

VELÖVITA®

plôs™
something extra

T H E R M O

plôs™, pronounced [pluhs], our line of beverage companions, is designed for adding to your favorite beverage of choice for a little something extra!

Rather than a disappointing instant coffee that won't meet your flavor standards, plôs™ Thermo is a non-dairy creamer you'll love adding to your home-brewed coffee or favorite barista creation to help with your fitness and body composition goals.

\$99.95

What if your favorite part of the morning delivered stacked benefits to serve you throughout the day?



Supports healthy weight management[‡]



Contributes to a healthy metabolism[‡]



May help support appetite control[‡]



May help the conversion of fat to energy[‡]



Contributes to healthy lipid synthesis[‡]



Plays a role in the metabolism of nutrients[‡]

Your Own Brew + plôs™
=
A New, Satisfied YOU!

However you take your coffee, take it with a little something extra!

plôs™ Thermo is a convenient, healthy way to feel better, more confident, and ready for an awesome day that gets you closer to your goals.

Enjoy if you have an interest in:

- Intensifying weight loss efforts
- Curbing cravings
- Increasing your metabolism
- Eliminating calorie-rich creamers

plôs™ Thermo brings the heat to every cup with a creamy smooth consistency and flavor boost.

plôs™ Thermo is designed to help with your body composition goals in 3 ways:

- Eliminates calories from fat & sugar in your coffee
- Helps control daily caloric intake
- Improves your body's metabolism

Why plôs™ THERMO?

Complement your morning brew and over time, see less of you! Enjoy a quality cup while supporting your healthy weight loss efforts.

Your Cup, plôs™!

For more info, please connect with the person who shared this with you or visit velovita.com

Customer Support: support@velovita.com

Created with YOU in mind, our biohacking formula is loaded with a powerful blend of ingredients to bring you closer to your health and fitness goals.

Benefits of Non-Dairy

Increasing research from successful studies is pointing to health benefits from a dairy free diet. Such results include benefits that may:

- Prevent milk allergies and sensitivity reactions
- Increase healthy digestion
- Help develop stronger bones
- Identify or resolve medical mysteries
- Contribute to weight loss

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*Several large studies have actually pinpointed beverage milk as a **factor in the rising rates of obesity.***

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The **British Women's Heart and Health Study** examined 4,286 British women ranging in age from 60 to 79. The non-milk drinkers benefited from lower insulin resistance levels, lower triglyceride levels, lower BMI's (an indicator for obesity) and higher levels of healthy HDL cholesterol.

Dairy-Free Benefits: The Top 10 Reasons to Go Dairy Free, godairyfree.org

Ingredients Made with You in Mind

French Vanilla

Supplement Facts

Serving Size: 1 Snap (15mL)
Servings Per Container 25

| Amount Per Serving | %DV |
|------------------------|-------|
| Calories 30 | |
| Total Fat 3.5 g | 4%* |
| Saturated Fat 2.5 g | 13%* |
| Total Carbohydrate 1 g | < 1%* |

Velovita Proprietary Thermogenic Blend 5.6g †
Medium Chain Triglycerides, L-Carnitine, CLA (Conjugated Linoleic Acid), Garcinia Cambogia Extract, Acetyl-L-Carnitine HCl, Synephrine HCl, Alpha Yohimbine, Chromium Picolinate

* Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value (DV) not established

Other Ingredients: Purified Water, Gum Acacia, Natural Flavor, Preservatives (Sorbic Acid, e-Polylysine, Vitamin E)

Contains: Coconut



NON GMO



GLUTEN FREE



VEGAN



KETO FRIENDLY



DAIRY FREE

*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.

What's the Big Deal with Calorie Restriction Diets?

WebMD's article, *Restrict Calories, Revive Your Life*, highlights the benefits of a calorie reduced diet and the possibility of an increased life span as a result.

"There seem to be two mechanisms by which a restricted-calorie diet increases life span," says Mark Mattson, PhD, chief of the Laboratory of Neurosciences at the National Institute on Aging. "First, it reduces free radical production, or the production of highly damaging forms of oxygen, and the second is that calorie restriction increases the resistance of cells to stress."

Restrict Calories, Revive Your Life, webmd.com

If you've been looking for a healthy, safe way to control your appetite and conquer cravings, we're excited for you to add plô's™ Thermo to your mornings!

How to enjoy a little something extra with plô's™ THERMO:

1



SCAN FOR MORE INFORMATION



2

Take once daily. Add to 8-10 oz. of coffee. Enjoy! Store at room temperature or below to preserve freshness.



3

Use in conjunction with brân® and zlēm® for maximum body composition optimization.

Did you Know?

A recent ScienceDirect article on Cell Metabolism outlines a study conducted to analyze results from calorie restriction over 2 years. In 53 (34 *calorie restricted* and 19 *control*) non-obese adults, "approximately 15% calorie restriction was achieved over 2 years, resulting in an average 8.7 kg weight loss, whereas controls gained 1.8 kg."

~ScienceDirect, April 2018.

WARNING: Before taking any dietary supplement, you should always consult your healthcare practitioner. If you are pregnant or nursing, taking any prescription medication(s) or have a medical condition, please consult your physician.