

# Metabolic Diet

Phase 1 Loading Days	Day	Diet	Body Fat in % Measurements in cm	Recommended daily intake
Loading	1	the more, the better		5x VitEffect21, Daily/TVM (optional), 2 OPC,
Loading	2	the more, the better		2 OMEGA caps (*Gold*), 2x 4-5 tablets MSM

Phase 2	Day	Diet	Body Fat in % Measurements	Recommended daily intake
Diet	1	<p><b>! avoid :</b></p> <p>fat, oil, butter</p> <p>carbs: noodles, bread,</p> <p>rice, sugar, flour</p> <p>artificial sweeteners</p> <p>alcohol, milk</p> <p><b>! allowed :</b></p> <p>See cookbook</p> <p>for recipe ideas</p> <p>See list of allowed</p> <p>foods</p>		<p>5x VitEffect21</p> <p>1-2x Daily-Shake or 6 TVM tablets</p> <p>1-3x Triple Protein Shake</p> <p>2x 1 OPC-Proanthanol tablet</p> <p>2x 1 OMEGA capsule (*Gold*)</p> <p>2x 4-5 MSM tablets (or more, if needed)</p> <p>Optional: 1x X-Cell drink</p> <p>Drink at least 3 liters of still water!!!</p> <p>Should you feel unwell, take additional MSM and possibly increase water intake.</p> <p>In case you experience stronger discomfort you may want to consult a health care professional.</p>
Diet	2			
Diet	3			
Diet	4			
Diet	5			
Diet	6			
Diet	7			
Diet	8			
Diet	9			
Diet	10			
Diet	11			
Diet	12			
Diet	13			
Diet	14			
Diet	15			
Diet	16			
Diet	17			
Diet	18			
Diet	19			
Diet	20			
Diet	21			

Phase 2 can be up to 42 days. **The last two days of phase 2 always WITHOUT VitEffect21.**

Phase 3 - Stabilize: 21 days without VitEffect21 **IMPORTANT: Continue with supplements!**

Phase 4 - Testing: 21 days **IMPORTANT: Continue with supplements!**

Recommendation: after Phase 3 continue to take supplements for **at least 6 months!** (to avoid Yo-Yo effect)

**VitEffect21 - Himalayasalt**  
 Recommended intake: 5 times per day, ca. 1 spatula point  
 Best if taken separately or ca. 5 minutes before meals.