

ASANTAE™  
realw8™

**REAL SCIENCE. REAL RESULTS.**

## REALW8™

Asantae RealW8™ is the first weight-loss supplement to address the main catalyst of weight gain and excess fat storage, which is our craving for and overindulgence of carbohydrates and sugar. The real problem is controlling the spikes in blood sugar that occur after we eat the typical American diet, these spikes make us unable to resist the sugar and carbohydrates that 'Big Food' bombards us with constantly. RealW8 is a proprietary blend of natural ingredients scientifically engineered to help you control those carbohydrate and sugar cravings that cause you to gain weight and be unhealthy.

## WHY REALW8™?

- Contains RW8, a proprietary blend of natural ingredients to help you control the addiction to sugar and carbohydrates, thus allowing you to lose weight.
- Among these ingredients is marine macroalgae extract rich in essential marine minerals and polyphenols.
- Contains a patented raw coffee extract rich in plant polyphenols.
- Developed using *RW8sequence*, a proprietary formulation process in which the ingredients are scientifically engineered to maximize their benefits.

## BENEFITS OF REALW8™

- Encourages safe and effective weight loss\*
- Helps you overcome the sugar addiction

- Minimizes sugar cravings by changing carbohydrate metabolism
- All natural, contains no stimulants

\*This product is not intended to diagnose, treat, cure or prevent any diseases. Results may vary. We recommend a healthy diet and exercise program.

## FREQUENTLY ASKED QUESTIONS

### How is fat linked to inflammation?

The foods we consume are converted into energy which is used or stored in our bodies. One way this energy can be stored is in fat cells. Our bodies store energy primarily as fat because it's the easiest to carry around with us. Yet when overloaded, these fat cells produce chemicals that can cause inflammation. Blood sugar spikes cause injury to a variety of tissues, causing the release of even more inflammatory chemicals. These chemicals interfere with the normal control of body weight. Fat gain creates inflammation and inflammation creates fat gain. Inflammation can affect your health and can lead to depression, diabetes, arthritis, Alzheimer's disease, heart disease, obesity, stroke and several other diseases.

### How does RealW8™ assist our bodies in burning fat?

The foods we eat are made up of protein, fats and carbohydrates. Protein is used to create muscle and excess is usually expelled by our bodies. Fat is digested and turned into fatty acids and triglycerides for energy as well as storage in our fat cells. Carbohydrates, mainly starches and sugars, are rapidly converted into sugars that enter our bloodstream. These sugars are used to produce energy, are saved in our short-term energy storage system, or are converted into

fatty acids that are stored in our fat cells. The average American diet is overloaded with carbohydrates and sugars. Our bodies work to carefully control the amount of sugar in our bloodstream through the actions of the hormones insulin and glucagon. Yet when our bodies are overexposed to sugar, they cannot handle it, resulting sugar spikes, and cravings for more sugar, excess fat storage, and increased inflammation. We're not so much products of how much we eat, but more of what we eat and what our bodies do with what we eat and how our bodies store and burn energy. RealW8 helps to address these problems, training our bodies to store energy and burn fat more efficiently by helping to control our cravings for carbohydrates and sugar.

### **What are the key ingredients in RealW8™ and how does it work?**

RealW8™ is a completely unique combination of a specific marine macroalgae extract, patented raw coffee extract, a natural thermogenic and critical minerals and vitamins, all assembled by the *RW8sequence* to support healthy weight loss.

### **How do I take RealW8™?**

Take two capsules 20-30 minutes before two meals on an empty stomach for a total of four capsules daily. Do not exceed four capsules in one day. You may take them before breakfast, lunch or dinner. Most people take them before lunch and dinner.

### **Who can take RealW8™?**

RealW8 is great for teens and adults. It's not recommended for children, pregnant or nursing moms. Always check with your doctor before beginning any weight-loss program.

### **In addition to taking RealW8™ daily, what else can I do to support my weight loss?**

- Make healthy food choices and watch your meal portions. Include fruits and vegetables, healthy proteins and fats in your diet. Avoid processed foods, refined grains and vegetable oils.
- Stay hydrated. You should drink lots of water each day. Water keeps your systems running efficiently including digestion and metabolism.
- Exercise or stay active daily to help burn fat and calories and increase your energy. Always consult with your doctor before beginning any fitness regimen.
- Don't depend on the numbers on the scale for your weight-loss success. Take into account how you look, feel and how your clothes fit.
- Write down your weight-loss and health goals and create a reasonable timeline for achieving them. Share your goals with other people to help keep you accountable. It will also keep you motivated and on the path to greater success!
- Check out all of the support tools that are available from Asantae as part of your RealW8 program.

### **What is considered overweight or obese?**

An adult who has a body mass index (BMI) between 25 and 29.9 is considered overweight. An adult who has a BMI of 30 or higher is considered obese. Look online for BMI calculators or

you can calculate it yourself using the formula:  
your weight in pounds x 703 divided by your  
height in inches squared.

## DID YOU KNOW\*?

- Nearly 70% of Americans are overweight, and half of these are considered obese.
- US obesity rates are expected to continue to grow, especially among the young.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of death.
- Americans get about 22.2 teaspoons of sugar a day or about 355 calories.
- Americans consume up to 170 pounds of sugar annually.

\*Resources: CDC, ABC News, American Heart Association