

Dietary Fat Disrupter: User's Guide

Lessen your dietary fat absorption and experience a little less guilt over occasional deviations with the support of Dietary Fat Disrupter! These convenient, single-serve stick packs help you bridge the gap from your current meal plan to your new weight-management plan.*†



Directions for Use

Take one stick pack (2.6 g) three times a day, each time with or after a meal or snack that contains fats. If you wish to digest fat content in a meal, such as omega-3 fatty acids, do not take Dietary Fat Disrupter after the meal.

How to Prepare



Pour stick pack directly in mouth



1 stick pack + ½ tsp. (1.7 g) Herbal Tea Concentrate



1 stick pack + 1 serving Herbal Aloe Concentrate



1 stick pack + 8 fl. oz. hot or cold water



Wait two hours before taking Dietary Fat Disrupter after consuming sources of fats you wish to retain, such as omega-3 fatty acids, or consuming these Herbalife®-MD products:



*Dietary Fat Disrupter helps support weight management when used in conjunction with a calorie-reduced diet and regular physical exercise.

†Weight-management plans are supported by taking the product at 3 servings a day.

