



Frequently Asked Questions

This section is the most important link in the chain of successful weight loss while using the slim tone range. Each question is linked to the next helping you understand how to use the slim tone range for the most effective long term results.

Q.1 How does SlimTone Original Work?

SlimTone Original contains ingredients that work in several ways: **Green Tea extract**, **Guarana Bark** & **Citrus Aurentium** stimulate a thermogenic response from your brown fat cells which use white fat cells (stored body fat e.g. cellulite on hips or love handles on abdomen) as a fuel to increase your body temperature. This thermogenic action will naturally suppress your appetite. As the white fat cells shrink they are converted to heat and energy naturally relieving tiredness.

Slim Tone Original also contains ingredients that support the production of natural bio chemicals required for metabolic actions and thermogenesis: **Forskolin**, **L- Tyrosine** and **Acetyl L Carnitine**. The inclusion of **Chromimum Picolinate** will ensure sugar cravings are diminished during the day. The precise combination of specific nutrients & natural biochemical compounds contained in the **SlimTone Original** formula is without doubt the most powerful and effective natural thermogenic fat burning formula ever created.

Q.2 How does SlimTone Stimulant Free work?

SlimTone Stimulant Free was created to further enhance the fat burning effects of **SlimTone Original**. By combining the two formulas NSS-Ltd have developed the most effective fat loss system ever created.

A brilliant thermogenic compound like **SlimTone Original** is only half the story. Other thermogenic supplements on the market fail to deliver completely satisfactory results because although they allow many people to lose weight in the first few weeks, they will adapt to them via an increase in appetite with sugar cravings in the late evening. It is impossible to take a thermogenic supplement in the evening for appetite suppression because they usually have a high caffeine/stimulant content which stops you sleeping. The temptation of evening hunger pangs is often too hard to resist and many people find themselves breaking their strict diet regime in order to satisfy these unbearable cravings. This will all too often stop your weight loss progress dead in its tracks.

SlimTone Stimulant Free makes our weight loss system complete. It contains strong metabolic enhancers like **CLA (Conjugated Linoleic Acid)**, **Seaweed extract**, growth hormone boosters, **Argenine**, **Ornathine** (which increases muscle tone and burns fat) and natural appetite and sugar craving suppressants **HCA** and **Chromium Chelate**. When taken with your early evening meal it will enable you to feel full and satisfied even with a small amount of food and help prevent those all too familiar hunger pangs - and as it is caffeine free it won't disturb your sleep patterns. Combining **SlimTone Stimulant Free** with your morning and afternoon dose of **SlimTone Original** will dramatically enhance its fat burning action by further boosting your metabolism and increasing the overall appetite suppression effect.

Q.3 What is the difference between the SlimTone range of supplements and other weight loss products on the market?

SlimTone Original contains more clinically proven fat burning and metabolic enhancing ingredients at a higher concentration than any other product on the market and so has a stronger and faster fat burning effect. **SlimTone Stimulant Free** is the only caffeine free formula on the market to produce an effective appetite and sugar craving suppression effect, whilst enhancing fat breakdown via a boost in metabolic rate (see our [On-line Comparison Charts](#) for more details). The SlimTone range of dietary supplements use only clinically proven ingredients and are not loaded with cheap or ineffective minerals, vitamins or fibre fillers.

At NSS-Ltd we understand that people can respond differently to a weight loss supplement. The Original and Stimulant Free formulations of SlimTone are so versatile that they can be combined to create the ideal fat burner / appetite suppressant for each individual without the usual side effects. Through the

method of combination, Natural Scientific solutions has produced the two strongest and most effective synergistic fat loss supplements ever created.

By experimentation you can discover the best combination that will allow you to burn fat and control your cravings morning, noon and night without disturbing your sleep pattern.

Q.4 What is the best way to use Slim Tone Original and SlimTone Stimulant Free to produce the fastest and most effective results?

Combine Slim Tone Original with Slim Tone Stimulant Free in the following way will produce the fastest effect.

