

My Victory Weight Control Plan Frequently Asked Questions

What is this product intended to do?

My Victory Weight Control Plan helps put you in control of both your calories in and calories out, providing a measurable and demonstrably different weight loss solution. With the AC Shakes and AC Complex to reduce cravings and boost burn, and the calorie tracking GoWear™ fit armband puts you in control of both your calories in and calories out.

My Victory AC Complex helps reduce food cravings and may help promote healthy weight loss when combined with a healthy diet and regular exercise. AC Complex promotes healthy weight loss by supporting healthy metabolism and lean muscle mass, and boosts energy levels with a proprietary ginseng extract.*

Specially formulated to help control appetite and reduce food cravings, My Victory AC Shakes contain key ingredients that may help promote healthy weight loss when combined with a healthy diet and regular exercise. With satisfying levels of fiber, protein, and carbohydrates, AC Shakes also support healthy metabolism and lean muscle mass.*

The My Victory AC Complex and AC Shakes are compliment by the GoWear™ fit Armband—the measurable difference in weight loss. This accurate, easy-to-use tool promotes effective weight management by changing daily behavior. The armband enables individuals to accurately monitor calories out (calories burned) and compare that to calories in (calories consumed), giving them the ability to track weight loss at any time during the day.

What does the My Victory Program provide?

My Victory is an integrated lifestyle solution that can yield impressive and sustainable results, by changing behaviors and helping to give consumers more control. The program includes:

- 1) AC Complex and AC Shake— provide powerful botanicals to help control appetite throughout the day.*
- 2) GoWear™ fit Armband—a unique technology that helps you measure your caloric burn every day, empowering you with the knowledge you need to reach and maintain your weight loss goals.
- 3) An online community—with access to coaches for one-on-one counseling, clubs for unity and strength, group conference calls, and forums to share successes and challenges, consumers have control to choose the level of support they desire.

What ingredients do the AC Complex and AC Shakes provide?

With clinically effective doses of garcinia, gymnema, and forskohlii extracts to help reduce food cravings and may help promote healthy weight loss, My Victory AC Shakes and AC Complex provide a TrueDose Guarantee. The AC Complex also has chromium, banaba, and Pharmanex® Asian Ginseng Rb1. The AC Shakes additionally contain satisfying levels of fiber and protein and a vitamin mineral blend.

Who should use this program?

Any adult looking for healthy weight loss that is measurable and sustainable. My Victory Weight Control Plan is for those who have tried quick-loss programs with only short-term results or those who may have hit a plateau with their weight loss goals.

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How are the products supplied?

My Victory AC Complex contains a one-month supply of 180 capsules and the My Victory AC Shakes are supplied in 30 serving resealable bags.

How does My Victory Weight Control Plan work?

My Victory Weight Control Plan helps put you in control of your weight loss—both calories in and calories out—providing a measurable and demonstrably different weight loss solution. With key ingredients that help reduce food cravings and can help promote healthy weight loss, you can control your calories in with My Victory AC Complex and My Victory AC Shakes. Control your calories out with the GoWear™ fit armband, a unique technology that helps you measure and know your caloric burn every day.*

Many people attempting to lose weight say that it's often difficult to select and prepare correct amounts or portions of food for weight control. Meal replacements come packaged in portions so it is easy to know how many calories are being consumed. And in today's busy, hectic and sometimes stressful world, meal replacements can offer a healthful, nutritious alternative to a full meal. Besides containing botanicals that help control appetite and reduce food cravings, AC Shake provides nutrients to effectively help with weight loss when combined with proper eating habits—like the My Victory 3-2-1 eating plan, strength training, and aerobic exercise in the My Victory Weight Control Plan.*

What makes My Victory Weight Control Plan unique?

My Victory Weight Control Plan helps the consumer control both calories in and calories out, providing a measurable and demonstrably different weight loss solution. The program's difference can be demonstrated by knowing the calories you consume and the calories you burn each day. Both the AC Complex and AC Shakes control calories in with active ingredients. Unlike competitors, the My Victory Weight Control Plan products provide the TrueDose Guarantee—100% of the clinically-effective doses of garcinia, gymnema, and forskohlii extracts—when the AC Complex and AC Shakes are taken together. Gain control over calories out (caloric burn) by understanding your caloric intake and output with the GoWear™ fit armband, which is available for the first time through Pharmanex. This program is also designed to assist in eating patterns and dietary choices with a simple 3-2-1 eating plan. Finally, My Victory is sold by Pharmanex, a company with a proven track record of developing products and technologies with the highest quality, safety, and efficacy.

Are there scientific studies validating this product?

Pharmanex has conducted an open-label study on the My Victory Weight Control Plan. Forty participants were selected to utilize the My Victory AC Complex and AC Shakes and the GoWear™ fit for 12 weeks. Baseline assessment included weight, body fat, measurement (chest, waist, hip, thigh, and arm), and Pharmanex® BioPhotonic Scanner score. Participants met once a week for a weigh-in and team meetings which included an educational piece on weight loss, exercise, and/or healthy diet. Optional mid line assessments were provided for those who were interested. At the end of 12 weeks, the group lost a combined total of 884 pounds as a group, average loss was 22 pounds per person, 5.3% body fat, and 12.8 inches per person. Scanner scores went up over 6,000 RIC on average per person. A double-blind, placebo-controlled clinical trial evaluating My Victory is currently in progress.

