的反反覆覆，每天都正常的大小便，次数也从4.5次也改善为一天1.2次！

我终于可以放心的到处活跃；真的非常感谢维玛，让我现在精神也好了，皮肤也变好了，心悸及燥热的问题也很少发生，它让我变年轻，变漂亮了。

### Testimonial 4



## 严小弟弟「过敏、气喘」



我年过四十才生小孩,儿子出生十个月就第一次犯气喘,之后发作时都喘得很严重,常常半夜抱着跑急诊,要靠扩张剂才能舒缓;当时照顾的对策是严重时看西医轻微时看中医,但都没有明显改善。

直到六岁时(2008/04)喝了**VeMMA**后气喘改善很多,不用再跑急诊,打扩张剂和吃类固醇,接触到过敏源,如:地毯或气候变化时,也不再发作得那么可怕。

刚喝**VeMMA**时儿子背部和额头出疹子、连喝两个月后额头甚至长脓疱,长到整个额头都是,连学校导师看了都不安的劝告赶快去看医生,不得已使用一次含类固醇的药,果然好得比较快,但之后背部左腰部位又长脓疱。

两个月后状况趋缓...现在喝一年多了,背部又开始出疹子,不过孩子的适应性很强,自己会告诉好奇的人说:我在排毒啦!

现在 he 可以和一般孩子一样活蹦乱跳的正常生活,并且之前晚上睡觉都睡不安稳的,现在也睡得很好了,这对我们的生活品质和儿子的学习活动帮助是相当大的!

我们很感恩这一切的因缘,所以很愿意诚心诚意的告诉身边有需要的人,希望大家也有一个机会,考虑选择这简单方便、轻松愉快照顾家人健康的方法。

### Testimonial 5

## 法彝姐「胃溃疡、甲状腺机能亢进、骨质疏松、提升气血」



2007年8月经由Ema顾问介绍认识VeMMA,或许跟这支产品有缘,它的成分、学理是2001年,在<中国医药大学>办的推广课程~自然医学-分子矫正医学~上曾听过的,心想真的有这么好的商品吗?

由于母亲已发生三次中风了,所以觉得不妨试试产品.又因本人也自幼体弱多病,出生时肝肾就不好,大三更因实习时不注意生活作息得了胃溃疡,险些毕不了业。后来治疗了两年,有比较好,但还是反覆发生,因为患消化性溃疡的人不能饿到、气到、累到、紧张到,甚至不要碰到坏天气...

刚开始喝VeMMA是用早晚60cc的疗程来喝,一直拉肚子,必须随时待命跑厕所而无法出门,直到Ema打电话来关心,才点醒我用少量多餐的方式喝,终于止了拉肚子,但溃疡的地方仍疼痛,痛了三个多月,痛点下移,半年后疼痛感才完全消失.我在二儿子一岁半时,曾有甲状腺机能亢进的问题,虽然已经检验T3、T4数值都正常二十年了,但是胃痛消失后,产生喉管两侧紧绷,人很疲倦的好转反应.35岁测出有骨质疏松的问题,50岁时更是坐立难安,觉得身体沉重,骨架子似乎撑不起自己的躯壳。

喝VeMMA一年多,现在完全改善,提重物也没问题。四十岁左右是我人生最黯淡的时期,当时的气血只够一个多小时运用,因为早上醒来只能忙到送孩子出门上学就垮了;如今却是很多熟识的友人、学生家长,都说我目前的样貌反而是他们认识以来最健康的神气呢!盼望大家一起有信心的使用产品,它会为大家把好品质的生活能力长长久久维持住,让您生活得更幸福美满喔!

Testimonial 6



## 法彝姐的妈妈「高血压、尿失禁、便秘」

听说只要开始吃降血压的药,就必须吃一辈子!????

妈妈今年(2009)八十岁,是一位已有三十多年高血压病史的患者,曾中风三次,也愈来愈受尿失禁及便秘所苦!

我在2007年11月开始给妈妈喝**VeMMA**果汁,每天早上60cc.,口感一直以来都是酸到鼻眼眉全皱在一起。

我三姊每个月固定带妈妈到台中的老人医院门诊,追踪身体的健康状况。当她喝了将近两个月的**VeMMA**果汁时,于2008年1月16日的早晨突然感觉头晕脸色发白,当天就诊时,医师将她的降血压药从两颗减到半颗。

2008年5月16日回诊,医师说她可以不用吃降压药了,不过另有四颗药必须再吃,但妈妈开心得以为所有的药都不必吃了,执意不再吃药,我请药剂师朋友查出这些药是软便剂及一些增加心肌血流量,预防狭心症发作的成分,还好**VeMMA**的成分也都能照顾到这些方面,所以就劝妈妈每天一定要喝**VeMMA**,才可不吃药(她有时嫌太酸不肯喝)。

2008年8月15日回诊时,医师确定妈妈的状况很好,一颗药都不用吃了;却没料到妈妈早就自动停药好久了!另外妈妈也不再便秘,尿失禁也改善很多,这真是令人欣喜又赞叹的事,大大的提升了妈妈的生活品质!





## 卧病在床的爷爷，起来走路了！



这位爷爷就是维玛之家主人的家人唷～

原本是都用鼻胃管而且无法行走的！

但注意看他使用维玛后目前正自己在吃香蕉耶~~爷爷超棒的^^

嗯...不...不...应该说...维玛...还是你厉害！

这个更猛了～重病爷爷站起来走路啰！

很神奇吧～**VeMMA**的神奇液体维他命抗氧化剂～强！

Testimonial 8

## 汪氏夫妻「睡眠、情绪稳定、呼吸道症状、偏头痛」

汪先生，47岁。

很感谢黄顾问介绍我喝维玛的果汁。多年来，常常都会有偏头痛的现象，呼吸道常有症状发生，常常咳嗽。

一开始喝维玛果汁，前两个月常常头痛，三个月之后，人精神就变好了，精神也变好，脸色也变好，比较不同易疲惫；且在喝两、三个月时，一直干咳，没有痰，现在喝到半年左右，整个人神清气爽，咳嗽问题也不再发生，而且腰部一圈肥肉也突然消失了，太神奇了！！！！

汪太太，35岁。

以前睡眠品质很差，白天工作时就容易疲倦，下班回家就会觉得很累，脾气就不好；且到了秋冬季节，从后颈部到脸部，局部会红肿发痒，起小疹子。

自从喝维玛第三天，睡觉时就会打呼，第四天以后，都沉睡，白天工作精神就很好，不会再有情绪不稳定的现象；喝到第三套时，颈部的症状就消失了，到现在半年时间，也没再复发过。

太感谢喝了维玛的果汁，把长年以来的症状都清除了～～～

PS：汪先生特别强调，「因为维玛的果汁，让老婆的情绪变好了，家庭气氛也自然和乐，真是太感恩了」







我是鼻咽癌第三期患者，已经治疗完毕。

原本就吃很多保健品，但我老婆觉得**VeMMA**是全方位的，很方便。我每天早晚各一杯，喝一个礼拜后，身体开始起疹子，但是我知道这些都是好转反应，所以心里不害怕，只是在想到底要多久才会消？

