

Core-22 Weight Loss Program

Dear Doctor,

Core-22 was created by a doctor to help his patients lose weight and make healthy dietary changes without the need for hours of time-consuming explanation. Dr. Schmitt teaches dieters how to make better food choices resulting in weight-loss and better health. The Core-22 program comes with a feedback tool that allows users to see the consequences of their food choices, and a social support system that allows them to ask friends and family members to support their efforts to alter their diet. Eating good food alone is often not enough to obtain the necessary amounts and kinds of vitamins, minerals, and phytonutrients that our bodies need to function optimally. Core-22 provides food based, non-synthetic supplements that when taken with a healthy diet of fresh fruits and vegetables, provides the nutrients needed for optimum health. Providing the body with the nutrients it needs reduces hunger and cravings while improving cell function and metabolism. Dieters receive six hours of online education, the best supplements available, a daily feedback tool, and social support system to make changing their diet possible. Core-22 offers dieters everything they need to be successful, making it easy for doctors to offer their patients this valuable service when the need arises.

The Core-22 Healthy Weight Loss Program is based on a nutrient rich balanced diet of proteins, fats, and carbohydrates. To lose weight, dieters are instructed to eat unlimited amounts of green leaf vegetables, moderate amounts of non-green leaf vegetables, and limited but daily amounts of oil, fresh berries, grapefruit, apples, lemons, and limes. Depending on a person's gender, height, and activity level, we recommend they eat from 8 to 14 ounces of protein (lean beef, poultry, or seafood) each day. We completely eliminate processed food, fast food, and food that contain artificial sweetener or additives. Calories range from 650 to 1,800 per day depending on an individual's body size and activity level and may be adjusted for anyone with special needs. Individuals who want to add exercise to their program are taught to eat more fruit before and after to ensure they have the energy for whatever activity level they choose. If they are not attempting to lose weight or have moved past the weight loss phase of the program, they can eat dairy products, nuts, and grains with the understanding that they may be allergic to these items and if they exhibit any of the signs of an allergic response, they should eat them sparingly or avoid them altogether.

We suggest dieters eat limited amounts of: pink Himalayan or Celtic salt, tamari, hot Sauce, Tessemae's dressings, dressing without preservatives or additives of any kind. They can use pepper (black, cayenne, red, white), spices, any herb, olive oil, almond or vanilla extracts, horseradish sauce, or vinegar. They also consume small amounts of: olive oil with food and use coconut oil for cooking.

We suggest dieters drink unlimited amounts of pure filtered water (with or without lemon), natural teas, Kampuchea, or coffee. We ask they drink at least ½ ounce of water per day for every pound of body weight.

The Core-22 weight loss strategy is successful because it does not rely on any one principle for its effectiveness. Instead it is based on 22 core principles of weight control. The Core 22 program educates people to help them make the healthiest weight loss choices possible while giving them the tools and support necessary to get through the most difficult phases of weight loss.

We encourage dieters who are under the care of a physician to consult with them before starting the diet and insist they not attempt to modify any prescription medication or treatment programs on their own. If there is any food a dieter or physician feels will interfere with a prescribed medication or is contraindicated for any reason, dieters can simply exclude that from the program. The exclusion of any food should not affect their ability to lose weight and keep it off.

Core Supplements

Although the dieters eat mostly vegetables and fruits while on the diet, we recommend they supplement their diet with non-synthetic, food based, multivitamin/minerals, Omega 3 fatty acids made from cod liver oil, and a fiber supplement to improve digestion. We find the following to be the best available.

1. ProOmega – D

Pro Omega D is Omega-3 fish oil, an essential fatty acid included in our package for its anti-inflammatory health benefits and to ensure your cells can absorb and utilize nutrients. Essential fatty acids (EFAs) are fats that our body need but cannot produce. They must be consumed through food or supplements.

There are two families of essential fatty acids, omega-3 and omega-6 which need to be consumed in a balanced ratio. The body must receive a balanced supply of omega-3 and omega-6 to ensure proper eicosanoids production. Eicosanoids are hormone-like compounds that affect virtually every system in the body—they regulate pain, help maintain proper blood pressure and cholesterol levels, and promote fluid nerve transmission. The problem is that, in our modern industrialized food system, omega-3s have become largely absent from the food chain while omega-6s have become overabundant. Even the healthiest diets contain too many omega-6s and not enough omega-3s. A decade of scientific evidence indicates that this imbalance can contribute to a variety of chronic health issues.