Dose 1. Morning e.g 7 - 9 am

Take 1-2 SlimTone Original with breakfast or light snack and 1-2 glasses of water (avoid taking on an empty stomach or nausea may occur).

1-2 SlimTone Stimulant Free can also be taken to produce a stronger and faster fat burning effect with greater appetite suppression (optional).

Dose 2. Afternoon e.g 12 noon - 2 pm

Take 1-2 SlimTone Original with lunch or snack and 1-2 glasses of water (avoid taking on an empty stomach or nausea may occur).

1-2 SlimTone Stimulant Free can also be taken to produce a stronger and faster fat burning effect with greater appetite suppression (optional).

Dose 3. Dinner e.g. 6.30 - 7.30 pm

Take 1-2 SlimTone Stimulant Free with dinner or light snack and 1-2 glasses of water.

This dose will tell your brain that you are full with less food and will help prevent late evening hunger pangs and sugar cravings.

Dose 4. 1-2 hours before sleep (optional)

1-2 SlimTone Stimulant Free can also be taken before sleep on an empty stomach and will encourage the release of the fat busting growth hormone which will speed your metabolic rate and may help to induce a deeper, more refreshing sleep.

See the [SlimTone Sensible Eating Guide](#) to discover the meal plan that will cause the fastest and strongest effect when combined with the Slim Tone range of weight loss supplements. The Slim Tone Sensible Eating Guide is available free inside the large Slim Tone bottles. [Click here to register for free and view and download a much more detailed version for free.](#)

The clever combination of SlimTone Original and Stimulant Free acts as a dietary supplement that will help eliminate food cravings and between meal snacking. This will enable you to follow a more sensible, stricter eating plan that can result in incredible weight loss over the 12-week period.

Why not try our Slim Tone Original (RRP £4.99) and Stimulant Free (RRP £3.99) 3-6 day trial bottles.

Q.5 What's the point of using the SlimTone range of weight loss supplements for only 3-6 days? Will I notice any effects if I combine them correctly and follow the Sensible Eating Guide?

When taken correctly most people experience very prominent effects on the SlimTone range. You will notice an immediate increase in energy levels and a substantial reduction in your appetite and sugar cravings. This will help you stick to our [Sensible Eating Guide](#) and to avoid snacking between meals or late at night. The introduction of correct eating patterns coupled with a boost in metabolic rate and thermogenesis will generally cause you to drop a few pounds of weight, even in the first week!

We have had many reports of up to a 9 lbs weight loss in the first week by salon owners who wanted to try it out before selling to their customers, (contact us at admin@slimtonenow.com for more details).

Q.6 Is the SlimTone range of weight loss supplements safe and natural?

Yes, the SlimTone range contains only natural ingredients that have been used in literally millions of

supplements sold worldwide. [SlimTone Original](#) is safe when used as directed (see label and back of leaflet for details), however its thermogenic action may increase your heart rate a little, so it's normal to feel a little anxious in the beginning but it will soon pass. The energising effect may keep you awake at night if taken too close to sleep. Do not use [SlimTone Original](#) if you have an allergy to aspirin.

[SlimTone Stimulant Free](#) is one of the safest weight loss supplements in the world but must be taken as directed. If you are a healthy individual, over 18, not using medication and are not suffering or have never suffered from any medical condition, you will find the SlimTone range completely safe to use ([see question 12 for more details](#)).

Q.7 I am currently using medication - can I use the SlimTone range of weight loss supplements?

[SlimTone Original](#) and [Stimulant Free](#) can be taken by those on the oral contraceptive pill and most types of H.R.T. Start with one capsule to assess tolerance and discontinue use immediately and consult your doctor if any adverse reaction occurs. If you are using any other medication or over-the-counter pharmacy product we strongly recommend that you consult your doctor first. Everyone has their own individual reaction to the SlimTone range and even if you know someone who uses it whilst on medication or a pharmacy product, we still strongly advise you to consult your doctor before using the SlimTone range.

Q.8 The doctor says that I am prone to high blood pressure, although I don't take medication for my condition - which of the SlimTone formulas can I use?

