

# My Victory

## AC Complex and AC Shake

**CONTROL CRAVINGS. BOOST BURN.\***



### Positioning Statement

You work hard to lose weight, but no matter what you do, hunger and cravings can get to you, making you feel a lack of control and frustration. Now you can control your calories in with My Victory AC Complex and My Victory AC Shake. Pharmanex provides the TrueDose Guarantee\*\*—with My Victory you get 100 percent of the clinically effective doses. When My Victory AC Complex and AC Shake are used together they deliver powerful craving control for your very own weight loss success.\*

**\*\*TrueDose Guarantee.** Active ingredients at active levels. When the supplement and shake are used together they provide 100 percent of the clinically effective doses of garcinia, gymnema, and forskohlii extracts.

My Victory AC Complex and My Victory AC Shake are part of a new weight loss plan developed by Pharmanex: the My Victory Weight Control Plan. This unique 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. Control your calories in with My Victory AC Complex and AC Shake. Track your calories out with the GoWear™<sup>†</sup> Fit Armband, a unique technology that helps you measure your caloric burn every day.\*

### Concept

Experts agree that weight loss is a simple equation; burn more calories than you consume and you will lose weight. Yet individuals often find that controlling the two sides of this equation—calories in and calories out—is not a simple task. Dieters frequently battle with hunger and find it difficult to control their food intake. This is often the result of three factors: a strong appetite can lead to overeating; blood sugar and insulin spikes can lead to cravings for carbohydrate-rich foods; and limited food intake and poor food

choices may not provide satiety. In surveys Pharmanex conducted, consumers identified products that help control appetite as the key to weight loss success. An independent survey also concluded that appetite reduction is key for weight management.

My Victory AC Complex and My Victory AC Shakes help you control one-half of the equation—calories in—with a three-tier solution to provide protection against hunger throughout the day: helps control appetite, helps maintain normal blood sugar levels, and helps you feel full longer.\* In one survey, a total of 60 people using the program were split into four focus groups. The three benefits identified were that they didn't have as many cravings, they felt more full, and they weren't as hungry! In another study, 80 percent of the participants said the AC Complex and AC Shakes significantly curbed their appetites.<sup>2</sup>

### Primary Benefits

#### My Victory AC Complex

My Victory AC Complex contains key ingredients that help reduce food cravings and may promote healthy weight loss when combined with a healthy diet and regular exercise. My Victory AC Complex also supports healthy metabolism and helps maintain healthy lean muscle mass—while boosting energy levels with a proprietary ginseng extract.\* In fact, 88 percent of study participants said the AC Complex and AC Shakes significantly increased their energy levels while the participants were on the program.<sup>2</sup>

- Helps control appetite.\*
- Supports energy levels while dieting.\*
- Supports a healthy metabolism.\*
- Helps maintain healthy lean muscle mass.\*
- Provides the TrueDose Guarantee: 100% of the clinically effective doses of garcinia, gymnema, and forskohlii extracts when used together with My Victory AC Shake.

# My Victory AC Complex and AC Shake

## *My Victory AC Shake*

Specially formulated with key active ingredients to help control appetite and reduce food cravings, My Victory AC Shake provides satisfying levels of fiber, protein, and carbohydrates that promote healthy weight loss when combined with a healthy diet and regular exercise.

- Contains 1,467 mg of powerful botanicals—more than any other shake.
- Includes a unique fiber blend that helps you feel full longer.\*
- Contains a low glycemic formula.\*
- Supports a healthy metabolism.\*
- Helps maintain healthy lean muscle mass.\*
- Provides the TrueDose Guarantee: 100% of the clinically effective doses of garcinia, gymnema, and forskohlii extracts when used with My Victory AC Complex.

## What Makes These Products Unique?

- TrueDose Guarantee.
- Helps protect against hunger throughout the day.
- Proprietary ginseng extract available only from Pharmanex.
- Manufactured according to the 6S Quality Process to guarantee potency, safety, and efficacy.

## Who Should Use These Products?

Any adult who wants to achieve or maintain a more healthy weight.

## Did You Know?

Most weight loss supplements advertise big results but the formulas lack the ability to deliver. These products rarely contain the clinically effective doses of active ingredients. Some products even manage to contain one ingredient at a clinically effective dose, but then provide a mere dusting of the other active ingredients. For example, My Victory is the only MLM weight loss program that contains the clinically effective dose of hydroxycitric acid with a daily dose of 2,880 mg.

## Frequently Asked Questions

### *How do I follow the My Victory Weight Control Plan?*

Control calories in by following the 3-2-1 eating plan and using My Victory AC Complex and two My Victory AC Shakes. Track calories out by wearing the GoWear<sup>®</sup> Fit Armband and monitoring your daily calorie balance at myvictoryplan.com. Self-correct as needed to stay on track and reach your weight loss goals. For maintenance, continue to control calories in with one AC Shake daily and control calories out by wearing your GoWear Fit Armband.