有一天去爬山，喝了两大瓶一公升装的水，大量流汗后令我惊讶的是，还没回到家疹子即消失了。几周后疹子又出现，这么多的反应后，我才发现自己身体还是很是不健康。

后来每天喝三次，反应更多，之前做电疗化疗的地方开始疼痛、耳朵流脓汁。喝了10个多月后，疼痛部分渐渐缓和，耳朵流脓汁的情形也慢慢不见了。精神体力上比以前更好，朋友都说我的气色变好了。

这10个月当中，发现**VeMMA**和其他保健品很不同，让我产生很多排毒反应，每次反应过后，都有重获新生的感受；其他同事也认同这是很好的保健品。我愿意将这么好的东西分享给社会大众。



## 潘小姐「失眠、头痛、排便顺畅、皮肤、心悸」

我是潘小姐，36岁。

很感谢，我弟弟，介绍维玛的果汁给我喝，这辈子活到现在，我打死不吃保健食品，直到我被半强迫喝了第一口，我的人生开始有了转变。

我本身是忧郁症患者，抗忧郁症的药我都不能吃，只能吃镇定剂，我最多一天吃八颗，我才能勉能入睡，长期的失眠跟饮食的不正常，造成身体各种器官也都不健康也常头痛，抵抗力变差，常常感冒，肝功能也差；因为抵抗力差常生病，吃了很多西药及成药，造成肾功能也产生了问题。



这几年来，排便的状况也困扰我很久，不是久久上一次～便秘，就是狂上厕所，一天至少3~4几次，半夜心悸的问题也常发生；这些身体上的不舒服，远不及心理生病来的严重，对生命无尽的恐慌，对未来完全没有方向，这无助的心，我每天都告诉自己，不能这样，不能那样。

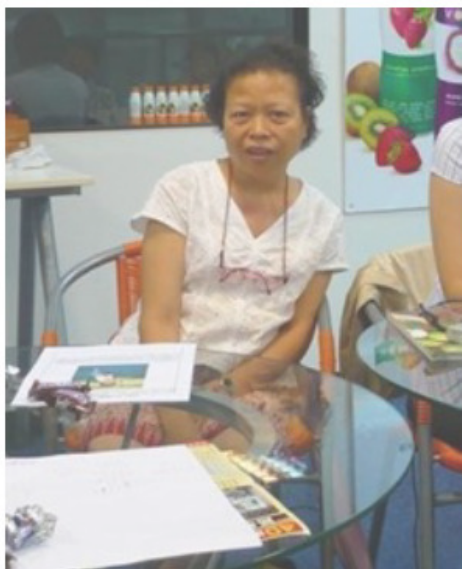
或许我真的跟维玛有缘，当我第一次喝了维玛，当天晚上是我八年来第一次一觉到天亮！！

这种感觉如梦初醒，无法用言语表达，无限的感动，喝到现在三个月，慢慢的改善了失眠的状况，心悸的问题也不再发生。喝维玛的第一个月，我每天跑厕所，持续了20天左右，都拉出一堆水，20天之后，排泻出来的粪便变得很正常(软便)，一天正常上厕所1~2次，不再有腹泻或便秘的问题。

现在镇定剂也减量到一天一颗，也没再服用其它多余的西药或成药，白天及睡觉也不再头痛的现象，期望在几个月后，我可以连镇定剂都不用吃，快快乐乐的过生活。



## 美玉姐「重大的车祸-连加胸」



还没接触**VeMMA**前，发生一次重大的车祸，门牙断了，肋骨断九根造成罕见创伤-连加胸。医生把我从鬼门关抢救回来，说我全身的血都是别人的了，我被周身的痛折磨了两三年。

邻居太太惠珍介绍我喝**VeMMA**后，发现，怎么身体和车祸后一样痛，连坐椅子都没办法？惠珍很关心我常来帮我按摩舒缓疼痛。另外，当初住院中也发生胃出血，喝**VeMMA**后肚子涨很大，医生怀疑是胆结石，照超音波发现没有，怀疑是喝**VeMMA**的反应。

惠珍带我去找顾问，顾问告诉我可以减量或停一两天，等身体消化完已吸收的营养素喘息一下再继续，但若忍受得住则加量喝，能使身体修复的速度较快。我想伸头是一刀缩头也是一刀，狠下心来开始早中晚加量喝，果然一个月后，痛的现象减轻了，后来就自然而然突然间好了。原本举不起来的手，现在可以举了。受伤后走路不平衡，常常跌倒，要靠拐杖，喝**VeMMA**不知不觉都好了。

我感觉**VeMMA**实在太好了，方便又好喝！现在看到有人有需要我也会鸡婆的叫他喝看看。

## 黄小姐「梅尼尔尼氏症、生理痛」

我是一个家庭主妇，每个月有生理痛的困扰，在生理期的前后，都会头痛，头晕，呕吐，医生告诉我这是梅尼尔氏症，是一种文明病。

这种症状持续了10多年，一直靠止痛药减轻痛苦，直到遇见了**VeMMA**喝了一个月后，生理痛消失了，精神变好了，体脂肪减少了，头皮屑也没了！3个月后困扰我10多年的文明病发作时，也由2天的恢复期提升到半天就可恢复。

真的很感谢有这么好的产品帮了我！



## 陈先生「糖尿病、体重」

陈先生，65岁。

我今年65岁，糖尿病困扰我30多年了，一直吃药和运动控制，可是糖化血色素一直维持在11的数值(正常是4~6之间)。医生告诉我最多只能活一年，我非常的忧愁，担心。

刚开始抱着怀疑的态度喝**VeMMA**，从没想说这个果汁可以让变健康。



我每天早晚各喝60CC，3天之后，精神变好了便秘的情况也纾解了，睡眠也改善了，这10多年来没有像现在精神这么好过！

一个半月后体重从85Kg降至77Kg，足足有8Kg，我从没想过身体可以有机会再变健康，真的感谢**VeMMA**有这么好的产品。

Testimonial 13

Testimonial 14



## 陈女士「胃病、偏头痛」



因为我的儿子气喘很严重，我自己身体也很不好，身体常酸痛、胃不好又有偏头痛。法彝是我大学同学，她知道我的状况，介绍**VeMMA**给我。

当初我不太相信”直销”拒绝她半年多，后来因为姊姊得癌症，才用心去接触了解，发现它是优质可信赖的产品，就开始和儿子一起体验。

开始喝**VeMMA**，我偏头痛发作两次，第一次痛得很厉害，第二次较缓和，之后就没再发作了。

胃闷痛的情况也在两个月后改善，现在偶而因吃太撑会不舒服，但即使如此也是隔天就好。

生理期的头痛一年后也渐改善，身体酸痛的状况比之前好太多了。我从没想到自己有一天会为一家直销公司作见证分享，实在是因为它的产品力太令人惊喜了，尤其它发生在我家人身上的事情更是精彩(另篇介绍)，真心感谢，所以我们都希望把这么好的产品分享给周遭的朋友。

Testimonial 15

Testimonial 16

## 吴小姐「贫血、经期」



我是吴小姐，40岁。

从小我就有贫血的问题，只要站太久就会头昏，每到冬天总是四肢冰冷，且经期非常不顺，有时两个月、三个月，甚至半年，不来都有可能。

虽然少来，但该有的症状却没少，头痛、腹痛、精神不好、脾气也不好，虽然看过医生吃过药，但只要药停了症状也就出现了。



96年10月中旬，透过朋友介绍知到了维玛，每天早上空腹喝一杯...