ProOmega-D is a sure way to improve the balance between the high levels of Omega-6 and the inadequate levels of Omega-3. *

Anyone who wants to ensure they are getting the essential omega 3 fatty acids needed for optimum health and metabolism should make this and the other supplements in the core program part of their strategy for life long weight control, health and vitality. *

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| <ul style="list-style-type: none">• Calories Per Serving 20• Calories from fat 18• Total Fat 2.0 g• Saturated Fat 0.1 g• Trans Fat 0 g• Vitamin D3 (cholecalciferol) 1000 I.U. | <ul style="list-style-type: none">• Total Omega-3s 1280 mg• EPA (Eicosapentaenoic Acid) 650 mg• DHA (Docosahexaenoic Acid) 450 mg• Other Omega-3s 180 mg• Oleic Acid (Omega-9) 56 mg• Less than 5 mg of Cholesterol per serving |
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2. Greens First Berry

Greens First Berry is a delicious and complete phytonutrient and antioxidant supplement that provides your body with an advanced combination of nature's healthiest fruits, berries, and garden vegetables along with rice bran, flax seed, and a probiotic blend for healthy digestion. *

Anyone who wants to ensure they are getting the vitamins, minerals, and phytonutrients needed for optimum health and metabolism should make this and the other supplements in the core program part of their strategy for life long weight control, health and vitality. *

Greens First Berry contains Certified Organic fruits, berries and garden vegetables along with rice bran, flax seed, and a probiotic blend for healthy digestion.

- 100% Natural – Every Ingredient Possible Is Organic
- Sweetened with Lo Han – (An herb which does not raise insulin levels)
- Vegetarian & Vegan
- Easy to Digest
- No Soy
- Non-GMO
- No Nanotechnology
- No MSG or Yeast
- No Corn
- Rye or Wheat
- No Dairy, Eggs or Animal By-products
- No Artificial Ingredients, Sweeteners or Preservatives
- Rich in Alkaline Nutrients to Balance Your Body's pH Levels

Supplement Facts		<small>Amount Per Serving %DV</small>	
Serving Size 9.6 g (1 Scoop)		SUPER ANTIOX™ FRUIT BLEND -	
Servings Per Container: 30		Proprietary 5,805 mg †	
Amount Per Serving		Red Raspberry Powder (Certified Organic), Strawberry Powder (Certified Organic) Cranberry Powder (Certified Organic), Cherry Powder (Certified Organic), Blackberry, Plum, Pomegranate Powder (Certified Organic), Blueberry Powder (Certified Organic), Pear, Apple Pectin, Mango Powder (Certified Organic), Papaya, Watermelon, Blood Orange, Peach, Red Currant, Elderberry, Pineapple, Grape Seed Extract (95%), Noni, Bilberry, Kiwi, Guava.	
Calories 35	Calories from Fat 0	Acerola 450 mg †	
<small>% Daily Value*</small>		Rice Bran 225 mg †	
Total Fat 0g	0%	Flax Seed 200 mg †	
Saturated Fat 0g	0%	HEALTHY DIGEST™ PROBIOTIC BLEND - 200 mg †	
Trans Fat 0g	0%	LACTOBACILLUS ACIDOPHILUS, LACTOBACILLUS CASEI, LACTOBACILLUS RHAMNOSUS, LACTOBACILLUS PLANTARUM, BIFIDOBACTERIUM BREVE, BIFIDOBACTERIUM LONGUM.	
Cholesterol 0g	0%	POLYGONUM CUSPIDATUM 15 mg †	
Sodium 25mg	1%	(RESVERATROL 25%)	
Total Carbohydrate 8g	3%	ASTAXANTHIN (1%) 1 mg †	
Dietary Fiber 1g	4%	* Percent Daily Values are based on a 2,000 calorie diet.	
Sugars 3g		† Daily Value not established	
Protein 0g			
<small>Amount Per Serving %DV</small>			
VEGETABLE POWER™ BLEND -			
Proprietary 1,085 mg †			
Carrot Powder (Certified Organic), Beet Powder (Certified Organic), Tomato Powder (Certified Organic), Broccoli Powder (Certified Organic), Spinach Powder (Certified Organic), Lycopene (Lyc-o-mato), Lutein (Floraglo).			

Other Ingredient: Lo Han

This product contains natural ingredients which may vary by season resulting in minor variances in the specific supplement facts.