This condition is generally linked to body weight and may improve with weight loss. You can follow the [Sensible Eating Guide](#) and use [SlimTone Stimulant Free](#) to combat late evening and between meal hunger pangs and sugar cravings until your blood pressure has stabilised. You may then be able to combine it with [SlimTone Original](#) to further enhance results.

Q.9 Can I drink alcohol while using the SlimTone range?

It is recommended that alcohol is consumed sparingly, with plenty of water, while using the SlimTone range. A glass of wine contains up to 200 calories and must be burnt up before fat can be metabolised (see our [Sensible Eating Guide](#) for details).

Q.10 Are they addictive?

[SlimTone Stimulant Free](#) is not addictive. [SlimTone Original](#) contains caffeine, which has been shown to be addictive when used for extended periods. It is therefore recommended you use SlimTone Original for a maximum of 12 weeks and that no more than 4 capsules are consumed per day with the restriction of beverages that contain caffeine. A break of 4 weeks is recommended after the 12-week course (see [question 18 for more details](#)).

Q.11 I don't like drinking water very much, why must I drink 8 cups a day when using SlimTone Original?

[SlimTone Original](#) stimulates our body's natural thermogenic process whereby it uses the oxygen from water to oxidise and therefore burn (breakdown) fat. This produces a waste product that must be eliminated from your body. Regular water consumption will not only help to remove the toxins from your body and therefore allow you to feel more energised, but it will also stimulate your metabolism to burn a greater volume of body fat and will help to remove any water retention that occurs naturally in a dehydrated environment - creating a natural diuretic effect. It has also been noted that the intake of water will help to reduce any possible feeling of shakiness, anxiety or nausea that may occur when users excessively restrict calories.

Q.12 I have tried other weight loss pills sold in my local salon that made me feel really sick - will the SlimTone range have the same effect on me?

No. Many other companies that produce weight loss products recommend taking their capsules on an empty stomach 30 minutes before food and are designed to cause nausea when food is consumed - causing you to lose weight rapidly as you starve yourself. The trouble is that your muscle will be cannibalised to supply you with the sugar(carbohydrate) necessary to burn fat, making your metabolism slow down drastically in as little as 7 days, while your body produces nauseating chemicals in a bid to stop you consuming the pills.

This is why all other so-called top brand thermogenic weight loss pills stop working after just 1 month. Most people simply put up with these horrible side effects in a desperate bid to lose weight and are left consuming them month after month to simply maintain the precious few pounds they have managed to lose.

[SlimTone Original](#) is different. We recommend that you take the capsules with food and water (preventing any possible nausea) allowing its appetite suppression effect to help stop you snacking between meals. [SlimTone Stimulant Free](#) does not cause nausea and is perfect when combined with [SlimTone Original](#) (will encourage similar effects with a lower dose of original and is therefore more comfortable to use) to enhance your metabolism and fat burning potential. When taken with your early evening meal [SlimTone Stimulant Free](#) will help to prevent those all too familiar late evening hunger pangs. This combination will help keep your metabolism fast allowing you to lose weight faster and for a longer period of time without causing nausea or nasty side effects.

Q.13 Every diet plan that I have ever followed has failed. Will the SlimTone Sensible Eating Guide show me the best way to plan the way I eat in order for me to achieve the best results?

Yes! Our [Sensible Eating Guide](#) will help you to understand why most diets don't work and teach you how to structure your meals so that they stimulate your metabolism to speed up and burn more fat. When this is combined with the correct dose of SlimTone supplements it is the fastest way to strip off those unwanted pounds. [A more detailed diet plan is available to download free in the members section.](#)

Q.14 Can I exercise while following the SlimTone Easy Weight Loss System?

Yes, exercise is good for you and will greatly enhance your results. Many gyms and fitness centres stock the SlimTone range and have reported exceptional results from their members who use SlimTone before and after exercise.

Register now in our members section to view and down-load a detailed exercise and workout plan. This includes specific details of how and when to take the Slim Tone Range during exercise to produce the most dramatic weight loss effect possible.