11月2日我的MC来了，且没有其他不舒服的症状；12月虽然迟到，12/12日也来了；1月虽然也迟到，但1/20日也来了。

困扰我多年的问题，透过维玛终于改善了，感谢维玛！！！！



## 姗姗「异位性皮肤炎、减重」

姗姗，32岁，特教老师。  
感谢朋友介绍**VeMMA**果汁给我喝～

8个月！！整整8个月~~完全改善  
我从小到大皮肤上的问题，我天生免疫系统失调，小时候到大脸上的皮肤一直没好过，看过中医西医，能试的都试，就是没有一个方式可以改善。



97/01/29開始使用vemma



97/09/29使用vemma 8個月

其实在喝**VeMMA**的2~3个月就有明显的改善，持续喝下去，都没有再复发，而且我没有刻意的减肥，体重还下降许多，这实在有点夸张~~~~

喝的第一个月，很快就有好转的现象(水肿)，但脸部的红疹就有明显的改善(消失不见了)，冬天手脚冰冷的现象也有改善。

第二个月，全身开始过敏，长疹子(异位性皮肤炎)，吓都吓死我了，想不到单单的一个果汁会把我越搞越惨，后来在询问之后，我决定走排毒净化的方式(加量使用)！！

第三个月、第四个月、第五个月~~~~哇~~好一大半了，脸部红斑不见！！  
体重整整瘦了12公斤(而且没控制饮食)！！！！

生活品质变更好了(半夜不用起床换床单)<=====为何要换床单??因为原本对尘螨过敏，只要床单有一点点不干净，就会搞的身体不适，天啊，实在太感谢**VeMMA**了~~

### Testimonial 17

## 庄先生「结石」

「结石真的就是这么痛！！！」  
庄先生，25岁，运动用品门市销售员。

刚开始接触到**VeMMA**是因为透过朋友朱晋宽所介绍才知道有这样的健康果汁。我本身属于比较容易结石的体质，只要一段时间没喝水就会有感觉，所以常常提醒自己





问及问小机云有意见，所以女市市做平大量的水让身体能够代谢身上的结石。之前长期睡眠不足，最近上班的精神也不太正常。

在我饮用**VeMMA**的时候，觉得这是什么东西好喝吗？喝下去...疑！还不错喝耶！（通常都会以为保健之类食品味道都不佳！）



就这样喝了二天，奇怪的事情发生了，我的腰局部的开始酸痛(这就是代表又有结石了！上洗手间就得注意，不然一卡住就阿米陀佛了)。可是好奇怪！排尿居然很顺畅而且尿味不会很重。哇哩！石头排出来了，好顺喔~没这么顺畅过！就这样持续了大约一个星期陆陆续续都有排一些一些出来！（最后面几次小石头有比较粗一些）后来就都没有在排石头，腰也都没有在痛了！

但是水还是得喝，还是得注意饮食保健！**VeMMA**还有一个地方让我觉得惊讶的是！他让我准时起床，调我的睡眠时差，时间到就会想睡觉、时间到就会起床！还有每天固定排便一次！

神阿~太神奇了啦~我吓到了！在五月十五日那天，天气很热，公司当天也比较忙，我搬了很多的货，流了很多汗，那水也喝不多。

完蛋了，晚上就来了，在小便的时候，发现小便特别黄，在快小便结束的时候！XXX，卡住了!!!有石头卡在尿道里，好酸好痛！想说完了，又卡住了不知该怎么办！就去买了一大瓶的水开始猛灌(想说多喝水把尿排出来)，喔！感觉来了！又要小便了！XXX，更痛了！还是卡在尿道！

这次尿道还被它刮了二下！妖受骨痛爆了！

后来我直接想到！对吼我还有**VeMMA**，因为我本来一天只喝60cc，活马当死马医直接拿了**VeMMA**倒了60cc补下去！xxx，马上不痛了！过了十分钟，马上跑侧所(当时的我很兴奋，不知道为什么？可能怕再被刮吧！)，站在马桶前非常的紧张！吓到了……排尿时完全不痛，而且石头排出来了…我傻住了！因为排的时候超顺的，完全没有阻碍！我好开心~~~~~

经过这次的事件，我要告诉自己，记得多补充水份，就算果汁再神奇能让你兴奋，自己没注意也是不行的！



再次要谢谢**VeMMA**让我更了解我的身体，也谢谢阿宽能带我进入保健，**VeMMA**真是个好东西！我一定要让大家知道有这样的无敌健康果汁！也让大家因为**VeMMA**改善生活、改善健康，长命百岁喔~~

#### Testimonial 18

### 雪华姊(汪太太)「减重」



话说不到半年的时间，整个人瘦了一圈！！！！  
而且该小的地方小，该留住的地方一个都没有少！！！！

真的是太夸张了<(^00^)>！

在小弟为我亲切的咨询后发现…

原来只要喝维玛的果汁，加上正常的饮食，不用像外面涂涂抹抹一堆，也不用运动到气喘发作，更不用三餐不吃，还不用吃一堆代餐，通通都

用，就能自然、健康、简单、快速的减重！！

实在是太神奇啦！！

#### Testimonial 19

### 神奇的维马抗氧化剂活化了阿威哥的脑细胞!!!

2009/6/29 那一夜半夜我孤独流泪的在台北中山北路马偕医院,我被医



生推出抢救室...医生告诉我你哥目前很危险血液氧浓度只剩40%~心脏衰竭剩25%功能~呼吸困难~肺积水严重很危险目前要紧急插管,我眼泪忍不住的流下来。

这是我第一次那么难过,男儿有泪不轻弹但我不知为何一直流心中一直求观世音菩萨救救我亲爱的大哥,原本他2009年4月就要移民美国前往西雅图与家人相聚(我是放弃移民选择在台湾与胸怀全中国)只是他留下来多陪我一个多月,但也因他这重症让他无法移民。

接下来隔天住进加护病房验血...一堆检验...也发生了脑出血性中风送进开刀房开脑(医疗团队与我协调要有心理准备...因我哥心脏功能不知能否承受全身麻醉~加护病房护理士也私下拿处理后事的宣传单给我...我好痛,又验出有糖尿病...

接下来又告诉我更可怕的又有败血症...我心疼他插着管...我的心好痛。真想骂他为何不爱惜自己身体,为何当初不懂照顾自己,健康是金钱无法买到的。一直到住到一般病房室2个月后拿去插管,他初期无法说话...慢慢的透过治疗复健..能发出一些声音,很模糊听不懂,体重在2各月内从125公斤掉到92公斤。我真的感谢马偕医院医疗团队2次抢救,谢谢你们的协助。

接下来我朋友凯文介绍我认识VB系统进而认识**VeMMA**产品,我给我哥服用2瓶早上60CC~晚上60CC到目前喝大约3大瓶~血糖完全维持正常~。他告诉我他目前呼吸有比较顺舒服~更惊人的是他昨晚告诉我他中风右边有点感觉~还表演给我看他脚能动一些些,之前根本完全无法动。

他还告诉我他目前便便好顺喔,因为中风的人便便是很困难的,要靠软便剂甚至之前有用软肠液通肛门。他也突然想起很多事,这表示他脑细胞开始在活化。我真的好开心看到他这样的恢复,感谢**VeMMA**的神奇抗氧化剂,感谢凯文。

接下来过完年后我哥即将接受心脏权威医院振兴医院一连串心脏检查,我希望真的好希望看到医生告诉我你哥心脏功能自己恢复好多了耶!

