

# Welcome

to



**Slim n Burn**  
WEIGHTLOSSWORLD

**Thank you for your order!!  
We appreciate your support  
and hope to see you back soon.**

Slim n Burn is an online Cosmetics & Weight Loss Shop. We offer our customers unique Fat Burner products that not easily available at mainstream health stores.

We have designed our website to be simple and easy to use. With a quick one-page checkout. Browse our products and shop from the comfort of your own home. Quickly delivered to your door. Great customer service comes as standard.

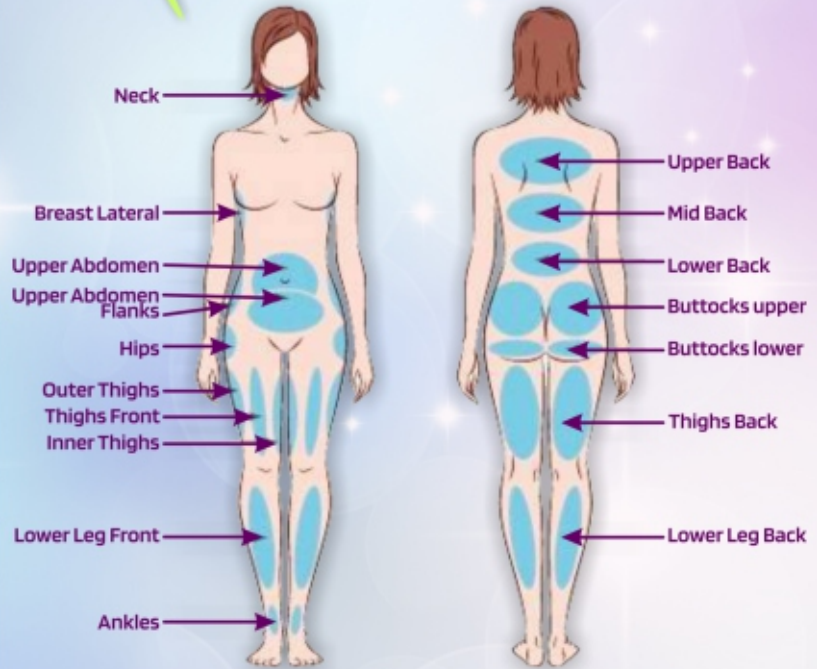
We welcome your feedback and would love to hear your thoughts. Are you looking for a Fat Burner or cosmetic product that is not easily available?

Perhaps you would like to let us know how we can improve? Or how to making your shopping experience with us even better?



# Measurement Chart

MEASURING CHART	Week 1	Week 2	Week 3	Week 4
<b>NECK</b>				
<b>RIB CAGE</b> 2 Fingers below breast				
<b>ABDOMEN</b> 3 Fingers below navel				
<b>HIPS</b> Boney area of hips				
<b>THIGHS</b> Widest area just below hip				
<b>RIGHT UPPER LEG</b> 3 fingers below thigh mark				
<b>LEFT UPPER LEG</b> 3 fingers below thigh mark				
<b>RIGHT LOWER LEG</b> 3 fingers below thigh mark				
<b>LEFT LOWER LEG</b> 3 fingers below thigh mark				
<b>KNEES</b> Centre of knees				
<b>CALF</b> Widest area between knee & ankle				
<b>RIGHT UPPER ARM</b> 3 fingers below shoulder				
<b>LEFT UPPER ARM</b> 3 fingers below shoulder				
<b>RIGHT LOWER ARM</b> 3 fingers below upper arm mark				
<b>LEFT LOWER ARM</b> 3 fingers below upper arm mark				
<b>WEIGHT / KG</b>				
<b>TOTAL WEIGHT LOSS PER WEEK</b>				



## PLEASE NOTE:

- Slim n Burn does not take any responsibility for clients that inject themselves.
- All information and steps are provided below which you should **read and follow strictly!**
- PLEASE NOTE THAT WE HAVE NOT YET EXPERIENCED ANY SERIOUS SIDE EFFECTS WITH THE LIPO INJECTION.
- SIDE EFFECTS MAY BE BRUISING, RED SKIN, LITTLE BIT OF BLEEDING, SHAKING & HEART PALPITATIONS.