Q.15 Does the SlimTone range burn muscle as well as fat? I don't want to look anorexic...

No! [SlimTone Original](#) is the most powerful anti-catabolic (preserves muscle tissue) thermogenic supplement available on the market. It prevents the break-down of muscle by helping to prevent the conversion of carbohydrates to fat and stores them in the muscles as glycogen (muscle sugar). A higher density of muscle will help keep your metabolism fast and will encourage the SlimTone range to burn more fat. All other major brands of fat burners burn more muscle than the SlimTone range and therefore cause a slower metabolic rate with diminished results. Our [Online Sensible Eating Guide](#) supports the effects of the SlimTone range by ensuring the correct level of carbohydrates and adequate protein and are consumed at specific times during the day. Following our Sensible Eating Guide will guarantee the best results during your course of SlimTone weight loss supplements.

Q.16 Can the SlimTone On-line Exercise Guide help me to burn fat from my legs and buttocks?

Yes! Our [On-line Exercise Guide](#) helps you to identify the correct heart rate intensity for fitness work and identifies the best muscle toning exercises to enable you to target your problem areas. Taking the

SlimTone range before and after exercise can cause dramatically enhanced results. See our [members exercise section](#) for details.

Q.17 How much weight is it possible to lose on the SlimTone range?

When taken as directed and while following our [Online Sensible Eating Guide](#) one can expect to lose approximately 2-3 lbs of fat per week (results may differ for each individual and is dependent on supplement dose, exercise level and food consumption).

Q.18 When I reach my target weight loss what do I do? Do I just stop taking SlimTone? Won't I start to feel hungry again and just put the weight back on?

One of the most exciting long term benefits of using the SlimTone range to control weight loss is that years of abuse can be reversed. After your 12 week course of SlimTone supplements you can continue to use [SlimTone Stimulant Free](#) with your main meals to help keep your metabolism fast. Stimulant free will continue to suppress your appetite and sugar cravings late in the evening and in between meals which will help to maintain your new lower body weight for 4 weeks while the thermogenic ingredients from [SlimTone Original](#) are flushed from your body - this will freshen up your brown fat cells and enable a more pronounced thermogenic effect if [SlimTone Original](#) is needed after the 4 week period.

Most people only put a little weight back on and end up much healthier with a faster metabolism and better eating habits than before they started the course, and may only occasionally need to go on a course of [SlimTone Original](#).

Q.19 Is it possible to loose weight by using only SlimTone Original?

Yes! [SlimTone Original](#) is the strongest and most effective thermogenic supplement on the market and will help you lose more weight than any other brand on the market. However, the effects are so greatly enhanced when combined with [SlimTone Stimulant Free](#) that if it's not used, you would be depriving your self from the best possible results!

Many people find that they suffer little or no side effects by combining [SlimTone Original](#) with Stimulant Free but taking less [SlimTone Original](#), and they also experience a greater weight loss effect. This combination can be a much safer and more comfortable way to achieve their weight loss goal.

Q.20 My daughter is over weight and wants to try SlimTone. Are they safe for children to use?

No. The SlimTone range of weight loss supplements are not recommended for any one under 18 years of age. However, many of the principles contained within our [On-line Exercise](#) and [Diet Guides](#) can help people of all ages to naturally reach their weight loss goal.

Q.21 I am going away on holiday in two weeks, if I eat very little and take lots of SlimTone supplements, will I lose weight faster?

No! It is not necessary to deprive yourself or exceed the recommended dose of SlimTone supplements. Apart from being potentially hazardous to your health (see [SlimTone Original supplement facts](#) for details) overdosing can lead to extreme nausea, headaches, shakiness or just a very uncomfortable feeling. With SlimTone supplements you don't have to suffer to reach your weight loss goal!

A temporary high protein, low carbohydrate, high water diet plus the fast pace combination of [SlimTone Original](#) and [Stimulant Free](#) combined with exercise will reward you with exceptional results in no time (see our online [fast weight loss and exercise guide](#) for more details).

Find out more at www.slimtonenow.com