人生在世短短几年亲情爱情友情你能掌握哪些情~然而这些情却是金钱无法能达到的!!

我的泪再次流在心中真心感谢你维玛**VeMMA**,我相信我哥哥一定可以自己站起来。



美商维玛VeMMA使用后的见证都是经过饮用者同意后才发布到网路上与大家分享。

**\*\*** 这份日志讯息只供益知参考的教育用途，不能当成用做诊断或治疗疫病，病患者应寻求合格医师的诊断治疗。本文的作者及出版商绝无意识要做医疗顾问或问诊疾病。通过此讯息寻求自我治疗者需对自己做出的选择自己负责。**\*\***

## English Testimonials – Vemma Bode Weight Management Program

### Annica Saunders

Brand Partner from Colorado

**Lost 23 pounds and 9 inches.\*\***

*I started my pregnancy 10 pounds overweight and gained the normal amount during the pregnancy.*

*After I had the baby I lost some, but I was still wearing maternity clothes months after I'd had my daughter.*

*I started on the Bod•ē program, and learned that if you give 100%, you'll see 100% results.*

*In just three months, I lost 23 pounds and went from a size 12 to a size 6.\*\* Losing all this weight was easier than I'd thought it would be.\*\**

*I'm down to my goal weight, I have a lot of energy now and feel more confident.\*\* When you feel good, it reflects on your attitude with everything!"*



## Charlie Holstein

Brand Partner from California

**Lost 35 pounds and 18 ¼ inches.\*\***

*Within the first few weeks, I dropped 20 pounds.\*\**

*I couldn't believe it; I thought the scale must be broken.*

*Right away I could see and feel a difference, and that kept me motivated. But, the most important result of the Bod•ē Plan is what it has done for my health, with my results now in the normal range!\**

*I am a walking billboard for my family and friends, and tell them that if you stay on the Bod•ē program, it'll come off!\*\**

*I've never won anything in my life, and here I am, the men's Grand Prize winner of the Vemma Bod•ē 12-Week Transformation Challenge."*



BEFORE



AFTER

## Lori Davis

Brand Partner from Illinois

**Lost 37 pounds and 9 inches.\*\***

*Vemma Bod•ē wasn't some miserable experience of endurance like other diets I've tried.*

*Within two weeks, my stomach had shrunk dramatically.\*\* I didn't have to starve myself, I didn't feel hungry and I wasn't skipping meals. And my body shape has changed so much!\*\* I can't get over it!\*\**

*It's amazing to me when people tell me they're inspired by my success.*

*For years, I had low self-confidence. I was the plump lady at the gym in a big, baggy sweatshirt. I avoided all my husband's work parties. Now, I feel vibrant and energetic.\*\**

*I feel like pinching myself because I can't believe this is my life now. I love Vemma. I love Bod•ē, and I love what it's done for me and my family."*



BEFORE



AFTER

## Mike Ortega

Brand Partner from Virginia

**Lost 62 pounds and 27 inches.\*\***

*Vemma Bod•ē, I love this product! When I was in the military, I was a solid 205 lbs. and I never had to worry about*



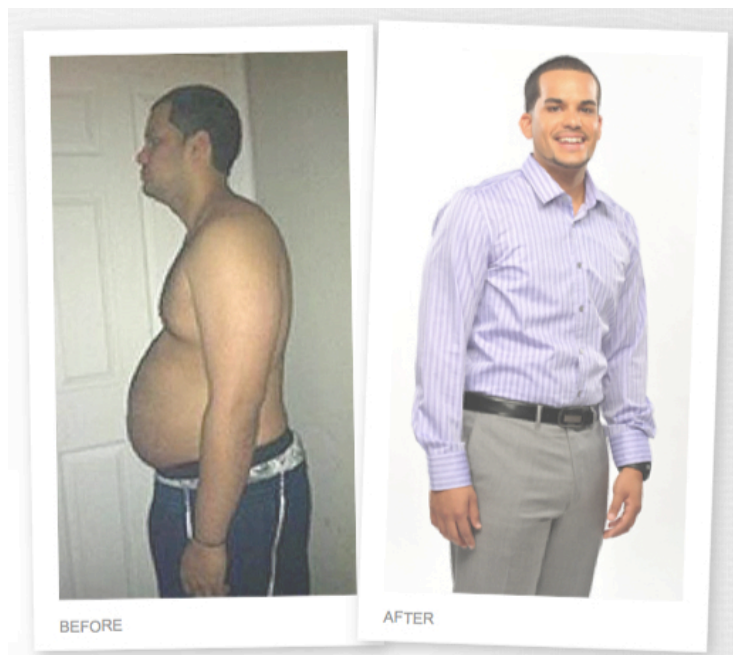
a weight issue because I was always in the gym. After leaving the service, and between spending quality time with my newborn son, family and working, there was no time for the gym. I continued to eat the foods I love and my weight reached a staggering 262 lbs.

In the past, whenever I hear the word "diet" I would cringe and couldn't stand the thought of giving up eating the foods I love.

On the Bod•ē Plan, I still eat my meats, but I grill everything now; no more frying foods. I have lost SIXTY-TWO LBS in 12 WEEKS!\*\*

Bod•ē has literally changed my LIFE!

I have my energy back and the biggest plus is I can keep up with my son now.\*\* This program is the REAL DEAL and I would recommend Bod•ē to anyone!"



## Timothy Niskanen

Brand Partner from Illinois

**Lost 30 pounds and 12 inches.\*\***

I needed something BIG to help me lower my weight so I could stop living in the danger zone for my health.

Before Bod•ē came along, I used to be a huge carb eater and graze on snacks all night when I got home from work; nothing could stop me from eating!

I am so happy now to have something to curb my appetite, increase muscle, lose weight, and wake me up to reality!\*\*

It doesn't matter where you are or what you're doing, Bod•ē is an easy form of weight management even for a guy!"



## Juliet Greene

Brand Partner from Colorado

**Lost 23 pounds and 9 inches.\*\***

*I love that Vemma Bod•ē has really transformed my family; together we have lost almost 50 pounds.\*\**

*I love that it is so easy to follow.*

*My kids are proud and now think that I'm skinny.*

*What an amazing impact this has had on our family's world."*



BEFORE



AFTER

## James Malewicki

Brand Partner from Illinois

**Lost 26 pounds and 10 inches.\*\***

*Bod•ē is a great product. Since my childhood, I have been fighting my weight problem.*

*I started changing my life around and lost 35 pounds, but then had trouble getting rid of the rest.*

*Thanks to Bod•ē being added to my diet and workouts, I was able to get rid of the extra pounds I wanted to lose.\*\**

*Thank you for this product!"*



BEFORE



AFTER

## Shelly Clough

Brand Partner from Colorado

**Lost 31 pounds and 18 ½ inches.\*\***

*I joined the 12 week challenge with the hope of losing weight ... something I've tried numerous times.*

*The 'D' word has been a part of my life for the last 30 years.*

*This transformation has been completely different for me!*

*This is not a diet, rather it's a new and easy lifestyle to maintain. Real food, the easy to follow plan, the*



built-in support system and website, were all keys to my success!

