



# REV™

LIMITLESS REV 7-DAY JUMPSTART KIT WAS DEVELOPED IN CONCERT WITH THE WORLD'S LARGEST DIET STUDY TO DATE:

- | Diogenes project, a Pan-European, randomized, controlled dietary intervention
- | Involved 932 obese and overweight subjects in eight European centers
- | In the 'Crash Diet' weight-loss phase of this trial, subjects exhibited an average weight loss of ~ 1 pound per day.\*
- | Subjects who lost the most weight at week 1 (top quartile) during the "Crash Diet" period were also identified as achieving the maximum weight loss after 8 weeks.\*
- | Greater initial weight loss was associated with greater long-term outcome.\*



The perfect diet for that special occasion... college graduation, a wedding, a job interview... any time you need to lose weight fast. Or, use it to "jump-start" any weight-loss program! Contains everything you need to lose weight, and lose weight fast.

## COMPONENT 1

Rev Drops (1 oz bottle)

- | Appetite Suppressant\*
- | Fat Burning\*

## COMPONENT 2

Rev Chocolate Smoothies (14 packets)

- | High protein
- | Only 90 calories
- | Delicious

## COMPONENT 3

Rev Chocolate Crunch Snack Bars  
(7 bars)

- | Packed with protein, fiber and energy
- | Only 100 calories

## COMPONENT 4

Specialized Food and Activity Guide

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Use in conjunction with any sensible diet and exercise program. Individual results will vary.

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*Breakthrough Science... Beyond Testimonials™*

## THE DIET DEBATE

There is much debate among medical researchers and practitioners regarding the optimal method of caloric restriction for long-term weight loss. The aim of weight loss in overweight adults is to reduce the health risks associated with excess fat deposits and to sustain the lower risk by maintaining a healthy weight and body composition. Yet collective comparisons of weight loss methods are complicated by interventional variances, and generalizations of some key components have led to several varying schools of thought.

In contrast to explanatory theories for the failure of weight-loss regimens, new efforts have been made to identify predictors of weight-loss success in overweight individuals undergoing therapy. It has been predicted that in the future, optimal weight management will be based on individualized therapy determined by markers for responders and non-responders to diet, exercise and behavior modification. In this avenue, some studies have suggested that larger weight losses in the first few weeks of therapy are associated with better long-term weight-loss results.

## THE STUDY

The REV™ 7-Day Jumpstart Kit was designed in concert with the world's largest diet study to date, a Pan-European, randomized, controlled dietary intervention study involving 932 obese and overweight adult subjects (27<BMI<42 kg/m<sup>2</sup>) in eight European centers. The study addressed predictive characteristics of successful weight loss and weight-loss maintenance at numerous stages throughout the 8 consecutive weeks of a structured jump-start diet program (Phase 1) and the 6-12 month maintenance period afterwards (Phase II).

During the initial (Phase I) week-by-week structured jump-start diet plan, subjects were permitted to drink water, coffee/tea, calorie-free soft drinks and chew/eat sugar-free gum/candy without any limitations.

Results showed that the average weight loss after 1 week was 2.75kg (or about a pound a day). The average weight loss after 3 weeks was 5.45kg (12 lbs), and the average weight loss after the total 8-week diet period was 10.84kg (24 lbs).

Furthermore, statistical analyses were carried out to examine the relationship between baseline characteristics, weight loss at week 1, and weight loss at week 8 with the intention to identify the effect of initial weight loss on 8-week outcome.

This was done with a sensitivity and specificity analysis targeted at 10kg (22 lbs) final weight loss at 8 weeks.

This analysis showed that for subjects achieving a weight loss of at least 2.6kg (5.7lbs) at week 1, the positive predictive power of achieving at least 10kg (22lbs) weight loss at the end of the diet was 69.3%. For a weight loss of at least 3 or 4 kg (6.6 or 8.8lbs) at week 1, the positive predictive power of achieving at least 10kg (22lbs) weight loss at the end of the diet was 73.3% and 83.1%, respectively (Table 1).

**Table 1.** Characteristics of the selected cut offs of early weight loss at week 1 as predictors of 10 kg (22lb) weight loss at week 8.

Cut-off values (kg)	Positive predictive value (%)
≥2	60.0
≥2.6	69.3
≥3	73.3
≥4	83.1

## THE REV™ 7-DAY JUMPSTART KIT

The REV kit includes three key components, 1) the Chocolate Smoothie; 2) the Chocolate Mint Crunch Bar; and 3) the Weight-loss Drops, to be consumed daily as follows:

Breakfast	Chocolate Smoothie (90 Calories, 11g Protein, 3g Fiber)
Lunch	Weight-Loss Drops (15 minutes before lunch) followed by a Chocolate Smoothie (90 Calories, 11g Protein and 3g Fiber)
Snack	1 REV Bar (100 Calories, 6g Protein, 2g Fiber)
Dinner	Weight-Loss Drops (15 minutes before dinner) followed by a balanced, 500-600 calorie dinner

## CONCLUSION

The REV 7-Day Jumpstart Kit was designed to help users lose an average of about a pound a day. The kit can be used consecutively or on an as-needed basis for rapid and sustainable weight loss.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## CHOCOLATE SMOOTHIE