The components of My Victory™ Weight Control Plan are substantiated also and based on extensive research. There have been upwards of 500 studies conducted on the active ingredients included in AC Complex and AC Shakes. The GoWear™ fit Armband has proven to be a useful measurement tool and has published studies relating to its ability to accurately measure energy expenditure outside of the studies conducted by the manufacturer (Welk, 2007; Fruin, 2004, Jakicic, 2004). At the 54th ACSM meeting in New Orleans on May 30- June 2, 2007, ten clinical studies were presented on the

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technology of GoWear™ fit (Mealey, 2007; Calabro, 2007; Galvani, 2007; Davis, 2007; Mattson, 2007; Sharpstein, 2007; Gallagher, 2007; Hallman, 2007; Welk, 2007; Polzien, 2007) .

How are the ingredients in the AC Complex and AC Shakes standardized?

The ingredients in My Victory products are standardized through scientific and analytical methods to ensure that every capsule contains the desired level of specific constituents, every time. Garcinia cambogia is standardized to 60% hydroxycitric acid. Forskolin (Plectranthus barbatus) is standardized to 10% forskolin, Lagerstroemia speciosa extract is standardized to 1% corosolic acid. Gymnema sylvestre is standardized to 25% gymnemic acid. Our proprietary Pharmanex Asian Ginseng Rb1 is standardized to 0.5% Rg1 and 4% Rb1.

Is there anyone who should not use this product?

Pregnant or lactating women, diabetics, hypoglycemics, gastric ulcer patients, low blood pressure cases, and people with known medical conditions including allergies to medications should consult with a physician prior to taking this or any other dietary supplement containing herbs. People taking medication such as insulin, glucagon, or any other drug affecting blood glucose levels should consult with their physician prior to taking this supplement. Consult a physician prior to taking if are currently taking any serotonin-based antidepressants, anti-anxiety, or anti-migraine drugs including Selective Serotonin Uptake Inhibitors (SSRIs).

Is this product safe?

My Victory when used as directed will safely assist in healthy weight loss. Any change in diet, such as increasing fiber intake, can potentially affect gastrointestinal comfort and any change in exercise behavior should always be accompanied by a physician consultation.

Do the AC Complex or AC Shakes contain any stimulants?

Although stimulants provide fast results they put your healthy at risk. Pharmanex uses only ingredients that provide safe sustained with loss. All ingredients used in My Victory products are stimulant-free, caffeine-free and ephedra-free.

How should I use the AC Complex and AC Shakes?

The My Victory Weight Control Plan is all about putting you back in control. The use of the AC Shakes and Complex should be leveraged to work with your schedule. Therefore, AC Shakes can be used to replace one or two meals or snacks. You can use them to replace two meals or a meal and a snack depending you your schedule and/or needs.

The AC Complex can also be tailored to meet individual needs. Some individuals may find that taking two capsules three times a day works well for them, while others may prefer three capsules twice a day. The most important thing is to ensure you are consuming the recommended dose of both the shakes and the complex to get the clinically effective total dose daily to reduce food cravings and help promote healthy weight loss.

Can I only use the AC Complex and not the shakes (or vice versa)?

In order to get the clinically effective dose the AC Complex and AC Shakes should be used in combination to help reduce food cravings, promote healthy weight loss, support healthy metabolism and lean muscle mass while boosting energy levels with a proprietary ginseng extract.

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Do I need to take any other supplements?

Pharmanex recommends that individuals on the My Victory Weight Control Plan also take LifePak® for several reasons. The general population, even those consuming a healthy diet, is often not able to consume the optimal amounts of vitamins from their diet alone (Casagrande, 2007; Mishfeigh, 2005; U.S. Department of Agriculture, 1998). Those dieting—restricting calories—are a greater risk of not getting adequate levels of nutrients (Turner-McGrievy, 2004; Neumark-Sztainer, 2004; Grzybek, 2002). Lastly, while high Body Mass Index (BMI) is correlated with a lower scanner score, the act of losing weight can have a negative effect on the individual's antioxidant defense system (Zuckley, 2004). LifePak can provide nutritional support and enhance the antioxidant defense system that may be weakened by dieting (Zuckley, 2004).*

What is the 3-2-1 Eating Plan?

The 3-2-1 Eating Plan is a combination of 3 snacks – 2 shakes – 1 sensible meal. Focusing on simplicity and ease, the Training Phase of the eating plan incorporates two shakes, complimented by low caloric dense foods (vegetables, fruits, and whole grains) throughout the day and a My Victory™ salad for dinner. Because it can be difficult to consume diets rich in fruits and vegetables, Pharmanex has created My Victory™ Salads that can be used throughout the plan as a complete, meal, supplement to a meal, or a snack. This is a tasty and easy way to incorporate fruits and vegetables into the diet. As individuals become more aware and familiar with the types of foods they should be consuming and their caloric value, more food can be incorporated into the diet in the Active Phase. This phase continues to leverage the 3-2-1 eating plan, but now there is more flexibility when the shakes and meals are consumed. The two shakes can be used as a meal or a snack. Snacks and meals should continue to incorporate My Victory™ Salads, but now other foods are introduced to the sensible meal. Multiple snacks (3+) with low caloric density will continue to be consumed throughout the day. The final Lifestyle Phase incorporates 3 snacks – 2 meals -1 shake to help you maintain your weight loss and eat a healthy diet.

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