*I'm going to need a new wardrobe, as even the smallest of 3 sizes kept in my closet are now too big.\*\**



## Eddy Price

Brand Partner from California

**Lost 2 pounds and 5 inches in the waist.\*\***

*I am really enjoying the Bod•ē Transformation Program; it's easy to follow, I am never hungry and I have tons of energy.\*\* I am actually losing that gut.\*\**

*I never would have thought that I could have a nutritionist/coach/trainer for free.*

*It makes it so easy to do and not only is it changing my life, I am seeing the same happening for others."*



## Bethany Huston

Brand Partner from Colorado

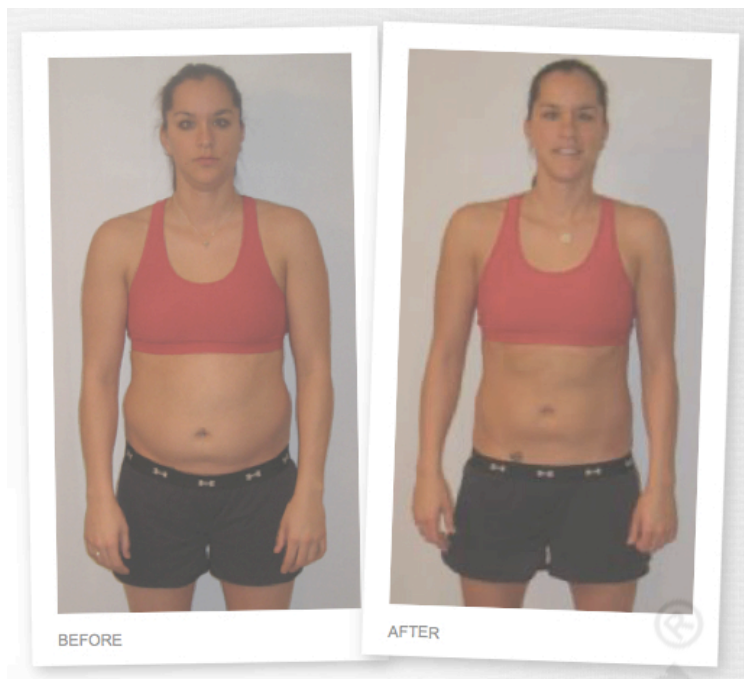
**Lost 14 pounds and 10 inches.\*\***

*I knew I was sleeping better and felt like I had more energy, but I had no idea the inches that were shedding off my body in the process.\*\**

*After my 6 week photos, I was amazed at the results and the lean muscle that was present on my body!\*\*\**

*I even went to Hawaii and Vegas, and I was still able to lose 14 pounds and almost as many inches.\*\**

*These simple products and program are truly revolutionary.”*



## Marty Tharp

Brand Partner from Indiana

**Lost 37 pounds and 15 inches.\*\***

*I have lost weight in the past, but always had to starve myself.*

*On the Bod•ē program, I was never hungry and my energy level was always good.\*\**

*I am going to continue on the program; I still have more weight to lose.*

*I feel healthier than ever and I can't wait to go to the doctor in June!\*\*\**



## Clara Jo Worth

Brand Partner from Missouri

**Lost 11 pounds and 10 inches.\*\***

*This has been one of the most eye opening experiences in my life!*



*My journey on Bod•ē has even inspired me to become a personal trainer!*

*The choices that I've made to live a healthier life have also affected my family; we are eating healthier, tasty meals and the best part is that I lost fat doing it! \*\**



BEFORE



AFTER

## Bob Malewicki

Brand Partner from Illinois

**Lost 18 pounds and 12 inches.\*\***

*I feel great and confident because I now weigh 180 pounds.\*\**

*Thank you for this wonderful product which has a great taste and is very simple to take.*

*This has changed my health, body and life for the better.\*\**

*Thank you!"*



BEFORE



AFTER

## Crissy Stephens

Brand Partner from Illinois

**Lost 15 pounds and 18 inches.\*\***

*This has been the best thing I have ever done for not only myself, but for my family.*

*I have never felt better as a woman and a mother.*

*I am so happy to have been introduced to Bod•ē by Vemma!*

*I will never live a day without it again!"*



## Bob Moore

Brand Partner from Texas

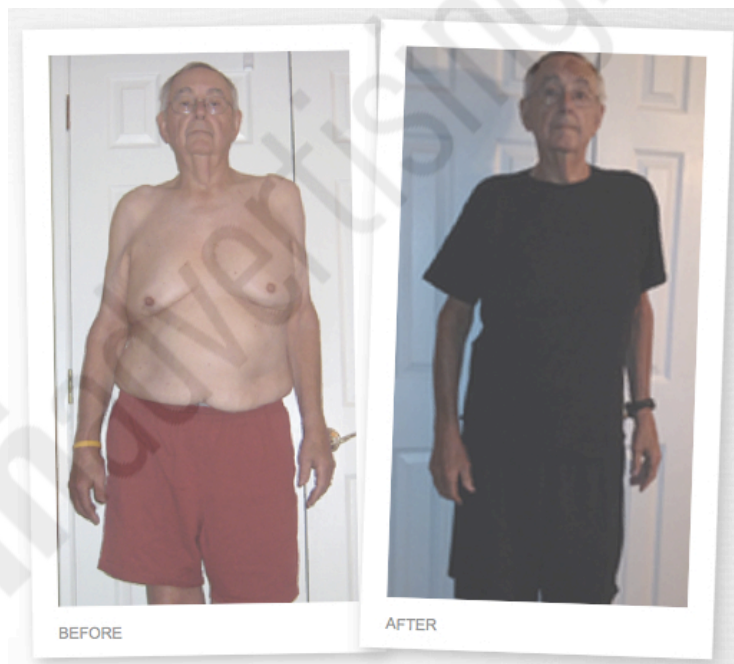
**Lost 27 pounds and 15 inches.\*\***

*As a kid weighing 210 in the eighth grade, I was always chubby to fat, and have traveled up and down every diet path. Weighing as much as 256, I finally got sick and tired of being fat and having no energy.*

*I started the Bod•ē transformation and each week I made progress.*

*My weight today is 171 pounds and my pants size is 38.\*\**

*I feel great and look pretty darn good for a man who celebrated my 80th birthday recently.\*\*"*



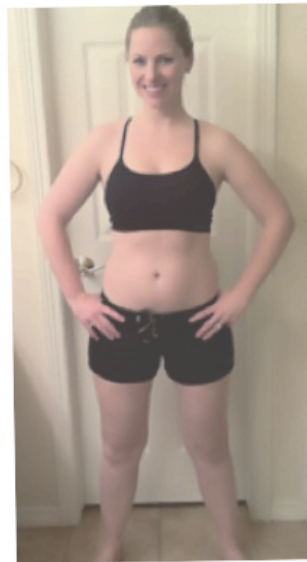


## Amber Grebmeier

Brand Partner from Colorado

**Lost 19 pounds and 8 inches.\*\***

*Feeling great! Fitting into almost all of my old jeans!\*\*\**



BEFORE



AFTER

## Travis Miklethun

Brand Partner from Arizona

**Lost 38 pounds and 16 inches.\*\***

*I am completely blown away with the 12-week Bod•ē Transformation Challenge and the results it has helped me achieve.\*\**

