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BELITE

LIFEQODE

**BELITE 123**

Manage your weight  
in **3 SIMPLE STEPS**

# Let's drink to a REFRESHED YOU!

How many times have you heard that it is easier to gain weight than to lose it? And, how many times have you tried a weight loss product only to be disappointed over time? Stress no more! Here's a new initiative with all the potential answers to your weight woes!

We searched the world and found it in Mother Nature. It makes sense when you think about it - sometimes the simplest solution gives you the best results. Years of research and tests resulted in the fusion of nature and science to bring you traditional formulas with a modern twist.



Say hello to **BELITE** - a weight management formula that may help you boost your metabolism, curb your appetite, and detoxify your body, consequently helping you get rid of unsightly bulges and unwanted weight.

# 1, 2, 3 HERE IS THE NEW ME

Do not get us wrong. Belite is not a magic pill. It is equal parts discipline and determination with a healthy dose of Belite 1, 2, and 3 because being healthy is not just about looking good. It is also about feeling good and feeling confident in your own skin. This is why Belite focuses on weight management and not weight loss.

When we say discipline and determination, we are not only referring to your consumption of **Belite** but also to the management of your lifestyle. For optimum results, you will need to exercise and eat well while consuming **Belite**.

## So, what is **BELITE** ?

It is a multi-pronged formula with **7 FUNCTIONS IN 1** product that:

1. Detoxifies & boosts metabolism
2. Suppresses appetite
3. Burns & blocks fat
4. Inhibits fat deposits
5. Reduces and manages bad cholesterol
6. Encourages a healthy heart (good circulation and absorption of nutrients)
7. Improves bowel movement



# Belite 01



It is always good to kickstart your day on a high note. This unique blend of green tea, chrysanthemum flowers, and kaffir lime leaves will give you just that as it:

- Helps boost your metabolism
- Encourages detoxification at a cellular level
- Regulates blood pressure

**Make your mornings better with a healthy start!**

1. Have a healthy breakfast
2. After breakfast, steep one (1) teabag in 180ml of hot water for 10 minutes
3. Sip it and enjoy a boost to your day!



**Note:** Take one (1) tea bag a day for five (5) consecutive days followed by two (2) rest days.

## QUICK TIP

Drink a lot of fluids (water/fresh juices) throughout the day to optimise your body's water levels to avoid dehydration.

# Belite 02



We tend to overeat now and then, a sure way to gain unwanted weight! To combat this, we bring you a pre-lunch treat - a fusion of African mango (IGOB 131TM), Yeast Peptide (DNF-10), and mixed berries that:

- Helps to curb your appetite
- Increases the burning rate of your body fat
- Is known to manage bad cholesterol
- Encourages good blood circulation aka a healthy heart

**Keep yourself going with a hearty midday meal**

1. One (1) hour before lunch, mix one (1) sachet in 120ml of water
2. Savour it
3. Enjoy your lunch!



## QUICK TIP

It is normal to feel hungry in the afternoons. Have a fruit or a bowl of mixed nuts for a tea time snack!

# Belite 03



Wrap up your day by calming your senses and giving your body what it needs to heal itself while you sleep. This mix of peppermint leaves, cinnamon bark, and senna leaves will help:

- Improve your digestion and bowel movement
- Enhance your system's detoxification process

### Treat yourself at the end of your day

1. Dig into a healthy dinner
2. Steep one (1) teabag in 180ml of hot water after dinner
3. Sit back, relax, and enjoy your cup of Belite 03



**Note:** Take one (1) tea bag a day for five (5) consecutive days followed by two (2) rest days. You may experience more frequent bowel movement for the first 1-2 weeks. This will vary between individuals as this botanical tea is designed to detoxify your system.

### QUICK TIP

You are encouraged to drink a glass of water before you sleep to avoid dehydration, help with bowel movement, and promote healthy skin.

# Don't focus on HOW MUCH YOU EAT, focus on WHAT YOU EAT

Each body has its own needs so there is no one solution that will work for everyone. It is also not about a strict dieting regime. It is all about what you put into your body. The idea is to eat more vegetables, fruits, and proteins while cutting down on carbohydrates. Here are some easy and simple guidelines to help you get started on the path to a healthier life.

## HEALTHY MEAL OPTIONS

### BREAKFAST

1. Breakfast Burrito
2. Porridge
3. Shakshuka

### LUNCH

1. Soup and Whole Grain Bread
2. Veggie Burger
3. Mediterranean Chickpea Salad

### DINNER

1. Baked Eggplant Parm
2. Zucchini Pasta
3. Mediterranean Hummus Bowl

**Note:** This is a generalised meal plan. For your exact nutrient needs, you may want to consult a professional dietician. This is not a medical solution nor does it in any way constitute medical advice or recommendation. and consult your own medical consultant in every respect prior to commencing any regime or if you have any doubts or at any stage through the regime.

### References

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**QNet Ltd**

Units G-L, MG Tower  
133 Hoi Bun Road, Kwun Tong  
Kowloon East, Hong Kong

**Email:** [global.support@qnet.net](mailto:global.support@qnet.net)

**Multilingual QNET Global Support Centre (GSC)**

+603 8288 7949 (All languages)

**[www.qnet.net](http://www.qnet.net)**

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