



WORLD
UK

Nutricode Weight Blocker *- Information Guide*



NUTRICODE
NEW GENERATION

Nutricode Weight Blocker

-Information Guide for FM World UK Business Partners

Nutricode Weight Blocker is a dietary supplement designed to assist in weight management by preventing the absorption of fats in the small intestine. It contains powerful ingredients that work synergistically to support fat metabolism, maintain healthy blood glucose levels, and improve overall metabolic health.

Ingredients and Their Descriptions

Chitosan:

Derived from the shells of crustaceans, this natural polysaccharide compound forms the main active ingredient. It effectively blocks fat absorption in the small intestine.

Choline:

Essential for liver function and metabolic processes, it helps maintain normal liver function and supports fat metabolism.

Zinc:

Crucial for numerous biochemical processes, including immune function and protein synthesis. It also plays a role in maintaining healthy blood glucose levels.

Chromium:

Enhances insulin action, helping to regulate blood sugar levels, reduce cravings, and support weight management.

Benefits (refer to knowledge helper for detailed information)

- Slows down gluconeogenesis in the liver, helping to manage blood sugar levels.
- Prevents dyslipidaemia and hepatic steatosis (fatty liver disease).
- Inhibits pancreatic lipase activity, reducing lipid absorption in the small intestine.
- Lowers the concentration of glucose, leptin, fructosamine, and total cholesterol in the blood.
- Reduces tissue insulin resistance, improving overall metabolic health.

Best For

- Individuals struggling with weight management.
- Health-conscious individuals aiming to maintain healthy blood glucose levels and liver function.
- Participants in weight loss programmes, including the FIT6 programme.
- People with high-fat diets who want to minimise the impact of fats on their body.

Contraindications

Not recommended for pregnant or breastfeeding women and persons under the age of 18. Do not use in cases of hypersensitivity to the product ingredients. **Contains shellfish**; avoid if allergic to shellfish.

Active Ingredients

Chitosan from crustacean shells

- 1 capsule: 250 mg
- 4 capsules: 1000 mg

Choline

- 1 capsule: 20.63 mg
- 4 capsules: 82.5 mg

Zinc

- 1 capsule: 1.25 mg (12.5%* NRV)
- 4 capsules: 5 mg (50%* NRV)

Chromium

- 1 capsule: 5 µg (12.5%* NRV)
- 4 capsules: 20 µg (50%* NRV)

Full List of Ingredients

- Chitosan from crustacean shells, inulin, bovine gelatin, choline bitartrate, L-leucine, zinc (zinc gluconate), chromium (chromium picolinate).

Directions

- **Daily Use:** Take 2 capsules twice a day, 10-15 minutes before a high-calorie meal with 200ml of water. Do not exceed 4 capsules per day for regular use.
- **During Cheat Days:** Take up to 6 capsules in 24 hours during special events or high-calorie meals.
- **Usage Cycle:** Use for 3 months continuously, then take a one-month break, then restart the 3 month-cycle. Alternatively, take it occasionally during cheat days.

Prospecting Questions for Potential Customers

1. What challenges do you face with weight management?

Purpose: To understand the specific struggles the customer has with weight control. Nutricode Weight Blocker's chitosan can help by blocking fat absorption, aiding in overall weight management.

2. Have you tried other weight loss supplements or programmes?

Purpose: To gauge their past experiences and openness to new solutions. If they have tried other supplements, Nutricode Weight Blocker's unique combination of chitosan, choline, zinc, and chromium offers a new approach to support their efforts.

3. Do you often feel you lack control over your cravings or appetite?

Purpose: To identify if appetite control is a significant issue for them. Chromium in Nutricode Weight Blocker helps regulate blood sugar levels, reducing cravings and supporting appetite control.

4. Are you looking for a supplement to support your diet and exercise routine?

Purpose: To see if they are currently engaging in any weight management activities. Nutricode Weight Blocker, with its combination of chitosan, choline, and zinc, can enhance the effectiveness of diet and exercise by supporting fat metabolism and maintaining healthy blood glucose levels.

