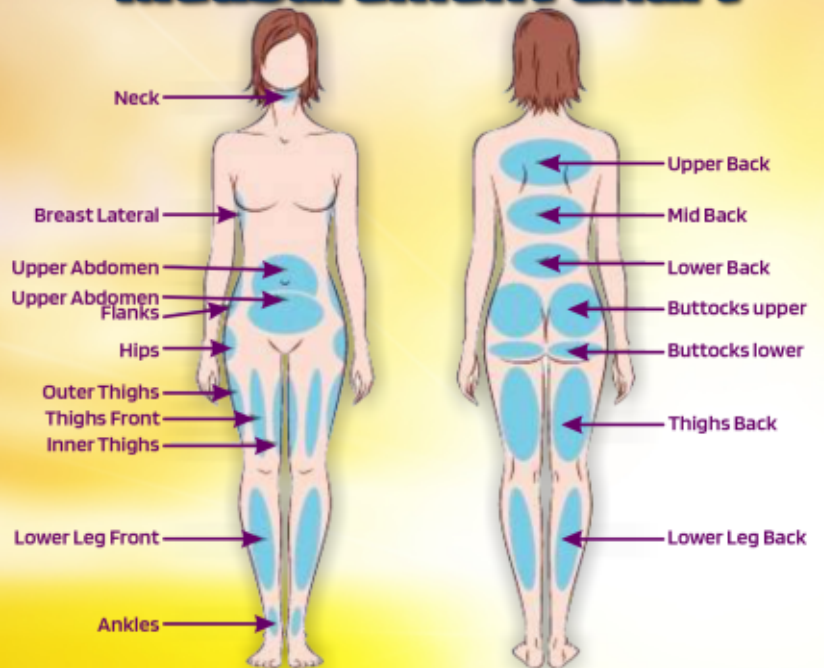


# Welcome to



**Slim n Burn**  
WEIGHTLOSSWORLD

## 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 UPPER ARM</b> 3 fingers below upper arm mark				
<b>WEIGHT / KG</b>				
<b>TOTAL WEIGHT LOSS PER WEEK</b>				

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

We at Slim and Burn strive to ensure that you as our valued customer are satisfied with the product, price and quality of products ordered with us.

***Please read through all information and steps provided below and follow strictly.***

## ***Lipo Injections General Information***

### ***Vials needs to be refrigerated***

- Products can't be used by pregnant woman, breastfeeding, also special caution should be advised with clients suffering cardiovascular disease or stroke, blood thinning medication, any concerns of medical history you will advise the customer to consult with their doctor.
- Products are used at own risk and Slim and Burn does not take any responsibility on clients who inject themselves.
- 12mm insulin needles should be used.
- Vials should always be kept in the fridge even if it's not opened.
  - Vial can be removed out of the fridge before injecting as it needs to be room temperature when injected.
- If injecting in the evening:
  - Please inject no later than 18:00
  - Please don't take a hot shower or bath the same evening.

### ***What areas can be treated?***

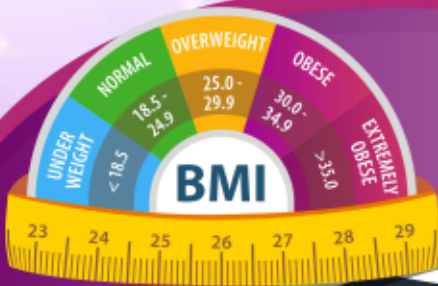
- |                 |                 |                          |
|-----------------|-----------------|--------------------------|
| • Upper abdomen | • Lower abdomen | • Love handles           |
| • Hips          | • Inner thighs  | • Outer thighs           |
| • Chin          | • Arms          | • Back (upper and lower) |
| • Knees         | • Calves        | • Buttocks               |
| • Waist         |                 |                          |

### ***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

### ***What Could I Experience?***

- Bruising on injection site - You can use arnica oil/gel or capsules if you tend to bruise.
- Slight burning sensation for 2-5 minutes
- Slight tenderness, redness or sensitivity.
- Sweating caused by toxins in the lymph glands, transitory halitosis, mild flu like symptoms or nausea. Advised not to scratch irritated area as this can introduce germs and cause further complication.
- Some clients may experience slight lumps in the injection site, which is caused by fat, Cell death, or necrosis. A bump means you may have injected the needle just under the skin instead of into the fat tissue. The needle may not have gone deep enough, or you may have been pulling the needle out before the plunger reached the bottom of the syringe. Massaging the area and using arnica gel/oil or Vicks will help as well.
- While swelling and minor bruising can happen after an injection, they usually get better within a week. However, if the swelling and discoloration persist, it may signify an infection. A lump under the skin that feels soft, mushy and painful may indicate a developing abscess.
- Area can be cleaned with salt water - Boil water, add some salt, let it cool down a bit and then wash the area with a cotton ball.