*I am a couple weeks shy of my 40th birthday and I haven't felt this good since my mid-20's.\*\*After my wife and I had our twin daughters and I started my first business, my workouts became less consistent. I packed on 46 pounds even though on several occasions I would try to lose weight, but the results were too slow to keep me motivated.*

*That's why Bod•ē was such a blessing; it super charged the results which kept me motivated to stay with it.\*\*\**



BEFORE



AFTER

## Darcy Atkins

Brand Partner from Illinois

**Lost 16 pounds and 12 ½ inches.\*\***

*Very happy with my results considering the fact that I did not do any exercising until the start of week 10.\*\**

*Wish I had made myself start exercising sooner, as I'm sure my results would have been even better.\*\**

*I'm starting the challenge over again so excited to see where I will be in another 12 weeks!"*



BEFORE



AFTER

## Douglas MacKay

Brand Partner from North Carolina

**Lost 23 pounds and 6 ¼ inches.\*\***

*My challenge was to lose around 16-lbs to get to 165 lbs, down from my original weight of 181.7 lbs, to achieve a trim and athletic shape.*

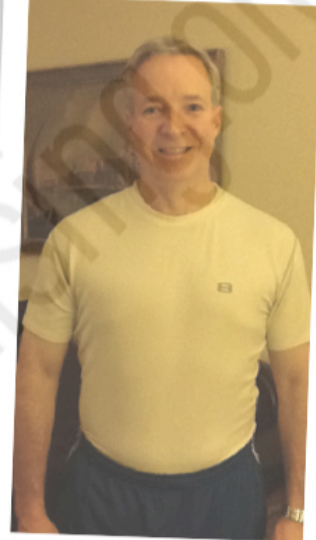
*I broke past my 16-pound goal just after the first month.\*\**

*I was really surprised at just how quickly my body was burning off the fat, and I had good energy levels, even for a workout at the gym.\*\**

*Overall, the Bod•ē program has been easy to follow. And simple. I like simple."*



BEFORE



AFTER

## Bill Phillips

Brand Partner from Florida

**Lost 23 pounds and 28 inches.\*\***

*Being a part of the Vemma Bod•ē Challenge has definitely been a life-changing experience.*

*Now with Bod•ē and a healthy diet plan, I have more energy than I've had in a long time; daily afternoon naps are no longer necessary and I am able to focus better on my responsibilities in my full time job.\*\**

*Because of the obvious weight loss, people close to me are really noticing the changes in me that I look younger, healthier and want this amazing program too!"*

*Thank you for helping me help myself!"*





BEFORE



AFTER



BEFORE



AFTER

## Ronald Greene

Brand Partner from Kentucky

**Lost 31 pounds and 5 inches.\*\***

*I just love drinking the Bod•ē Burn.*

*I believe you can't sustain a program if you're hungry all the time.*

*My major success comes from following the plan of eating 5 times a day and drinking the Bod•ē Burn.\*\* It's making it easy to fight the hunger.\*\*"*

## Kevin Turner

Brand Partner from Georgia

**Lost 26 pounds and 7 inches in the waist.\*\***

*My Bod•ē transformation has become my lifestyle.*

*I knew that in order to lose weight like no one else was losing, I needed to do something no one else was doing. For me, that was using the Bod•ē products and the Bod•ē Plan.*

*Everything about the product is simple and represents what Vemma stands for, 'Authentic products that you can trust and love'.*

*I love Vemma, Bod•ē and the new disciplines that have now become my healthy lifestyle!"*



BEFORE



AFTER

## Nancy Sustersic

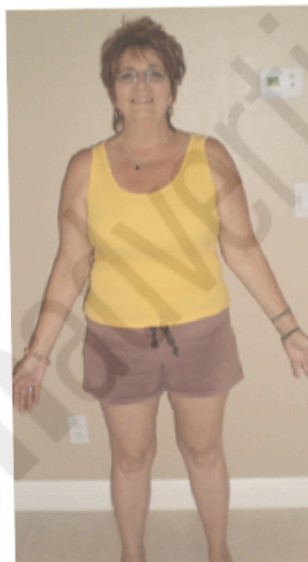
Brand Partner from Florida

**Lost 31 pounds and 29 inches.\*\***

*When people see me or my pictures, they just say, 'Whatever she's on, I want it!' That is so much fun to hear.*

*For the first time ever, I'm shedding the weight without fatigue or cravings or hunger.\**

*Vemma Bod•ē has given me freedom to enjoy food in a whole new light. I eat more food now than I ever have in the past when I used to diet."*



BEFORE



AFTER



## Ralph Tack

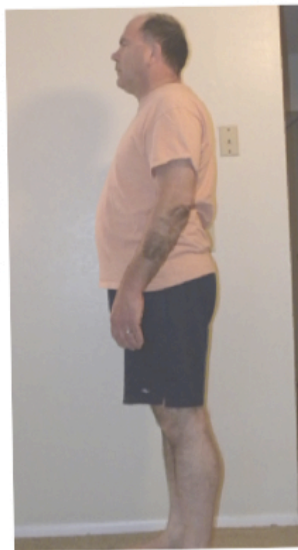
Brand Partner from Illinois

**Lost 40 pounds and 15½ inches.\*\***

*What pleases me most is the inches gone especially from my neck. From a medical perspective, this can be as important as weight loss around the waist.*

*I also fit into a medical lab coat that I wore thirty years ago.\*\**

*The program is easy to follow, and it not only helps me lose weight, it complements a good diet regimen.\*\**



BEFORE



AFTER

## Mark Scuderi

Brand Partner from New Jersey

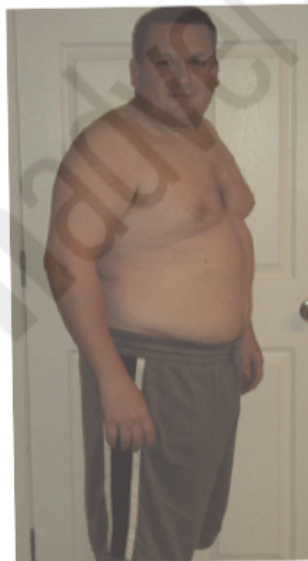
**Lost 17 pounds and 9 inches.\*\***

*Weight gain and loss [have] been a constant issue for me over my 38 years on earth. I love to eat — what Italian doesn't?*

*Within the first week on the Bod•ē Plan, I could already tell a difference in how my clothes fit.\*\**

*But my eight-year-old put it all in perspective for me and gave me one of life's little moments that I will never forget. When he gave me my good-night hug, he stepped back and said, 'Wow Dad, usually I can't get my arms all the way around you. Pretty soon you will be able to run around and play with me in the backyard!'*

*Vemma Bod•ē is a solution that has taught me how to lose fat, build muscle, and most importantly, give my son his dad back.\*\**