5. Do you have any concerns about your blood sugar or cholesterol levels?

Purpose: To understand if they have health concerns that Nutricode Weight Blocker can help address. Chitosan can help reduce cholesterol levels, while chromium supports blood sugar regulation, making Nutricode Weight Blocker beneficial for managing these health concerns.

Knowledge Helper: Mechanism of Work for Nutricode Weight Blocker

Key Mechanisms:

- 1. Slowing Gluconeogenesis:** By reducing the liver's production of glucose from non-sugar sources, Nutricode Weight Blocker helps maintain balanced blood sugar levels.
- 2 Preventing Dyslipidaemia and Hepatic Steatosis:** By blocking fat absorption, it helps prevent the build-up of unhealthy fats in the blood and liver.
- 3. Inhibiting Pancreatic Lipase Activity:** This enzyme is crucial for breaking down fats for absorption. Nutricode Weight Blocker inhibits its activity, reducing the amount of fat absorbed by the body.
- 4. Lowering Blood Glucose and Leptin Levels:** By managing sugar production and fat absorption, it helps control blood sugar and reduces leptin, which can help control appetite.
- 5. Improving Insulin Sensitivity:** By lowering blood sugar and reducing fat absorption, it supports better insulin function and helps manage insulin resistance.

Clinical Studies:

Study 1: 250 patients with elevated BMI, 24-week duration, showed weight loss in the chitosan group versus weight gain in the placebo group.

Study 2: 30 patients with obesity and hyperlipidaemia, 16-week duration, showed significant reductions in body weight, waist circumference, LDL cholesterol, HDL cholesterol, and triglycerides in the chitosan group.

Nutricode Weight Blocker is a scientifically-backed supplement designed to assist in weight management by blocking fat absorption, supporting healthy metabolism, and improving overall metabolic health.

Compatibility with other Nutricode/Fontainavie Supplements

The Nutricode Weight Blocker can be taken with most Nutricode and Fontainavie supplements, however some restrictions apply. See the table below.

Supplement	Nutricode Weight Blocker
Slim Body System/Slim Body System New Generation	OK*
Gummies Omega	OK*
Fontainavie Body & Mind for Her	NO
Digestive	OK*
Omega 3	OK*
Vitamin D3	OK*
Aloe Vera	OK*
Probiotic Protein Cocktail	OK*
Daily Care Hair	OK**
Magnesium Forte	OK*
Daily Care Hemoglobin	NO
Gummies Vitamin D3	OK*

Please note, if a specific supplement has not been referenced in the above table, this indicate it is safe to combine it with the Nutricode Weight Blocker.

OK* - not during the same meal/ at the same time.

OK** - only if the Nutricode Weight Blocker is taken occasionally.

FAQ ANSWERED - Nutricode Weight Blocker

1. What should diabetics consider before taking the Nutricode Weight Blocker?

The Nutricode Weight Blocker might lower blood glucose levels, potentially enhancing the effects of diabetic medications and leading to hypoglycaemia (low blood sugar). It is recommended to consult a healthcare provider who may adjust the dosage of diabetic medications to prevent hypoglycaemia and ensure balanced blood glucose levels.

2. Can the Nutricode Weight Blocker be taken with the stages of the FIT6 programme?

Yes! The Nutricode Weight Blocker is ideal for accompanying the FIT6 Programme.

3. Can the Nutricode Weight Blocker be taken by someone experiencing thyroid disorders?

Individuals with thyroid conditions should be cautious and consult their doctor before taking the Nutricode Weight Blocker. Certain ingredients may interact with thyroid medications or affect the thyroid condition.

4. Can the Nutricode Weight Blocker be taken with high blood pressure medications?

While there are no specific contraindications known, individuals taking high blood pressure medications should consult their doctor before taking the Nutricode Weight Blocker to avoid potential interactions or side effects.

5. Can breastfeeding women take the Nutricode Weight Blocker?

Breastfeeding women should consult their doctor before taking the Nutricode Weight Blocker, as some ingredients could potentially pass into breast milk and affect the baby.

6. Is it suitable for people experiencing heart problems?

People experiencing heart problems should definitely consult their doctor before taking the Nutricode Weight Blocker to ensure that no ingredients or interactions negatively impact heart health.