- Syringes are excluded in all packages,
- 1ml insulin needles can be purchased from Dischem, Clicks or any chemist.
- **Injections should be refrigerated.**

- **Burn more fat in problem areas**
- **Give your body more shape**
- **Start seeing results in just a few weeks**
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**079 692 6284**



[www.slimnburn.co.za](http://www.slimnburn.co.za) | [info@slimnburn.co.za](mailto:info@slimnburn.co.za)





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## 079 692 6284

## GENERAL

- Drink 2 - 3 Liters of **COLD** water a day
- If injecting in the evening, please inject **2 hours before you bath or shower** as the heat of the water will impact the injection area.
- **Stomach:** Inject at least 5cm away from bellybutton when using the abdomen injections.
- **Thigh:** Inject at least 5cm or about one hand's width above the knee and at least 5cm down from the top of the leg. The best area on the leg is the top and outer area of the thigh. Do not inject Lipo into your inner thigh because of the number blood vessels and nerves in this area.
- **Arm:** Inject into the fatty tissue in the back of the arm between the shoulder and the elbow.
- **Buttock:** Inject into the hip or "wallet area"
- Do not inject into scar tissue or areas with broken vessels or varicose veins. Scar tissue may interfere with absorption.
- Massage or exercise that occurs immediately after the injection may speed up absorption because of the increased circulation to the injection site.
- When injecting with a Lipo Injection. inject straight in and be sure to hold the injection in place for a few seconds after the lipotropic is delivered to ensure that no lipotropic leaks out.
- 1 ml insulin syringes to be used to inject.

## INJECTING YOUR LIPO SHOTS

To perform your lipo injection:

- Always wash your hands with soap and water before injecting.
- Clean the small area with an alcohol swab where you want to inject.
- Pinch your skin between your thumb and first finger. Hold with your dominant hand (the hand you write with) as you would hold a pencil or dart. Holding the syringe firmly, quickly push the needle into your skin.
- Put the needle in - if you are particularly slim, you may need to put the needle in at a 45 degree angle to avoid injecting into the muscle.
- Push the plunger, to inject the dose, relatively slowly.
- After the dose has been injected, hold the needle in for a good 10 seconds to prevent too much lipotropic solution from escaping out. If any blood or lipotropic escapes, wipe this cotton wool or a tissue. You may notice a little blood leaks out after injecting. This is nothing to worry about, it just means the needle has gone through a small blood vessel. If this happens, you may notice a raised area of your skin from the blood underneath, but this should ease down over the next few hours.



DRINK 2 - 3 LITRES  
OF COLD WATER DAILY



CUT OUT SUGARS &  
CARBS ON ALL WEIGHT  
LOSS PRODUCTS



MEASURE & WEIGH  
YOUR EVERY  
1 TO 2 WEEKS



TAKE BEFORE & AFTER  
PICTURES TO SEE THE  
DIFFERENCE





# Lipo Product Range:

## Injections



### LIPO FIRE INJECTIONS

Administer 3ml of the Lipo Fire liquid 2 to 3 times a week in the areas where you want to burn fat. Each injection should be 50cc, so 3ml will then give you 6 injections, which you will then split into 1 or 2 areas at a time. Example if you want to inject 2 places on your body – tummy and love handles. You will take 4 syringes and inject 5cm's apart all over your tummy and then 1 syringe on each love handle. You can also split it into 20cc, for personal preference.

### LIPO ZERO FAT INJECTIONS

Administer 1ml for the first time, then 2ml for the second time and then onwards 3ml of the Lipo Zero fat liquid 2 to 3 times a week in the areas where you want to burn fat. Each injection should be 50cc, so 3ml will then give you 6 injections, which you will then split into 1 or 2 areas at a time. Example if you want to inject 2 places on your body – tummy and love handles. You will take 4 syringes and inject 5cm's apart all over your tummy and then 1 syringe on each love handle. You can also split it into 20cc, for personal preference.



### LIPO X INJECTIONS

Administer 1ml every 3rd day for the first week to check body tolerance, then from 2nd week you can administer 1ml every second day. The shots may be administered in the tummy, arm or other areas containing more subcutaneous fatty tissues.