• **Burn more fat in problem areas**

• **Give your body more shape**

• **Start seeing results in just a few weeks**

• **Start seeing results in just a few weeks**

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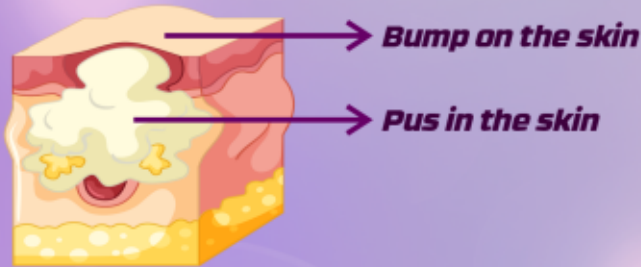


# INJECTION ABSCESS

**A Pus-filled mass formed at the site of the injection**

## Symptoms:

- Painful swelling at the needle prick point
- Reddish bump, that is warm to the touch
- May get fever, if the infection spreads deeper



## Treatment:

- Take antibiotic drugs
- For bigger abscesses, perform surgical draining & Bandaging

## How to prevent an injection abscess?

- Disinfect the skin with surgical spirits before injecting.
- Always use fresh disposable needles & syringes
- Practice proper hand hygiene techniques.

## 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 any kind i.e., Bee stings.
- If you are taking anti-coagulants or blood-thinners.
- It is also only suitable from the age of 16 years old and up.
- If you are on ANY form of chemotherapy 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.

## During treatment avoid the following, to allow the product to be effective.

- Less sugar (this includes sugar hidden in foods e.g., muesli, etc)
  - Less alcohol
  - No anti-inflammatories or pain killers. (If possible)
  - The product is for home-use and salon use (Accreditation needed to inject in-house)
- 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. Take the vial out of the fridge before use to get the vial at room temperature.
3. Remove the cap of the medicine solution vial and clean the rubber stopper with an alcohol pad or cotton ball soaked in alcohol.
4. 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.
5. Insert the needle into the rubber centre 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.
6. 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.
7. 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.
8. Wash your hands and clean the injection site with either an alcohol pad or a cotton ball soaked alcohol.
9. Using your thumb and forefinger, pinch skin on either side of the injection site to find the muscle.
10. Remember to relax your muscles before administering the shot. Insert the needle quickly at 90-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. 12mm insulin needle should be used.
11. NEVER RE-USE AN NEEDLE
12. After you have administered the medication, remove the needle from the skin, and hold down a new alcohol wipe on the injection site.
13. If you are bleeding, you can apply a bandage to the injection site.
14. Dispose of the syringe and other injection materials in a safe container.

### *Post steps after you Administer a Lipo Injection*

1. Do not take a hot shower or bath after injecting lipo, give it a few hours first.
2. Do not scratch the injected areas.
3. After Lipolysis treatment, it is important to keep hydrated and to drink plenty of fluids. Important: Drink 2l of water daily.
4. The lipolysis treated area must be massaged every night for a period of two weeks
5. Avoid excessive exercise and alcohol, especially red wine for at least six hours after the treatment.
6. Avoid saunas, steam rooms, hot baths, massages, Jacuzzis and open outdoor water for 2 days post procedure.

### **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.



DRINK 2 - 3 LITRES OF COLD WATER DAILY



MEASURE & WEIGH YOUR EVERY 1 TO 2 WEEKS



CUT OUT SUGARS & CARBS ON ALL WEIGHT LOSS PRODUCTS



TAKE BEFORE & AFTER PICTURES TO SEE THE DIFFERENCE



# Lipo



# Product Range: Injections



## LIPO FIRE INJECTIONS

### Dosage:

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.

### Treatment areas:

Love handles | Muffin Tops | Male Breasts  
Inner/Outer thighs | Saddle Bags  
Tummy Rolls | Double Chin

## LIPO ZERO FAT INJECTIONS

### Dosage:

Administer 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.

