



The wait is over!

## Introducing ThermonX Forte

If you're seeking a safe formula that can not only help you achieve your weight loss goals, but also makes you feel good - without keeping you up all night - then support the real science behind Body Science® ThermonX Forte.

ThermonX Forte is designed to work most effectively in conjunction with other factors that support weight loss and improved health and well being. So, get the most out of your ThermonX Forte by following a balanced, calorie-controlled nutrition program, along with an exercise program combining both resistance training and cardiovascular activity.

### Why use ThermonX Forte in conjunction with your diet and exercise plan?

It's all about teamwork - BSc synergy - for the best result! 'Synergy' is a key word at BSc - it means working together to get the optimal result - which is exactly the process our team has undergone to develop ThermonX Forte. Balancing work, family, social and other commitments is hard enough these days, let alone finding the time to

exercise regularly and plan and make healthy meals. Once your eating and exercise plans are in place, you can time your ThermonX Forte dosage to best meet your needs and goals.

You won't get that instant high-caffeine 'buzz' by taking ThermonX Forte as recommended, but that doesn't mean that it's not working.

We have specifically developed a formula with lower stimulant levels than many other thermogenic products because we care about your long-term health and well being and our goal is helping you lose body fat and feel good, not suffer from caffeine highs and lows. The instant buzz you may have felt when taking other products is the heat-producing metabolic-activation of caffeine at work in your body.

As you may be aware, caffeine is a powerful central - nervous system stimulant, but its effects diminish with increased usage - that's why people who drink a lot of coffee find they need more or stronger coffee to 'feel' the effects of the caffeine, avoid withdrawal symptoms, and in some cases, to function normally.

The same is true when using high-caffeine supplements. A strong caffeine supplement can last all day and well into the night, leaving you feeling groggy the next day - a feeling that can only be remedied by using more caffeine. As you can see, this leads to a vicious and harmful cycle.

When a high-caffeine supplement is no longer a choice but becomes a necessity for alertness and energy, that's a sure sign it's probably doing more harm than good. Unfortunately, this is a side effect of many weight-loss products.

Moderation is the key, and this is possible by combining ThermonX Forte and Body Science® Guarana 2400, as the program below recommends.

As always, you'll get the best results by combining this program with a sensible nutrition and exercise program.

Please remember that ThermonX Forte isn't a miracle fat-burning pill. If you're eating more calories than your body is using and you're not exercising, you will not gain the full benefits of this program.

The 12-week program involves cycling ThermonX Forte with ThermonX Forte and Guarana 2400. The aim is to reduce the 'diminishing effect' of the products, therefore enhancing the results.

Quick Fact: Cycling refers a period of product use (ON) followed by a period of abstinence (OFF). The recommended ON/OFF cycling period is 12 weeks.



## Week 1 & Week 2

	Monday (Training Day)	Tuesday	Wednesday (Training Day)	Thursday	Friday (Training Day)	Saturday	Sunday
Pre-Workout (30 mins before work- out on empty stomach)	ThermonX Forte Four (4) capsules		ThermonX Forte Four (4) capsules		ThermonX Forte Four (4) capsules		
Breakfast		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules
Lunch	ThermonX Forte One (1) capsules	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsules	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsules	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules
Dinner	ThermonX Forte One (1) capsules	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsules	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsules	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules

## Week 3 & Week 4

	Monday (Training Day)	Tuesday	Wednesday (Training Day)	Thursday	Friday (Training Day)	Saturday	Sunday
Pre-Workout (30 mins before work- out on empty stomach)	ThermonX Forte Four (4) capsules Guarana Two (2) tablets		ThermonX Forte Four (4) capsules Guarana Two (2) tablets		ThermonX Forte Four (4) capsules Guarana Two (2) tablets		
Breakfast		ThermonX Forte Two (2) capsules Guarana One (1) tablet		ThermonX Forte Two (2) capsules Guarana One (1) tablet		ThermonX Forte Two (2) capsules Guarana One (1) tablet	ThermonX Forte Two (2) capsules Guarana One (1) tablet
Lunch	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules Guarana One (1) tablet	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules Guarana One (1) tablet	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules Guarana One (1) tablet	ThermonX Forte Two (2) capsules Guarana One (1) tablet
Dinner	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules

## Week 5 & Week 6

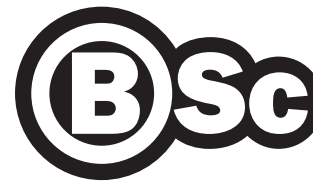
	Monday (Training Day)	Tuesday	Wednesday (Training Day)	Thursday	Friday (Training Day)	Saturday	Sunday
Pre-Workout (30 mins before work-out on empty stomach)	ThermonX Forte Four (4) capsules		ThermonX Forte Four (4) capsules		ThermonX Forte Four (4) capsules		
Breakfast		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules
Lunch	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules
Dinner	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules

## Week 7

	Monday (Training Day)	Tuesday	Wednesday (Training Day)	Thursday	Friday (Training Day)	Saturday	Sunday
Pre-Workout (30 mins before work-out on empty stomach)	ThermonX Forte Four (4) capsules Guarana Two (2) tablets		ThermonX Forte Four (4) capsules Guarana Two (2) tablets		ThermonX Forte Four (4) capsules Guarana Two (2) tablets		
Breakfast		ThermonX Forte Two (2) capsules Guarana Two (2) tablets		ThermonX Forte Two (2) capsules Guarana Two (2) tablets		ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules
Lunch	ThermonX Forte One (1) capsule Guarana Two (2) tablet	ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules
Dinner	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules

## Week 8

	Monday (Training Day)	Tuesday	Wednesday (Training Day)	Thursday	Friday (Training Day)	Saturday	Sunday
Pre-Workout (30 mins before work-out on empty stomach)	ThermonX Forte Four (4) capsules Guarana Two (2) tablets		ThermonX Forte Four (4) capsules Guarana Two (2) tablets		ThermonX Forte Four (4) capsules Guarana Two (2) tablets		
Breakfast		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules
Lunch	ThermonX Forte One (1) capsule Guarana Two (2) tablets	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule Guarana Two (2) tablets	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule Guarana Two (2) tablets	ThermonX Forte Two (2) capsules Guarana Two (2) tablets	ThermonX Forte Two (2) capsules
Dinner	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules



**BODYS SCIENCE®**

Supplement Your Life™

## How much protein do I need per day?

Recommended protein intake for adult individuals who are inactive or sedentary is 0/75g/kg/day (National Health and Medical Research Council, 2004). However it is generally accepted that those involved in exercise or training have higher protein requirements. Those involved in **strength (weight) training** are generally advised to consume around **1.6-1.7g/kg/day**, while those involved in **endurance training** (eg triathlon) are generally advised to consume around **1.2-1.4g/kg/day** (Lemon, 1998).



Protein's from the Body Science Range include:  
Whey Protein Isolate, ThermonX Pro, Whey Protein Concentrate

## Week 9 & Week 10

	Monday (Training Day)	Tuesday	Wednesday (Training Day)	Thursday	Friday (Training Day)	Saturday	Sunday
Pre-Workout (30 mins before work-out on empty stomach)	ThermonX Forte Four (4) capsules		ThermonX Forte Four (4) capsules		ThermonX Forte Four (4) capsules		
Breakfast		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules
Lunch	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules
Dinner	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules

## Week 11 & Week 12

	Monday (Training Day)	Tuesday	Wednesday (Training Day)	Thursday	Friday (Training Day)	Saturday	Sunday
Pre-Workout (30 mins before work-out on empty stomach)	ThermonX Forte Four (4) capsules		ThermonX Forte Four (4) capsules Guarana Three (3) tablets		ThermonX Forte Four (4) capsules Guarana Three (3) tablets		
Breakfast		ThermonX Forte Two (2) capsules Guarana Three (3) tablets		ThermonX Forte Two (2) capsules		ThermonX Forte Two (2) capsules Guarana Three (3) tablets	ThermonX Forte Two (2) capsules
Lunch	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules Guarana Three (3) tablets	ThermonX Forte One (1) capsule Guarana Three (3) tablets	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule Guarana Three (3) tablets	ThermonX Forte Two (2) capsules Guarana Three (3) tablets	ThermonX Forte Two (2) capsules
Dinner	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte One (1) capsule	ThermonX Forte Two (2) capsules	ThermonX Forte Two (2) capsules