

DATA SHEET

Product Name

FIT9

Product Description

FIT9 is made up of nine Super ingredients that will help you achieve a better version of yourself.

Nine effective and safe ingredients that will help you improve your body composition in a progressive and natural way, it will help to improve your hormonal balance and as you know your hormones control absolutely everything, fat loss, energy, appetite and mood. Not only will it help you lose fat more easily, it will also help improve your skin as it stimulates collagen synthesis, it decreases cellulite at the same time because it contains components that improve your circulation and decrease fluid retention. This product is for both women and men, is not a miracle pill, is a tool that will help you achieve better results, is the ideal complement for good food and training. Let's get a look at the 9 powerful ingredients in FIT9.

Ingredients

7-Keto DHEA is non hormonal byproduct of DHEA that occurs naturally and is produced in the skin, adrenal gland, and the brain. It's safe and it doesn't have any effect on androgen hormones, it does not affect hormone levels in the blood. But 7-keto declines with age.



7-keto as a supplement can greatly improve fat loss, build muscle, increase thyroid gland activity, boost the immune system, improve memory and reduce the signs of aging. It isn't a stimulant and doesn't cause jitters or heart palpitations, but improves calorie-burning ability at the most basic level, by increasing resting metabolic rate.

It's one of the safest fat loss supplements you can take.

Dandelion root Dandelion are a family of flowering plants that grow in many parts of the world. One of its main benefits is that it is an excellent natural and safe diuretic, it helps to decrease fluid retention. It also has the ability to improve carbohydrate metabolism

DATA SHEET

and reduce fat absorption. Is an excellent source of vitamins A, C and K. They also contain vitamin E, folate and small amounts of other B vitamins. What's more, dandelion greens provide a substantial amount of several minerals, including iron, calcium, magnesium and potassium. Dandelion contain high levels of the antioxidant beta-carotene, which is known to provide strong protection against cellular damage and oxidative stress. Dandelion may be also effective in reducing inflammation caused by disease due to the presence of various bioactive compounds like polyphenols within the plant.

Gotu Kola Pegged as the "herb of longevity," gotu kola is a staple in traditional Chinese, Indonesian, and Ayurvedic medicine, it has many benefits. The plant's benefits range from greatly improving memory and restoring brain cell and nerve function to improving blood quality and circulation, restoring digestion and speeding the healing of wounds. The main reason we added Gotu Kola (Pennywort or *Centella asiatica*) is because it increases collagen growth, it has antioxidant and anti-inflammatory properties and it also improves circulation, as a result you could reduce cellulite and prevent stretch marks.

Dim Diindolylmethane (DIM) is a super healthy compound in cruciferous vegetables. You would have to eat a giant serving bowl of broccoli and cabbage to get the researched dose of DIM necessary for overall health. It helps to prevent testosterone aromatization

and it also helps your body get rid of Xenoestrogens. Your body will continue to produce the estrogen it would have produced without DIM. Xenoestrogens (estrogen imitators from your personal and household products and environment) still make their way inside your body as they would without DIM. More accurately, DIM works two ways. First, it blocks the enzyme (aromatase) that converts testosterone into estrogen. Second, it converts bad estrogens into good estrogen metabolites. A lot of women and a substantial portion of men are either aware or suspect they are estrogen dominant – they have too much estrogen relative to other hormones. This affects their body composition and overall health. DIM helps to balance estrogen. Bad estrogens signal to your body to hold onto weight, especially in the hips and thighs, if you have a better balance of estrogen metabolites, you're less likely to hold onto unnecessary body fat. DIM and its precursor I3C also could suppress adipogenesis, which is the formation of new fat cells. It also stimulates fat burning.

Green Tea Green tea is one of the healthiest herbs on the planet. It is loaded with antioxidants and nutrients that have powerful effects on the body. These include improved brain function, fat loss, a strong antioxidant properties. Green tea is loaded with polyphenol antioxidants, including a catechin called EGCG. These antioxidants can have various beneficial effects on health.

DATA SHEET

Green tea contains less caffeine than coffee, but enough to produce an effect. It also contains the amino acid L-theanine, which can work synergistically with caffeine to improve brain function. Green tea has also been shown to boost the metabolic rate and increase fat burning in the short term.

Uva ursi is a herb commonly referred to as bearberry, because bears enjoy eating the plant's fruit. For natural health purposes, however, only the leaves, not the berries, are used in herbal medicine. Uva ursi contains a compound called arbutin, a glycosylated hydroquinone, which has the ability to drain excess water from cells, promoting an anti-septic effect on the kidneys. During its excretion, arbutin produces an antiseptic effect on the urinary mucous membrane and can therefore help assist with the urinary tract infections. Uva ursi also contains diuretic chemicals, including ursolic acid, powerful astringents, and a chemical, allantoin, that helps promote the growth of healthy new cells and the healing of wounds. It also contains tannic acid, a phenolic acid, which is also found in nettles, tea, and berries. Studies have shown that tannic acid has a number of health benefits including anti-viral, anti-fungal and anti-inflammatory.

L-theanine is an amino acid found most commonly in tea leaves and in small amounts in Bay Bolete mushrooms. It can be found in both green and black tea. L-theanine promotes relaxation. It's a great natural ally against stress. L-theanine relieves anxiety in large part because it bears a close

resemblance to the brain-signaling chemical glutamate. L-theanine produces the opposite effect in the brain. While glutamate is the brain's most important excitatory neurotransmitter, L-theanine binds to the same brain cell receptors and blocks them to glutamate's effects. This action produces inhibitory effects. That inhibition to brain overactivity has a calming, relaxing effect in which anxiety fades. L-theanine relieves stress without causing drowsiness or impairing motor behavior. In fact, studies show it improves alertness and attention. Researchers are now examining L-theanine's applications beyond its anti-anxiety effects. Studies suggest a role for L-theanine in supporting cognitive function and preventing cognitive loss by protecting brain cells.