### *Are there scientific studies supporting this product?*

There are approximately 500 studies that have been conducted on the different active ingredients within AC Complex and AC Shake and related aspects of weight loss and/or obesity. Pharmanex has conducted an open label study with participants losing an average of nearly two pounds per week for 12 weeks on the My Victory Weight Loss Plan.<sup>2</sup>

## *Are these products safe?*

When used as directed, both My Victory AC Complex and AC Shake are safe and well tolerated.

## *Is there anyone who should not take My Victory AC Complex and My Victory AC Shake?*

Pregnant or lactating women, diabetics, hypoglycemics, gastric ulcer patients, low blood pressure cases, and people with known medical conditions should consult with a physician prior to taking this or any other dietary supplement. 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 if you are taking any serotonin-based antidepressants, anti-anxiety, or anti-migraine drugs including Selective Serotonin Uptake Inhibitors (SSRIs).

## *What if I can't remember to take two capsules at each of my meals?*

The clinically effective doses of ingredients come from taking both AC Complex and AC Shake. If you forget to take two capsules with one of your meals, take them once you remember or with your next meal. Although there appears to be some appetite suppression benefit when taking capsules with each meal, it is mostly important to take a full daily dose to get the clinically effective dose. If you consistently miss a single dose, taking three capsules at two meals may work better for you.

## Studies

1. The Dallas Focus Groups (DFG) included 30 female participants who tried the program for two weeks. Participants were general consumers who were interested in losing at least 10 pounds and had tried other diet programs in the past. DFG participants had no affiliation with Nu Skin Enterprises. The focus groups were conducted in May 2007, in Dallas, Texas.
2. The Lose2Win (L2W) open label study included 40 male and female participants who tried the program for 12 weeks. Participants were Nu Skin Enterprises' employees and Distributors. The Lose2Win open label study and contest were conducted from April 2007 to July 2007, in Provo, Utah.

## AC Complex Directions for Use

Take two (2) capsules three (3) times daily with your meals or My Victory AC Shakes. Store in a cool, dry place.

## AC Shake Directions for Use

Add two (2) scoops of powder to eight (8) ounces of cold water or milk. Blend or shake vigorously. Use twice daily and combine with My Victory AC Complex. Store in a cool, dry place.

<sup>®</sup>GoWear™ is a trademark of BodyMedia, Inc. All rights reserved.

\*This statement has not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure, or prevent any disease.

# My Victory AC Complex and AC Shake

## Ingredients

### AC VANILLA SHAKE

Serving Size 2 Scoops (45g)	
Servings Per Container 30	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 20</b>
<b>Total Fat</b>	2.5 g
Saturated Fat	0 g
Trans Fat	0 g
<b>Cholesterol</b>	5 mg
<b>Total Carbohydrate</b>	21 g
Dietary Fiber	8 g
Soluble Fiber	7 g
Insoluble Fiber	1 g
Sugars	7 g
<b>Protein</b>	15 g
Vitamin A	1025 IU
Vitamin C	11 mg
Vitamin D	105 IU
Vitamin E	3.3 IU
Thiamin	0.30 mg
Riboflavin	0.32 mg
Niacin	5.35 mg
Vitamin B <sub>6</sub>	0.35 mg
Folate	52 mcg
Vitamin B <sub>12</sub>	0.40 mcg
Pantothenic Acid	1.25 mg
Calcium	400 mg
Iron	4.75 mg
Phosphorus	250 mg
Iodine	14.5 mcg
Magnesium	60 mg
Zinc	2.6 mg
Selenium	8.5 mcg
Copper	0.3 mg
Manganese	0.25 mg
Chromium	108 mcg
Sodium	180 mg
Potassium	465 mg
<b>My Victory Proprietary Blend</b>	<b>1467 mg</b>
Garcinia ( <i>Garcinia cambogia</i> ) extract (Fruit)	1312.5 mg
Gymnema ( <i>Gymnema sylvestree</i> ) extract (Leaf)	117 mg
Forskohlii ( <i>Plectranthus barbatus</i> ) extract (Root)	37.5 mg

**Non-Medical Ingredients:** My Victory Protein Blend (Milk Protein Isolate, Soy Protein Isolate, Whey Protein Isolate, Whey Protein Concentrate), My Victory Fiber Blend (Digestion Resistant Maltodextrin [Dietary Fiber], Gum Arabic, Soy Fiber, Fenugreek Concentrate Fiber, Xanthan Gum, Sugar Beet Fiber, Oat Fiber, Oat Bran, Pea Fiber, Cellulose Gum), Maltodextrin, Fructose, Nonfat Dry Milk, Corn Oil Creamer (Corn Oil, Corn Syrup Solids, Sodium Caseinate, BHA, Propyl-Gallate as antioxidants), Natural Flavors, My Victory Vitamin Mineral Blend (Dipotassium Phosphate, Tricalcium Phosphate, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid (Vitamin C), Niacinamide (Niacin), d-Alpha Tocopherol Acetate (Natural Vitamin E), Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate (Pantothenic Acid), Cholecalciferol (Vitamin D<sub>3</sub>), Chromium Polynicotinate, Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B<sub>6</sub>), Riboflavin (Vitamin B<sub>2</sub>), Thiamin Mononitrate (Vitamin B<sub>1</sub>), Biotin, Cyanocobalamin

(Vitamin B<sub>12</sub>), Folic Acid, Sodium Selenite, Potassium Iodide), Sodium Citrate, Sucralose.

