



### 1. What is the minimum and maximum daily dose AQUA FIT?

The minimum dose to feel the health effects of one bottle a day AQUA FIT (1g LuraLean).

The European Food Safety Authority ( EFSA ) recommends the daily intake of 3 grams LL.

In Bosnia and Herzegovina as well as in the countries of European Union entry Propolmannana as well as its amount of dietary supplements is not defined or limited - quantum satis ( used in terms of good manufacturing practices ).

### 2. Do AQUA FIT affects my eating habits?

AQUA FIT contains vegetable fiber LuraLean that works with people who do not want to swap eating habits.

AQUA FIT will certainly reduce the level of fat, cholesterol and blood sugar, 'll dump the organism and all toxics.

Provoke a feeling of satiety and reduce appetite.

It is worth noting that the basis of health, a healthy and balanced diet and a daily but moderate physical activity.

### 3. Why do you say that AQUA FIT provides a natural and healthy weight loss?

AQUA FIT contains a completely natural vegetable fiber LuraLean unique in that it its degradation takes place only in the colon, unlike other fibers which degradation starts in the mouth, stomach or small intestine.

In contact with the enzyme, LL swells in the stomach, and up to 200 times in relation to their weight, gelling which encapsulates the fat, thereby preventing their degradation.

Passing through the small intestine this highly viscous gel "waited for" fat, sugars, etc. toxics, absorbs them, preventing their absorbance in the bloodstream, and then applies them to the large intestine and excreted out.

At the same time, on their touch to the walls of the small intestine blocking receptors for hunger and brain received information that the body is satiated and reduces feelings of hunger and appetite.

### 4. Is there any food that I can not or do I have to take while using AQUA FIT?

No, AQUA FIT is a completely natural formulation without any detrimental effects on the body. Made from high quality natural spring water and natural plant fibers LuraLean, He is in harmony with all the food so that it can be consumed with any type of food and drinks.

For more information about the functional water AQUA FIT preparation of this unique in the region, please download the INFO file from our site [www.aqua-fit.biz](http://www.aqua-fit.biz)