### Treatment areas:

Love handles | Muffin Tops | Male Breasts  
Inner/Outer thighs | Saddle Bags  
Tummy Rolls | Double Chin



## LIPO XTREME MELT AWAY

### Dosage:

Administer 1ml, twice a week in the tummy

### Benefits:

- Helps eliminate fatty deposits
- Boost Metabolism
- Appetite Controller
- Assist in Thyroid Dysfunction
- Assist in Melting of Fat Cells
- Aid as a Fat Burner
- Insulin Resistance
- Enhances Metabolism
- Increases Energy
- Used in Obesity
- Improves Skin elasticity.
- Removes Cellulite

## LIPO CELLU AWAY

### Dosage:

On the day you start  
Inject 1ml of Lipo Cellu Away - Lipotropic B12

Thereafter you inject as follows :

Each Monday - 1 x 1ml Lipo Cellu Away - Lipotropic B12  
Each Thursday - 1 x 1ml Lipo Cellu Away - Fat Blaster  
(Split the 1ml into 20units and inject around the tummy area)



## THE SECRET SLIM PEN

### Dosage:

Adult dosage - Dosages are gradually increased as follows:

- Week 1- 0,6 mg once a day
- Week 2- 1,2 mg once a day
- Week 3- 1,8mg once a day
- Week 4- 2,4 mg once a day
- Week 5 -3mg once a day

Following no more than 3mg per day thereafter.  
To be injected under the skin.

Be sure to take continually every day, preferably by routine.



## LIPO GLOW INJECTIONS

### Dosage:

Injections : 2 ml once or twice a week in Buttock

It can also be used as: Micro-needling, 2ml 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

Dosage :Drink 1 capsules daily after breakfast  
The only people that can't use the capsule are people with heart problems, high blood pressure, pregnant or breastfeeding. Children under 18 years also can't use product.



### LIPO KETO BOOST

Dosage:  
Take 1 Capsule before breakfast

Safety Information:  
Do not exceed recommended dosage  
Not safe for pregnant or nursing moms  
Not for children under 18 years  
When in doubt consult a physician before using any dietary supplements.



## Chewables

### LIPO KETO YUMMY GUMMIES

Dosage:  
1 per day before a meal

Safety Information:  
Not suitable for Pregnant or Nursing Moms  
Children under 18years  
Be Cautious with any form of heart disease



### LIPO KETO ULTRA GUMMIES

Dosage:  
1 per day before a meal

Safety Information:  
Not suitable for Pregnant or Nursing Moms  
Children under 18years  
Be Cautious with any form of heart disease



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# Lipo Product Range:

## Drops

### LIPO GLOW DROPS

Dosage :  
Use 4 drops under tongue daily



## Powder Shakes



### 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 FUEL SHAKE

Dosage:  
Mix 1-2 scoops with 250ml ml of water, milk alternatives or fat free milk.

Shake well before use.  
For best results: Drink 1 shake to replace a mid-morning or mid-afternoon meal; Shake can also be used before or after training for optimal results



## Patches



### LIPO SLIM PATCH

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



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# Lipo Product Range: Skin Care Range

## OLD SCHOOL BEAUTY REGIME



### Charcoal Clay Mask

Apply to face area and leave for 20 - 30 min. Rinse with Luke warm water. Repeat once a day for best results.

- Boost collagen
- Exfoliate the skins surface
- Visible results immediately
- Reduce marks & stretch marks
- Glow without the oil
- Softer smoother skin



### Charcoal Clay Wash

Wash face at least once a day After washing off the clay mask and rinse with luke warm water



### Hydrating Moisturiser

Apply moisturiser after Mask and Face Wash. May be used in the morning and evening.



## Cellulite Care



### LIPO SLIM ANTI-CELLULITE CREAM

#### How to use:

Apply the cream on the area you want to slim every night before bedtime or in the morning. For BEST results use after scrubbing of the Lipo Coffee Stretch and Cellulite soap bar. The Lipo Slim Anti Cellulite Cream is a Warming formula.

### LIPO COFFEE STRETCH AND CELLULITE SOAP BAR

#### How to use:

This is recommended to use in the shower. Wet your skin and close the tap. In gentle circular movements rub the scrub on the affected areas and let it sit for 2-3 minutes. (There is no need for scrubbing hard - you do not want to damage skin cells). Then open the tap and rinse off. Afterwards you can shower as normal. Scrub can be used daily.



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