

Acc(u)Life

FEELING COLD

Some Acc(u)Members experience feelings of cold while on the program. This is a sign of burning fat, so is normal and should not alarm you. Should you experience feelings of cold, you may take the following supplement as needed:

- Cayenne (Pepper) in capsule form
 - no more than 40,000 GDU (or HU) 3x day with food

You may obtain these supplements at any health food store, vitamin stores such as GNC, The Vitamin Shoppe, or at on-line vitamin wholesalers such as www.swansonvitamins.com or www.puritan.com.

**As with all supplements, if you are on medication
you should consult with your physician before beginning use.**

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND
DOES NOT PROVIDE MEDICAL TREATMENT.
PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**

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