Ginkgo biloba, or maidenhair, is a tree native to China that has been grown for thousands of years for a variety of uses. Ginkgo contains flavonoids and terpenoids, which are compounds known for their strong antioxidant effects, which fight the damaging effects of free radicals. It also has the ability to reduce inflammation caused by various conditions. This may be one of the reasons it has such broad health applications. Ginkgo can increase blood flow by promoting the dilation of blood vessels. Great circulation is important for health but it's also crucial if you want to reduce cellulite. It can also improve memory and mood.

DATA SHEET



As a bonus we also included Vitamin C, a great antioxidant that may improve immune system, combat oxidative stress and also helps to increase collagen synthesis. Our capsules are 100% vegan made with chlorophyll. Chlorophyll plays an important role in making plants green and healthy. It also has vitamins, antioxidants, and therapeutic properties that may benefit your body. Some of the benefits of chlorophyll; It has a positive effect on the immune system. It eliminates fungus in the body, helps to detoxify your blood, clean your intestines, reduce inflammation and it's helps to get rid of bad odors. As you can see, FIT9 will not only be your ally helping you get in shape but also can help you improve your overall health. Remember that there are no miraculous pills! It is a supplement, complements good nutrition and training. Check with your doctor before taking any supplements.

Directions

First time Directions: As a dietary supplement, consume 2 capsules per day (half the dosage) for a minimum of 7 days to assess tolerance. One in the morning and one 5-6 hours later. Do not increase dosage unless product is well tolerated.

Regular Use: As a dietary supplement, take 4 capsules daily, 2 with a glass of water in the morning and 2 capsules 5-6 hours later, preferably with a meal and/or as directed by your healthcare professional. Drink plenty of water during the day to support hydration.

Nutritional Information

Supplement Facts

SERVING SIZE: 4 Veggie Capsules

SERVING PER CONTAINER: 30

	Amount Per Serving	% Daily Value*
Vitamin c (as Ascorbic Acid)	300 mg	500%
Potassium (as Potassium Citrate)	100 mg	3%
FIT9 POWERFUL FITNESS BLEND	2310 mg	+
Dandelion Root Extract		
Gotu Kola Extract		
7-Ket0 Dhea (7-Ket0dehydroepiandrosterone)		
Diindolylmethane (DIM)		
Green Tea Extract 50% Caifeine		
Uva Ursi Extract 20%		
L-Theanine		
Gingko Biloba Extract		
Percent Daily Values are based on 2,000 calorie a day diet. + Daily Values (DV) not established.		
OTHER INGREDIENTS: Vegetarian Capsule (Hydroxypropylmethylcellulose & chlorophyll as a natural color), & Dicalcium Phosphate.		

Indications

For optimal results, product should be used in conjunction with a healthy diet, regular exercise, and healthy lifestyle habits. All Individuals need to watch the ingredients in Fit9 for possible contra indications.

DATA SHEET



Warnings

For adult use only . Do not use if pregnant , nursing or if you are sensitive to caffeine. Consult with your physician prior to use if you are taking medication or if you have a medical condition, including but not limited to: heart, liver, kidney or thyroid disease. These product is produced in a facility with soy, dairy ,egg and wheat ingredients, peanuts and tree nuts. All of our product have double protection, externally they have a clear safety band with our logo to make sure customers know the product is new, in perfect conditions and that the lid is secured . Once that band is removed it has another security seal attached to the opening of the pot, this helps protect the content of it, if for some reason the outer band is removed the product remains isolated and protected. Do not use if the under the cap is broken, open or missing. This product contains DIM (Diindolylmethane). This ingredient can potentially cause some side effects including nausea, ,headache and harmless change in urine color. This product contains Green tea extract 50% caffeine, too much caffeine may cause skin rashes, irritability, nervousness, sleeplessness, nausea, and, occasionally, rapid heartbeat. Do not use this product in combination with caffeine from other sources. Always start with half the dosage to assess tolerance. Do not exceed the recommended dosage. 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. If any adverse reactions occur, discontinue use and consult a healthcare professional. **KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AND AVOID EXCESSIVE HEAT AND MOISTURE.**

Benefits

- Fit9 is a supplement made up of nine Super ingredients that will help you achieve a better version of yourself.
- Helps with Fat loss in a safe and natural way: One of its main benefits is that it improves your hormonal balance, it will help speed metabolism and help your body use more fat as fuel.
- Increases collagen synthesis: Our formula contains natural herbs that stimulates collagen production in our body.
- Decreases fluid retention: The combination of Dandelion Root, Potassium and Uva Ursi will help your body get rid pf excess water in a safe and effective way.
- Helps reduce cellulite: Cellulite is caused by multiple factors. Our formula is designed to combat most of these influential aspects: excess fat, collagen, fluid retention and circulation.
- It may have a positive effect on mood and stress

DATA SHEET



Packaging and Storage:

Plastic container containing 120 capsules.

Dimensions 5½ x 2 9/16 inches.

Unopened and sealed product should be stored below 40 ° C (104 ° F), preferably between 15 and 30 ° C (59 and 86 ° F).

Manufacturer and developed:

SASCHA FITNESS CORP,

Miami, FL 33126 USA.

Class

Fat Loss Support

Category

Nutrition - Dietary Supplement