



CRAVE *Be* GONE™

A Great-tasting Natural Way to Help Control Sugar Cravings*

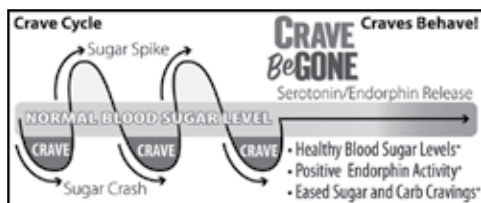
- Helps Control Cravings for Sugar & Other Refined Carbohydrates*
- Promotes Healthy Blood Sugar Balance*
- Supports any Weight Loss Plan*
- Helps Prevent Mood Swings*
- Great-tasting Chewable Tablets
- All Natural; No Fillers

America's Obsession with Sugar

On average Americans consume more than 22 teaspoons (350 calories) of sugar every day, accounting for nearly one quarter of our daily caloric intake. In addition to common table sugar, refined sugars such as corn syrup are hidden in many processed foods, condiments and beverages. The overconsumption of sugar in the U.S. has led to a nationwide increase in unhealthy weight gain and related problems.

Why Do We Crave Sugar?

Sugar stimulates the release of certain chemicals in the brain that produce a calming, feel-good sensation, causing many people to experience a 'natural high' after eating something sweet. However, consuming too much sugar often triggers a sugar crash, which can have the unwelcome side effect of *increasing* your appetite rather than satisfying it.



Crave Be GONE was formulated by Brenda Watson C.N.C. as a natural solution to help control cravings for sugar and other refined carbohydrates.* The beneficial ingredients in Crave *Be* GONE work synergistically to positively affect chemical reactions in the brain and ease cravings by promoting healthy blood sugar levels.*

L-glutamine A key amino acid needed to naturally rebuild levels of GABA, the primary calming neurotransmitter in the brain. It has also been shown to help maintain healthy blood sugar levels.*

DLPA An essential amino acid complex known to increase endorphin activity in the brain and produce a calming effect to help ease the stress associated with cravings.*

5-HTP Low serotonin levels can contribute to increased sugar and carbohydrate cravings. 5-HTP assists with serotonin production and has also been shown to help balance emotions and improve sleep.*

Polyphenols Antioxidant-rich plant compounds extracted from cinnamon that promote glucose (sugar) metabolism and support healthy blood sugar levels.*

Vital Nutrients Crave *Be* GONE also includes chromium, manganese and Vitamin B6 to further help reduce sugar and carbohydrate cravings.*

Crave *Be* GONE is ideal during a weight loss program as well as on an ongoing basis to help support a healthy mood and sugar balance.* The naturally sweetened raspberry chewables may be taken as needed throughout the day to help ease the desire for high-sugar and high-carb foods.*

Supplement Facts

Serving Size: 2 Chew Tabs		Servings per Container: 30	
	Amount per Serving		%DV**
Calories	15		
Calories from Fat	5		
Total Fat	0.5 g		<1%
Trans Fat	0 g		***
Total Carbohydrate	2 g		<1%
Xylitol	2 g		***
Protein	0.7 g		1%
Vitamin B ₆ (as pyridoxine HCl)	10 mg		500%
Manganese (as manganese carbonate)	10 mg		500%
Chromium (as chromium nicotinate)	200 mcg		167%
Crave Be GONE Blend	800 mg		
L-Glutamine			***
DLPA (DL-Phenylalanine)			***
5-HTP (5-Hydroxytryptophan)			***
Cinnamon Extract bark			***

**Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established

Other Ingredients: Natural raspberry flavor & fruit, vegetable stearine, stevia leaf extract, malic acid, vegetable stearate, silica

Directions: Chew 2 tablets as needed with a full glass of purified water. May repeat up to three times daily.

WARNING: Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, taking medication, have a medical condition, have chronic headaches or abnormal blood pressure.

Notice: Should not be used by those with phenylketonuria (PKU). Those taking prescribed antidepressants, SSRIs, MAO inhibitors or sedatives should consult a health professional before using.



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Crave *Be* GONE was formulated by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of natural healthcare clinics specializing in digestive care.



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