3. Rice Fiber First

Rice Fiber First promotes normal elimination and regularity while controlling glucose, cholesterol, and lipid levels in the body. It contains nutritional fiber, significant quantities of the rice bran nutrient, gamma oryzanol, and several other phytonutrients (plant nutrients) that promote cleansing, detoxification, and healthy weight management. *

The majority of dietary fiber products on the market are psyllium-based. Most of these produce carbon dioxide and methane in the intestinal track that can produce bloating, gas, and discomfort. Rice Fiber is made with stabilized rice bran, which is a “friendly fiber”, promoting regularity and alleviating occasional constipation while helping digest food more quickly and easily. *

Anyone who wants to ensure they are getting the right kinds of fiber needed for optimum health and digestion should make this and the other supplements in the core program part of their strategy for life long health and vitality. *

Rice Fiber First Caplets are made with stabilized rice bran, which is a "friendly fiber", promoting regularity; alleviating occasional constipation while helping your body digest food more quickly and easily! *

Supplement Facts		
Serving Size: 3 Caplets (1.6 g/Caplet)		
Servings Per Container: 60		
	Amount Per Serving	% Daily Value
R.F. Proprietary Blend	4800 mg	†
RiceFiberRx™	3696 mg	†
Apple Pectin	418 mg	†
Methyl Cellulose	686 mg	†
<i>† Percentage Daily Value Not Established.</i>		

4. Greens First Capsules

Greens First Capsules provide naturally occurring and easily absorbed vitamins, minerals, phytonutrients and antioxidants that work synergistically in your body to provide 49 different super foods, extracts and concentrates including super greens, organic fruits & vegetables, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids and enzymes so you can be sure you are getting the important nutrients your body needs to work at it's full potential.

Supplement Facts	
Serving Size: 6 Capsules	
Servings Per Container: 30	
	Amount per serving %DV
Greens Blend - Proprietary	504 mg †
Chlorella (Cracked Cell Wall), Spirulina USA (Certified Organic)	
Vegetable Blend - Proprietary (Certified Organic)	750 mg †
Carrot Juice Powder, Cauliflower Juice Powder, Broccoli Juice Powder, Spinach Juice Powder, Parsley Juice Powder, Kale Juice Powder	
OxiSure™ Blend - Proprietary	150 mg †
Carrot Powder, Blueberry Powder, Plum Powder, Grape Seed Extract 95%, Cranberry Powder, Raspberry Powder, Tart Cherry Powder, Pine Bark Extract 95%, Broccoli Powder, 'HiActives' Tomato Powder 2000, 'HiActives' Carrot Powder 1200, 'HiActives' Spinach Powder 700, 'HiActives' Kale Powder, 'HiActives' Brussels Sprouts Powder	
Fiber Blend - Proprietary	228 mg †
Apple Fiber Pectin, Brown Rice Bran	
Enzyme Blend	102 mg †
Bromelain Extract (80 GDU Per Gram), Papain, Protease, Amylase, Lipase, Cellulase, Lactase	
Probiotics (Dairy Free)	102 mg †
L.Acidophilus, B.Longum, L.Casei, L.Rhamnosus	
ResveraMax™ Blend - Proprietary	36 mg †
Polygonum Cuspidatum Extract (25% Trans-Resveratrol), Acerola Cherry Powder (Certified Organic), Concord Grape Powder	
Green Tea Extract (Decaffeinated) (60% Polyphenols)	48 mg †
Quercetin (98% Dihydrate)	48 mg †
Milk Thistle Seed Extract (80% Silymarin)	36 mg †
Red Beet Powder (Certified Organic)	24 mg †
Cinnamon (<i>Cassia</i>) Bark Powder (Certified Organic)	24 mg †
Aloe Vera Leaf Powder (Certified Organic)	24 mg †
Turmeric Rhizome Extract (85% Curcuminoids)	12 mg †
Atlantic Kelp Powder (Certified Organic)	6 mg †
Mangosteen Fruit Powder	2.5 mg †
Goji (<i>Lycium</i>) Berry Powder	2.5 mg †
Acai (<i>Cabbage Palm</i>) Berry Powder	2.5 mg †
Pomegranate Fruit Powder	2.5 mg †
Noni Fruit Powder	2.5 mg †
Licorice Root Extract	2.5 mg †

† Daily Value not established.

Other Ingredients: Hypromellose (Vegetable Capsule), Vegetable Stearate.