BEFORE



AFTER

## Annette Galliher

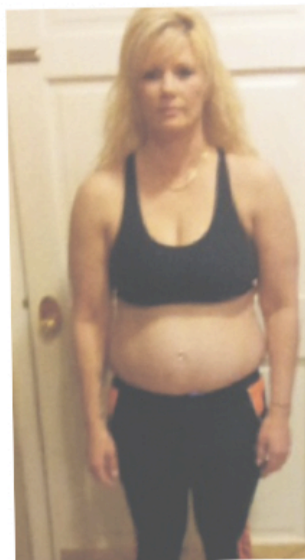
Brand Partner from Washington

**Lost 23 pounds and 10 inches.\*\***

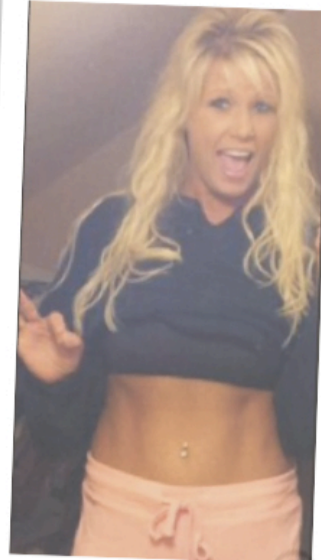
*This Bod•ē plan is just easy. It's so ABC, 1,2,3 – you can't mess it up. If you follow the plan, you'll lose the weight.*

*People have started noticing the change in me; I was at a local Starbucks the other day and a woman there said, 'I don't know what you're doing, but I'm doing it, too.'*

*It's a good feeling to share my success with others."*



BEFORE



AFTER

## Tony Grebmeier

Brand Partner from Colorado

**Lost 42 pounds and 10 inches.\*\***

*I have spent a lifetime struggling with my weight, from this diet to that diet, to no diet at all.*

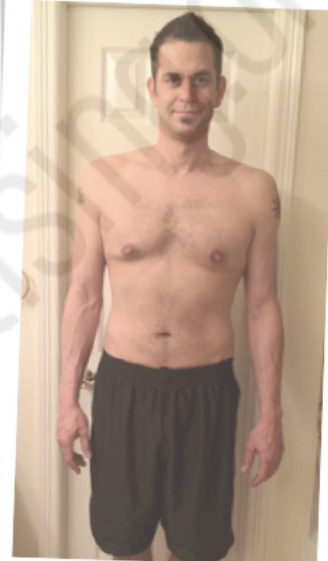
*I was just getting ready to purchase size 42 jeans when I heard about Bod•ē. I gave it a shot and WOW not only did I lose the weight that I was struggling with for the longest time, before you know it I was down 42 pounds and almost 10 body inches.\*\**

*Now I am wearing size 34 jeans!\*\**

*I fit into my old wardrobe again and feel better than I have in a long time.\*\*"*



BEFORE



AFTER



## Bethany Alkazin

Brand Partner from California

**Lost 16 pounds and 15 inches.\*\***

*The loss of weight and inches have been fabulous!\*\*\**

*After having gone through two back surgeries, I put on a lot of weight some time back. But now I'm down 16 pounds and 15 inches — and it's the inches that I'm most excited about.\*\**

*My bootie is smaller right now than it was when I was in my twenties!\*\*\**

*I went from wearing a size ten in pants, to a size four.\*\*\**



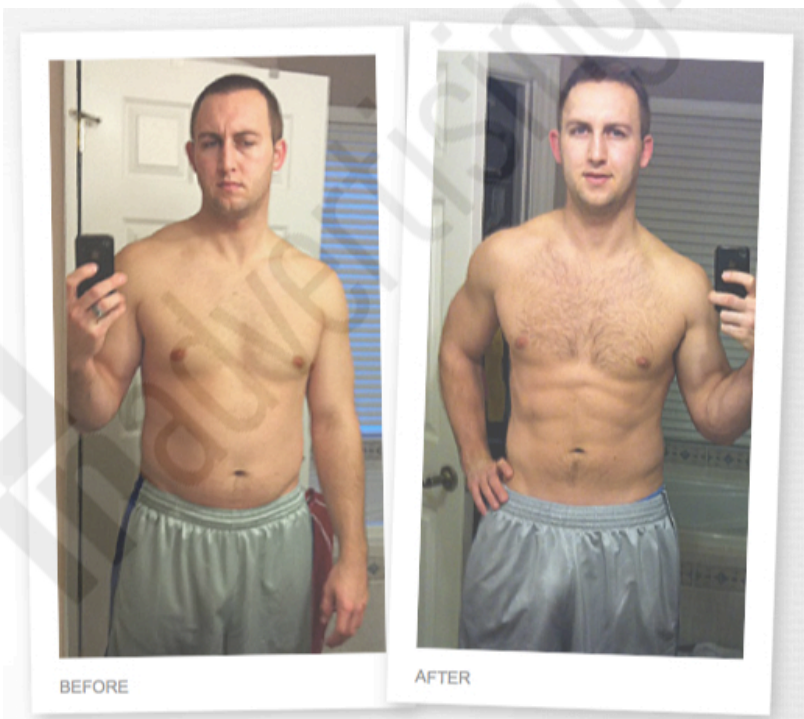
## Eric Elliott

Brand Partner from Illinois

*No matter how much I worked out, I couldn't get a six pack to show.*

*I started the Vemma Bod•ē program, hitting it hard and sticking to the food plan. Within 10 days, I started seeing results I'd never seen before!\*\*\**

*My experience was so impressive that when I posted my before and after pictures, I started enrolling a lot of people through Bod•ē parties.\*\*\* Last week I enrolled four people just with Bod•ē, and half of them have purchased Silver Bod•ē Builder Packs.”*



## Carolyn Stevens

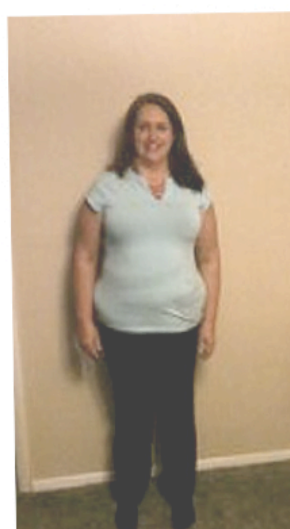
Brand Partner from Missouri

**Lost 32 pounds and over 27 inches.\*\***

*There has not been one week that I have not lost weight, which of course is incredible, but the bonus is that I have never once felt deprived.\*\**

*I can say that after years of struggling with this, I never dreamed that I would ever find anything that works the way Vemma Bod•ē does.\*\**

*It's truly remarkable!"*



BEFORE



AFTER

## Adam Howland

Vemma Employee

**Lost 27 pounds and 16 inches.\*\***

*Because of the changes Bod•ē has helped me make in my lifestyle, this is something I can maintain and keep with.*

*The energy I have, the ability I now have to keep up with my son who is 4 years old by getting out and throwing the ball around with him, is something you can't put a price on.\*\**



BEFORE



AFTER

## Jed Buenaluz



Brand Partner from California

**Lost over 23 pounds.\*\***

*I was in a situation where fast food was convenience.*

*I've tried all the diets in the world, but I don't think they understand what I was going through just because you gain so much weight; it's very hard to just drop that.*