### LIPO TAN INJECTIONS

Dosage: To enable your body to get used to the Lipo Tan entering your system. we recommend new users of Lipo Tan to inject 0,1ml everyday. Keep injecting Lipo Tan everyday after day 4 you can start injecting every second day and continue with daily injections until you are happy with the colour of your skin



### LIPO GLOW INJECTIONS

Dosage:  
Injections : 2 ml once or twice a week in Buttock.  
It can also be used as: Micro-needling, 2 ml once a month on area.  
IV drip: Use the entire vial once a week until you light then once a month –  
**NB This needs to be done by a professional**



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# Lipo Product Range: Capsules

## LIPO XTREME BURN

Bodybuilders, performance athletes, and those wanting to lose weight are now using this product. Lipo Xtreme Burn can be used as a weight-loss aid because it increases the metabolism. As well as reducing body fat and weight, it also allows the user to retain both muscle mass and body strength at the same time.

Dosage:

Drink 1 - 2 capsules in the morning with breakfast



## LIPO SLIM N FIT

For the first 3 days, please just drink, the blue tablet on day 1, the brown tablet on day 2 and then the white tablet on day 3, just to see body tolerance, and then you can start taking then all 3 every second day.



## Miscellaneous

### LIPO MIST SPRAY

Our herbal tinctures are designed to enter the bloodstream through the soft tissues of the mouth, this ensures effectiveness and a much quicker result than tablets are guaranteed. The Lipo Mist spray formula will help you lose weight in a healthy and natural way. It will help with the underactive thyroid, aid in dissolving fat within the liver, enhance digestion, especially the metabolism of fats, and increases the excretion of unwanted fluids. It also helps cleanse the colon, kidneys, liver, spleen and acts as an appetite suppressant. This formula boosts the metabolic rate and burns fat at a speed rate.

Dosage: 2 sprays under the tongue in the morning.



### LIPO SNOOZE SPRAY

Sleep Burn supplement spray in a bottle is a premium 2-in-1 Sleep formula with extra strength sleep supporting ingredients to naturally support your sleep together with Night Time Weight Loss formula.

Dosage: 2 sprays under the tongue 30 min before you go to sleep



### LIPO SLIM PATCH

Dosage: 1 patch a day. Last for 12 hours and throw away Use while you sleep.



### LIPO FAT FLUSH POWDER

Dosage: Mix 1/2 of a teaspoon of powder with water first thing in the morning on an empty stomach. Before coffee or breakfast.



### LIPO FOXY ROXY JUICE

Lipo Foxy Roxy Juice is one of the most powerful fat burning agents. It aids in the transport of fatty acids into the mitochondria thereby encouraging your body to utilize fat as energy. As well as a fat burning enhancer, it increases one's recovery rate after exercise, decreases exercised induced muscle damage and decreases muscle soreness.

Dosage: Take 10ml of the syrup in the morning and 10ml of the syrup in the afternoon before 14:00.





# SLIM N BURN

**T/an ESTHETICS SOUTH AFRICA DISTRIBUTE  
OF COMPLETE RANGE OF MESOTHERAPY TREATMENT**

**REGISTRATION NUMBER: 2018/328490/07  
ENTERPRISE NAME: SLIM N BURN MJ COSMETICS  
ENTERPRISE TYPE: PRIVATE COMPANY**

## **Our commitment**

WE AT **SLIM AND BURN** STRIVES TO ENSURE THAT YOU AS OUR VALUED CUSTOMER ARE SATISFIED WITH THE PRODUCT.

### **Can you give yourself lipo injections?**

Most commonly, lipo injections are administered intramuscularly, so the needle goes directly into the vascular muscle. An intramuscular injection allows direct and fast delivery of the liqued and is a safe method to self-administer a lipo shot.

### **Are there any side effects?**

Since it is a non-invasive procedure, no off time needed

This is a relatively painless procedure although you may after the micro injections experience mild swelling, redness, sensitivity, pressure, and itching in the targeted area.

Light bruises will disappear within a week or 2, in some cases, some hardening may occur, but these disappear by themselves.

**SLIM AND BURN DOES NOT TAKE ANY RESPONSIBILITY FOR CLIENTS THAT INJECT THEMSELVES, YOU DO IT AT OWN RISK.**

***SLIM N BURN is a registered company  
Registration number 2018/328490/07  
SLIM N BURN. ALL RIGHTS RESRVED 2018.***



# Lipo Injections General Information

## What could I experience?

Bruising on injection site You can use arnica oil/gel or capsules if you have a tendency to bruise.

