

Without fats, eating just wouldn't be the same. Steak, hamburger, ice cream, chocolate, salad dressing, cheese and peanut butter all contain fat. Fats provide much of the great taste and texture for which we prize these and other foods.

Fat is twice as calorie-dense (1 gram = 9 calories) as carbohydrates or protein (1 gram = 4 calories).

Also, all oils, no matter how healthy, are high in calories (1 tbsp. = 120 calories).

In addition, many processed foods and fast foods are high in fat, especially saturated fat. So for the sake of your health, become a fat-detective and reduce your total fat consumption.

- * Reduce total fat consumption to 15-30 per cent of total daily calorie intake.
- * Aim to restrict or (best) eliminate saturated fat consumption.
- * If buying margarine, choose brands without trans-fats or hydrogenated fats.
- * Aim to eat most of your fat from foods or unrefined, organic oils, rich in essential fatty acids - especially omega 3.
- * When buying oil, ideally choose mechanically pressed, unrefined, organic oils in opaque glass containers.
- * If trying to lose weight, be aware that all oils are high in calories, and should be consumed sparingly.

FREQUENTLY ASKED QUESTIONS

Can I take FBlock™ if I have a medical condition?

FBlock™ is derived from shellfish. If you are allergic or sensitive to shellfish, you should avoid use of this product. We advise anyone who is taking medication or has a medical condition to consult with their doctor.

Do I need to have a special diet while taking FBlock™? Is it only for low fat diets?

You do not have to be on any special diet or plan to use FBlock™. Many people on low fat diets find it restrictive, and FBlock™ gives them the option to eat the things they enjoy without sabotaging their diet.

How should I use FBlock™?

For general use, take a 2 capsules 15 minutes before meals with a large glass of water.

Is FBlock™ safe?

Yes. However, some vitamins are fat-soluble (A, D, E & K) as well as certain medications and essential fatty acids and they will be absorbed by FBlock™. These should be taken at least four hours before or after ingesting FBlock™.

How long should I continue to use FBlock™?

For as long as you want to block fat calories. After you achieve your desired weight, you may prefer to use it only occasionally, particularly with very fatty meals, to help maintain your desired weight. It is totally safe and can help you maintain your ideal weight.

What is Chitosan and how does it work ?

Chitosan is derived from chitin, a polysaccharide found in the exoskeleton of shellfish such as shrimp, lobster, and or crabs. Once activated in the stomach, chitosan binds to some fatty acids and carries them through the digestive system without being absorbed. This helps reduce the amount of fat calories digested by the body.

I don't eat very much, but I'm still overweight. Can you tell me why?

Regardless of the exact quantity of food you have been eating, there is no doubt that you have been eating more food than your body can metabolize as energy. Perhaps you are actually eating higher calorie-containing foods, such as sweets or fatty meat. Fat contains over twice as many calories per ounce as protein or carbohydrates. No matter why you are overweight, there is really only one solution to the problem, you must begin to use more food energy than you absorb calories. The potential energy contained in food is either metabolized immediately as energy, or is stored in the body as glycogen to be used later for energy. You have, therefore, eaten more "food energy" than you have used, even though the amount you ate seems small to you. There are only two ways to reverse your situation Burn more calories with exercise or reduce the calories that your body receives. When you burn more calories than you assimilate, you will burn your fat for energy. Therefore, you can exercise more, or you can either eat less calories or block most of the calories from fats in your diet with FBlock™ capsules.