Nutrition Facts		
Serving Size: 23 g (1 packet)		
Servings Per Container: 14		
Calories 90	Calories From Fat 25	% Daily Value*
	Amount Per Serving	% Daily Value†
<b>Total Fat</b>	3 g	5%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	0%
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	210 mg	9%
<b>Potassium</b>	190 mg	5%
<b>Total Carbohydrates</b>	7 g	2%
Dietary Fiber	3 g	12%
Sugar	0 g	0%
<b>Protein</b>	11 g	22%
Vitamin A		2%
Vitamin C		0%
Calcium		2%
Iron		4%

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
<b>Total Fat</b>	Less Than	65 g	80 g
<b>Saturated Fat</b>	Less Than	20 g	25 g
<b>Cholesterol</b>	Less Than	300 mg	300 mg
<b>Sodium</b>	Less Than	2,400 mg	2,400 mg
<b>Potassium</b>	Less Than	3,500 mg	3,500 mg
<b>Total Carbohydrates</b>		300 g	375 g
<b>Dietary Fiber</b>		25 g	30 g

**INGREDIENTS:** Protein Blend (pea protein, whey protein isolate), Non-Dairy Creamer (sunflower oil, corn syrup solids, sodium caseinate—from milk, mono and diglycerides, dipotassium phosphate, soy lecithin, tocopherols to protect flavor), Dutched Cocoa, Polydextrose Prebiotic Fiber, Natural Flavor, Salt, Xanthan and Cellulose Gums, Carrageenan, Sucralose and Acesulfame-K.

**DIRECTIONS:** Blend one sachet with 8 to 16 oz. of cold water. Refrigerate any unused portion.

CONTAINS MILK PROTEIN.

MANUFACTURED IN A PLANT THAT USES WHEAT FLOUR, SOY, EGG, TREE NUTS AND PEANUTS.

For maximum shelf life, store below 75° F.

## CHOCOLATE MINT CRUNCH BAR™

Nutrition Facts		
Serving Size: 28 g (1 bar)		
Servings Per Container: 7		
Calories 100	Calories From Fat 25	% Daily Value*
	Amount Per Serving	% Daily Value†
<b>Total Fat</b>	3 g	5%
Saturated Fat	1 g	5%
Monounsaturated Fat	1 g	
Polyunsaturated Fat	1 g	
Trans Fat	0 g	0%
<b>Cholesterol</b>	9 mg	3%
<b>Sodium</b>	70 mg	3%
<b>Potassium</b>	34 mg	1%
<b>Total Carbohydrates</b>	15 g	5%
Dietary Fiber	2 g	8%
Sugar	5 g	10%
<b>Protein</b>	6 g	12%
Vitamin A		1%
Vitamin C		1%
Calcium		2%
Iron		2%

† Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** Protein Blend (whey concentrate, soy isolate, whey isolate), Maltitol, Wheat Flour, Semi Sweet Chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), Chocolate Coating (sugar, palm kernel and palm oil, dutched cocoa, non fat dry milk, soy lecithin, vanilla), sorbitol, soy crisps (soy isolate, tapioca starch, cocoa, calcium carbonate), Sugar, Vegetable Glycerin, Margarine (palm oil, vegetable monoglycerides, water, salt, citric acid, whey, natural flavor, soy lecithin, beta carotene, vitamin A palmitate), Maltodextrin (source of fiber), Dutched Cocoa, Corn Syrup, Water, Salt, Potassium Sorbate (as a preservative), Natural Flavor.

CONTAINS MILK, SOY AND WHEAT PRODUCTS.

MANUFACTURED IN A PLANT THAT PROCESSES MILK, SOY, WHEAT, EGG, TREE NUT AND PEANUT PRODUCTS.

For maximum shelf life, store below 75° F.

## WEIGHT-LOSS DROPS\*

Supplement Facts		
Serving Size: about 2 ml		
Servings Per Container: 15		
	Amount Per Serving	% Daily Value
<b>A Proprietary Blend Containing:</b>		801 mg
Yerba Mate (leaf) Extract		†
Guarana (seed) Extract		†
Damiana ( <i>Tournefortia diffusa</i> var. <i>aphrodisiaca</i> ) (leaf) Extract		†
Caffeine		†

† Daily Value not established.

**Other Ingredients May Include:** Water, Alcohol, Sucralose, Natural and Artificial Flavors, Malic Acid, Amino Acid Blend.

**WARNING:** This product contains a significantly potent xanthine (i.e., caffeine and caffeine-like stimulants) mixture, of about 100 mg per serving. Consult your physician before use if you are sensitive to stimulants. Do not exceed suggested daily serving. Not for use by individuals under the age of 18 years. Do not use if pregnant or nursing. Use in conjunction with any sensible diet and exercise program. Individual results will vary.

**NOTE:** Limit the use of caffeine-containing products, foods or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness and occasionally, rapid heart beat. For additional information on this or any other Limitless Worldwide, LLC product, please call our product support department at: 1-800-429-4290.

This product is manufactured to be within all acceptable industry variances.

**Directions:** Add 2 droppers full (approximately 2 ml) to a full glass of water (8-10 oz) and drink 15 minutes before main meals. Do not exceed three servings in any 24-hour period. Shake well before use. Refrigerate after opening.

If you or your health-care provider have any questions, please call: 1-800-429-4290.

**Weight Loss Compound:** Yerba Mate (leaf) Extract, Guarana (seed) Extract, Damiana (*Tournefortia diffusa* var. *aphrodisiaca*) (leaf) Extract

**Energy Components:** Caffeine, Guarana (seed) Extract

Keep out of reach of children. Use only as directed.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Product resale allowed only through authorized representatives. International distribution is not authorized without prior written approval.