*With the Vemma Bod•ē Plan, I was able to drop the weight and ended up losing over 23 pounds. \*\**



BEFORE



AFTER

**Doug Thompson**

Brand Partner from Arizona

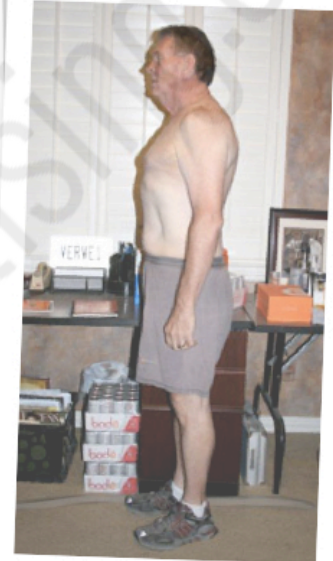
**Lost 29 pounds and 13 inches.\*\***

*After basically living a single life in restaurants for the past 27 years, I had developed plenty of unhealthy eating habits and piled on the pounds.*

*Going into the program I soon realized how little I knew about healthy eating. I actually now enjoy going to the grocery store. It's almost like I didn't know there is so much cool stuff in there that's actually good for you. And, I actually am saving quite a bit of money now that restaurants are a treat, instead of a necessary function."*



BEFORE



AFTER

## Dave Rasmussen

Brand Partner from Arizona

**Lost 25 pounds and 5 inches in the waist.\*\***

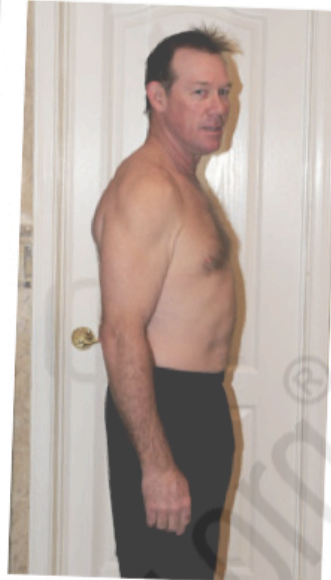
*Since I lost 25 lbs and 5 inches off my waist, people have been asking me how I did it.*

*What an easy way for me to introduce them to our business.*

*I'm like a walking billboard."*



BEFORE



AFTER

## Cynthia Pincombe

Brand Partner from Missouri

**Lost 25 1/2 pounds.\*\***

*The Vemma Bod•ē Plan has helped me create a lifestyle that I can do forever. It's so easy to follow because I'm eating real food, burning fat, yet never feeling like I'm on a diet.\*\**

*Plus, I have my own virtual personal coach and trainer that keeps me on track, daily text reminders, and a mobile app.*

*They fit into my lifestyle perfectly. I love working with a company that's as forward thinking as I am."*



BEFORE



AFTER



## Gary Kurtz

Brand Partner from California

**Lost 27 pounds.\*\***

*I'm so excited not just about losing the weight, but what Vemma Bod•ē did for my body, and the transformation that took place.\*\**

*I really feel that I've decreased my age by 20 years!\*\*\**



BEFORE



AFTER

## Michelle Barnes

Brand Partner from Colorado

**Lost 23 1/2 pounds and 16 inches.\*\***

*You can actually live and enjoy life! If there is a party or a holiday, we've been taught these little 'mini course corrections' to get back on track — so you don't feel like you might as well throw in the towel if you eat bad one day, or one weekend!*

*You learn so much about your body and how it uses food, so that you never go back to the way you were before."*



BEFORE



AFTER

## Marla Brady

Brand Partner from Illinois

**Lost 25 pounds and 28 inches.\*\***

*When asked how my clothes are fitting, they don't!*

*That is the most satisfying statement I have said in a long time!*

*My clothes are too big!! Yahoo!!"*



BEFORE



AFTER

## Tony Wallace

Brand Partner from Virginia

**Lost 35 pounds and 11 inches**

**in the first 7 weeks.\*\***

*Vemma Bod•ē plan is not a diet.*

*It is a way to change your eating habits for good!*

*First, it helps you healthfully jump-start your weight loss; and second, the food cycling teaches you how your body processes proteins and carbs\*\**

*You learn the correct way to eat them so you can change your eating habits for a lifetime."*



BEFORE



AFTER

## Cheryl Baskins

Brand Partner from North Carolina

**Lost 34 pounds and 30 inches**

**in just 12 weeks.\*\***

*I haven't felt this confident about a so-called 'diet' in a long time.*

*The Vemma Bod•ē products and plan helped me change my eating habits and learn how to choose the right combinations of foods.\*\**

*In this new chapter of my life, I have been transformed into*



a younger, happier and healthier Cheryl.\*\*



## Ronnie Felts

Brand Partner from South Carolina

**Lost 30 pounds and 24 inches.\*\***

*Best and easiest diet ever.*

*Put on a sweater I bought this August and it is so big now I will have to give it to one of my sons. Lucky them!!*



## Wallace Faust

"Uncle Sonny"

**Lost 27 pounds and 4 inches.\*\***

*I was tipping the scale at 202 before I started this 12-week Vemma Bod•ē transformation journey. I now weigh in at 175 pounds!\*\**

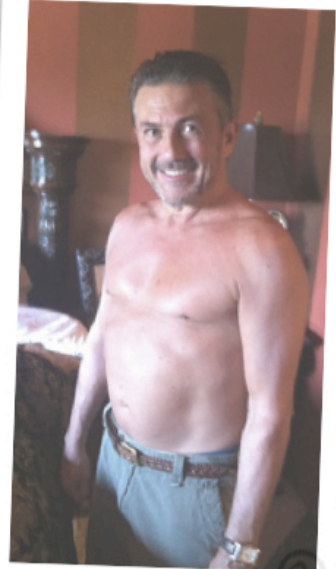
*I never took the before and after measurements of my body. However, I used to wear a size 38 waist pants, and now I wear a size 34 with a belt, or else they slide off my hips.\*\**

*The Vemma Bod•ē Plan was easy to follow, and I needed that since I work the night shift. When you're awake when most people are asleep, it's tough to stay on any program.*

*I needed this transformation to happen because I'll need all the energy I can get to be "Uncle Sonny" to the beautiful Boreyko boys!\*\*\*"*



BEFORE



AFTER



BEFORE



AFTER

## BK Boreyko

Founder & CEO of Vemma

**Lost 25 pounds and 9 inches.\*\***

*Never once while I was eating a steak did I ever think, boy I sure wish I had a shake to drink instead!*

*This program is not about replacing a meal and eating less. It's about eating more often and losing body fat.*

*Never in my life have I had so much lean muscle!!"*



**\*\*Results not typical, you may not do as well.** Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan for 12 weeks lost an average of 14.8 pounds. Not all participants will complete the plan, or accurately follow the directions and guidelines of the plan. Vemma Nutrition Company recommends you follow a healthy approach to weight loss by consulting with your physician or healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. The Vemma Bod•ē products as part of the Vemma Bod•ē 12-Week Transformation Plan should be used in conjunction with a healthy diet and 10 minutes of daily exercise.

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