### AC CHOCOLATE SHAKE

Serving Size 2 Scoops (45g)	
Servings Per Container 30	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 25</b>
<b>Total Fat</b>	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
<b>Cholesterol</b>	5 mg
<b>Total Carbohydrate</b>	21 g
Dietary Fiber	8 g
Soluble Fiber	6 g
Insoluble Fiber	1 g
Sugars	6 g
<b>Protein</b>	15 g
Vitamin A	1025 IU
Vitamin C	11 mg
Vitamin D	105 IU
Vitamin E	3.3 IU
Thiamin	0.30 mg
Riboflavin	0.32 mg
Niacin	5.35 mg
Vitamin B <sub>6</sub>	0.38 mg
Folate	53 mcg
Vitamin B <sub>12</sub>	0.40 mcg
Pantothenic Acid	1.25 mg
Calcium	400 mg
Iron	5.25 mg
Phosphorus	225 mg
Iodine	14.5 mcg
Magnesium	70 mg
Zinc	2.7 mg
Selenium	8.5 mcg
Copper	0.40 mg
Manganese	0.25 mg
Chromium	108 mcg
Sodium	180 mg
Potassium	465 mg
<b>My Victory Proprietary Blend</b>	<b>1467 mg</b>
Garcinia ( <i>Garcinia cambogia</i> ) extract (Fruit)	1312.5 mg
Gymnema ( <i>Gymnema sylvestree</i> ) extract (Leaf)	117 mg
Forskohlii ( <i>Plectranthus barbatus</i> ) extract (Root)	37.5 mg

**Non-Medical Ingredients:** My Victory Protein Blend (Milk Protein Isolate, Soy Protein Isolate, Whey Protein Isolate, Whey Protein Concentrate), My Victory Fiber Blend (Digestion Resistant Maltodextrin [Dietary Fiber], Gum Acacia, Soy Fiber, Fenugreek Concentrate Fiber, Xanthan Gum, Sugar Beet Fiber, Oat Fiber, Oat Bran, Pea Fiber, Cellulose Gum), Maltodextrin, Fructose, Nonfat Dry Milk, Corn Oil Creamer (Corn Oil, Corn Syrup Solids, Sodium Caseinate, BHA, Propyl-Gallate as antioxidants), Cocoa (processed with alkali), Natural Flavors, My Victory Vitamin Mineral Blend (Dipotassium Phosphate, Tricalcium Phosphate, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid (Vitamin C), Niacinamide (Niacin), d-Alpha Tocopherol Acetate (Natural Vitamin E), Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate (Pantothenic Acid), Cholecalciferol (Vitamin D<sub>3</sub>), Chromium Polynicotinate,

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# My Victory AC Complex and AC Shake

Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B<sub>6</sub>), Riboflavin (Vitamin B<sub>2</sub>), Thiamin Mononitrate (Vitamin B<sub>1</sub>), Biotin, Cyanocobalamin (Vitamin B<sub>12</sub>), Folic Acid, Sodium Selenite, Potassium Iodide), Salt, Sucralose.

## AC COMPLEX

Serving Size: 2 Capsules Servings Per Container 90	
	Amount Per Serving
Chromium (as chelate, polynicotinate)	105 mcg
Garcinia ( <i>Garcinia cambogia</i> ) extract (Fruit)	725 mg
Forskohlii ( <i>Plectranthus barbatus</i> ) extract (Root) <sup>††</sup>	141.7 mg
Gymnema ( <i>Gymnema sylvestree</i> ) extract (Leaf)	64.3 mg
Pharmanex® Asian Ginseng Rb1 ( <i>Panax ginseng</i> ) extract (Root)	33.3 mg
Banaba ( <i>Lagerstroemia speciosa</i> ) extract (Leaf)	16 mg

**Non-Medical Ingredients:** Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Croscarmellose Sodium.

<sup>††</sup> ForsLean® is a Registered Trademark and Patented Product of Sabinsa Corporation. U.S. Patent # 5,804,596

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## Warnings

Keep out of reach of children. Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions should consult with a physician prior to use. AC Complex is not manufactured with gluten ingredients and contains no added sugar, salt, wheat, yeast, dairy products, preservatives, artificial colors, or artificial flavors. AC Shake contains soy, milk, and oat-derived ingredients.

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