7. Can the Nutricode Weight Blocker be taken after colon surgery?

After colon surgery, the intake of dietary supplements, including the Nutricode Weight Blocker, should be discussed with the treating doctor. The doctor can best assess whether the ingredients are suitable for the individual situation.

8. Can cancer patients take the Nutricode Weight Blocker?

Cancer patients should consult their oncologist before taking the Nutricode Weight Blocker to ensure that no ingredients interfere with cancer treatment or cause unwanted effects.

9. Can the Nutricode Weight Blocker be taken after cancer is cured?

After cancer recovery, patients should still be cautious and discuss the intake of dietary supplements with their doctor. The doctor can best assess whether the ingredients are suitable for the individual situation and pose no long-term health risks.

10. Can the Nutricode Weight Blocker be taken if you have a stoma bag?

Individuals with a stoma bag should discuss the intake of the Nutricode Weight Blocker with their treating doctor. The doctor can best assess whether the ingredients are suitable for the individual situation and do not negatively affect stoma function.

11. Is the Nutricode Weight Blocker suitable for someone without a gallbladder?

Yes, the Nutricode Weight Blocker can be suitable for someone without a gallbladder. The supplement's chitosan helps block fat absorption in the small intestine, potentially aiding digestion for those without a gallbladder. However, it is essential to consult a healthcare professional before starting any new supplement. Begin with a lower dose to monitor your body's response and gradually increase to the recommended dosage as needed.

12. Can Nutricode Weight Blocker be taken together with Aurile Metabolism Coffee?

Yes, Nutricode Weight Blocker can be taken with Aurile Metabolism Coffee, but it is important to monitor your intake of zinc and chromium, as both products contain these minerals.

13. Can Nutricode Weight Blocker be taken with fat-soluble nutrients like omega-3 or Vitamin D3?

No, you should not take fat-soluble nutrients such as omega-3 or Vitamin D3 together with the Nutricode Weight Blocker. The Weight Blocker may interfere with the absorption of these nutrients, reducing their effectiveness. It is advisable to take them at different times of the day.

14. Can the Nutricode Weight Blocker be taken with water-soluble vitamins?

Yes, the Nutricode Weight Blocker can be taken with water-soluble vitamins. Water-soluble vitamins, such as vitamin C and the B vitamins, dissolve in water and are absorbed directly into the bloodstream. Since the Nutricode Weight Blocker affects fat absorption in the intestine, it does not interfere with the absorption of water-soluble vitamins.

15. Can the Nutricode Weight Blocker be taken with contraceptive pills?

The Nutricode Weight Blocker, which reduces fat absorption in the intestine, might potentially affect the absorption of fat-soluble medications, including some contraceptive pills.

Many contraceptive pills contain hormones that are fat-soluble. These hormones include oestrogen and progesterone (or progestin), which are lipophilic, meaning they dissolve in fats and oils rather than water. As a result, their absorption can be affected by substances that interfere with fat absorption in the intestine.

To ensure that the effectiveness of contraceptive pills is not compromised when taken with the Nutricode Weight Blocker, it is recommended to maintain a gap of at least 2 to 4 hours between taking the contraceptive pill and the weight blocker. This allows adequate time for the contraceptive pill to be absorbed into the bloodstream before the weight blocker begins to interfere with fat absorption in the intestine.

However, it is always best to consult with a healthcare provider for personalised advice, as they can provide guidance tailored to your specific health needs and medication regimen.

16. Are there any health conditions that may prevent someone from taking the Nutricode Weight Blocker?

Yes, there are certain health conditions where taking the Nutricode Weight Blocker might not be advisable. Individuals with conditions such as anaemia, malabsorption syndromes, or any condition that requires consistent absorption of nutrients should avoid taking the Nutricode Weight Blocker.

Other Contraindications:

- Gastrointestinal Conditions
- Kidney Disease
- Liver Disease
- Mental Health Disorders
- Trimethylaminuria (TMAU)
- Underlying Health Conditions: Individuals with any underlying health conditions should consult with a healthcare provider to ensure that Nutricode Weight Blocker is safe for their specific situation.