Slight burning sensation for 2-5minutes

Slight tenderness or sensitivity.

Sweating caused by toxins in the lymph glands, transitory halitosis, mild flu like symptoms or nausea.

Some clients make experience slight lumps in the area of the injection site, which is caused by fat cell death, or necrosis. It can be inflamed (Post injection inflammation PII) and tender and depending on the sensitivity of the skin it can last for a few weeks. It is best to start with a low dosage and to see your reaction and then start increasing. Massaging the area and using arnica gel/oil will help as well.

## What areas can be treated?

Upper abdomen

Lower abdomen

Love handles

Hips

Inner thighs

Outer thighs

Chin

Arms

Back (upper and lower)

Knees

Calves

Buttocks

Waist

## Who is eligible for treatment or who should avoid?

People who would like to get rid of small to large pockets of fat around their body

People who do not want to do surgery for the excess fat areas. **AVOID:**

If you are pregnant or breast feeding.

If you have stents, artificial heart valves or a pacemaker.

If you have a history of allergic anaphylaxis nor you have a hyper-sensitivity to venom of anykind i.e, Bee stings.

If you are taking anti-coagulants or blood-thinners.

It is also only suitable from the age of **18 years old** and up.

If you are on ANY form of chemo-therapy or radiation therapy.

If you are on **chronic prescription** medication please consult with your doctor prior to using Lipo as is the case with any supplementation you may buy over-the-counter..

## Effects of Lipo

- Destroys entire fat cell with its contents
- Totally eliminates lipolytic nodules from level 1 to level 4 cellulite
- Excretes all wastes and harmful products
- Increases intradermal micro circulation in all layers
- Repairs connective tissue layers preventing future development of adipocytes (fat cells)
- Speeds up the metabolism
- Results in cm loss
- Results in improvement of skin texture
- Results in improvement of cellulite

## During treatment avoid the following, to allow the product to be effective. If you do use these products then results will slow down.

Less sugar (this includes sugar hidden in foods eg muesli, futurelife, all-bran flakes etc)

Less alcohol

No anti-inflammatories or pain killers. (if possible)

The product is for home-use and salon use

### **General**

There is no diet plan in the world that allows you to eat loads of sugar and drink loads of alcohol so it's the same with Lipo. If you want alcohol or sugar every day then rather DO NOT BUY this product as it will be ineffective.

With Lipo I try to help you to manage your diet and still reduce cm's so you need to be patient with yourself and start making slow changes to your lifestyle.

Please keep in mind that even though Lipo is 100% safe it is not a scheduled medication nor approved by SAHPRA.

### **Step-by-Step Instructions to Administer a Lipo Injection**

1. Begin by gathering and preparing the necessary materials. Wash and dry your hands before handling the supplies and use a new syringe and needle for each injection.
2. Remove the cap of the medicine solution vial and clean the rubber stopper with an alcohol pad or cotton ball soaked in alcohol.
3. Hold the syringe and pull back on the plunger to draw air into the syringe. Stop when you have the same dosage of air as your prescribed dosage of the medication.
4. Insert the needle into the rubber center of the vial stopper and push down on the plunger to release the air into the vial. Ensure the needle touches nothing except the medicine vial.
5. Turn the medicine vial upside-down with the needle still inside. Pull back on the plunger to draw liquid into the syringe at the appropriate dosage.
6. Tap the side of the syringe to check for air bubbles and ensure that you have the right amount of liquid in the syringe barrel. Then, remove the needle from the vial.
7. Wash your hands and clean the injection site with either an alcohol pad or a cotton ball soaked in alcohol.
8. Using your thumb and forefinger, pinch skin on either side of the injection site to find the muscle.
9. Remember to relax your muscles before administering the shot. Insert the needle quickly at a 45-degree angle into the pinched injection site. Insert the needle with the bevel up and ensure the needle is fully inserted into the skin. Release the pinched skin and pull back slightly on the syringe plunger.
10. After you have administered the medication, remove the needle from the skin, and hold down a new alcohol wipe on the injection site.
11. If you are bleeding, you can apply a bandage to the injection site.
12. Dispose of the syringe and other injection materials in a safe container.