

# Supporting Your Patients to Improve their Blood Sugars

We include some general information about this here and on the website, but as with the information below, it is not a substitute for proper, individual medical advice.

Dear Healthcare provider,

We are delighted to write that your patient is taking steps to reduce their blood sugars and weight, by following a regimen free of refined, processed carbohydrates. Instead, they focus on eating whole unprocessed natural foods.

They are doing this by following the 4 steps of SOZA, which is being followed by many medical and wellness professionals nationwide.

Your help in supporting and monitoring is much appreciated while your patient makes the necessary dietary and lifestyle changes.

In 2011, Dr. Anthony Wehbe DO, a board-certified practicing internal medicine physician in the Philadelphia area and co-founder of the SOZA Weight Loss program, along with the help of nutritionists, helped develop our weight loss program to help patients lose weight and control blood sugar. He was a pre-diabetic and lost 50 pounds on the program. In addition, many patients reduce their medical comorbidities by decreasing their anti-hypertensive and diabetic medications.

The program is based on four parts:

1. Eating whole, unprocessed foods and healthy fats. A low-glycemic diet with no added sugars and refined carbohydrates. Patients are recommended to eat three meals a day with fruits and/or vegetables in between.
2. Taking non-GMO dietary supplements manufactured in the USA in FDA-inspected facilities to support their nutrition program. You can find the supplements' ingredients in this sheet's appendix.
3. Living a wellness lifestyle that encourages patients to practice mindfulness, reduces stress, and recommends switching out commercial (artificial-based) personal care products with natural products. Numerous studies link environmental toxins to obesity.
4. Patients will be supported by a healthcare professional during their program while taking note that they do not act as their primary physicians. Instead, they help patients adhere to the program. Patients do better with accountability and someone to cheer them on.

The philosophy is to educate patients about food; provide practical support via supplements, food lists, and recipes; and – critically – engage with them to offer the support they need to achieve their goals.

SOZA Weightloss supplements' ingredients:

Patients take three different supplements to help with energy and appetite. All supplements are non-GMO and manufactured in the USA in FDA-inspected facilities. These supplements are sold exclusively through healthcare professionals.

### 1. **SUPREME oral, sublingual formula for appetite control.**

NDC 71953-0001-1

**INDICATIONS:** Helps improve diencephalic banking of fat for consumption by the body.

**DIRECTIONS:** Swirl or shake bottle ten times prior to each use. Apply 3 sprays under tongue twice per day, before bedtime and upon awakening. Do not eat, drink or brush teeth within 15 minutes before or after taking this product. Consult a physician for use in children under 12 years of age.

**WARNINGS:** Do not use if seal is damaged or missing. Refrain from use if pregnant or lactating. **Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.**

**OTHER INFORMATION:** Store in a cool dry place. Tamper resistant for your protection. Use only if safety seal is intact.

**Distributed by:**  
The Weight Loss Company  
19495 Biscayne Blvd.  
Miami, FL 33180  
sozaweightloss.us

MADE IN A  
FDA  
REGISTERED  
FACILITY

MANUFACTURED  
IN THE  
USA

\*Statements on this label have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**ACTIVE INGREDIENTS:**  
**Official HPUS:** Abrotanum 6X, 12X, 30C, Anacardium Orientale 6X, 12X, 30C, Arsenicum Album 6X, 12X, 30C, Baryta Muriatica 6X, 12X, 30C, Helleborus Niger 6X, 12X, 30C, Ignatia Amara 6X, 12X, 30C, Lycopodium Clavatum 6X, 12X, 30C, Nicotinamidum 6X, 12X, 30C, Secale Cornutum 6X, 12X, 30C, Thymus 6X, 12X, 30C, Thyroidinum 6X, 12X, 30C, Calcarea Carbonica 8X, 12X, 30C, Calcarea Phosphorica 8X, 12X, 30C, Hypothalamus Suis 8X, 12X, 30C, Pituitarium Posterium 8X, 12X, 30C, Silicea 8X, 12X, 30C.

**INACTIVE INGREDIENTS:**  
Deminerlized Water, Ethanol 20%, Glycerin.

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For those unfamiliar with homeopathy, it is the most commonly used form of alternative medicine worldwide. It was founded over 200 years ago, and its usage and ingredients are recognized by the FDA. The ingredients listed above are found in minute amounts in the remedies and refer to the **Homeopathic Pharmacopoeia of the United States**. The supplements are found over the counter and are used throughout the world. These ingredients are safe and have not been shown to cause any adverse effects.

For more information on Homeopathy, please visit: <http://www.homeopathy.org/>

### 2. **LEAN appetite support and fat metabolism formula**

**USE:** 2 capsules daily preferably with meals by a healthcare professional. For best results, with 8 ounces of water before breakfast and dinner. This product should be used in a sensible diet and exercise program.

Do not exceed recommended dose. Avoid this product in conjunction with other dietary supplements which contain high levels of elemental sodium. This product is not intended for pregnant or nursing women or children under the age of 18. If you are taking a known medical condition, consult your physician before taking this or any dietary supplement. This product is manufactured and packaged in a facility which does not use milk, soy, wheat, egg, peanuts, tree nuts, or shellfish.

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT OPEN IF SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

These claims have not been evaluated by the Food and Drug Administration. This product is not intended to cure or prevent any disease.

Manufactured in a FDA registered Facility For:  
 Soza Weight Loss, LLC  
 7875 SW 10th Street  
 Suite 202H  
 Miami, FL 33156

**sozaweightloss.com**



so simple. so different.

**LEAN**



60 CAPSULES

DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size 2 Capsules  
 Servings Per Container: 30

Amount Per Serving		%Daily Value
Vitamin C (as ascorbic acid)	30mg	33%
Vitamin B-6 (as pyridoxine HCl)	12.5mg	735%
Choline (as choline bitartrate)	100mg	18%
Chromium (as chromium picolinate)	100mcg	286%
Medium Chain Triglycerides Oil Powder	50mg	*
CLA (Conjugated Linoleic Acid)	50mg	*
GLA (Gamma-Linolenic Acid)	25mg	*
Bladderwrack (algae powder)	25mg	*
Inositol	250mg	*
Gymnema sylvestre Leaf Powder	50mg	*
Garcinia cambogia Fruit Extract (50% hydroxyctic acid)	50mg	*
L-Carnitine (as tartrate)	12.5mg	*
Turmeric Root (95% extract)	12.5mg	*
Coenzyme Q10	2.5mg	*
Proprietary Blend	502mg	*
*Consisting of: Kelp Powder, Spirulina Algae Powder, L-Phenylalanine, L-Tyrosine, L-Methionine, Bromelain, Psyllium Husk Powder, Uva Ursi Leaf Powder, Juniper Berry Powder, Buchu Leaf Powder, Cloves Stem Powder, Allspice, Cinnamon Bark Powder ( <i>Cinnamomum cassia</i> ), Cranberry Fruit Powder & Grapefruit Fruit Powder.		

\*Daily Value not established.

**Other ingredients:** Gelatin (bovine), vegetable magnesium stearate, silicon dioxide and titanium dioxide.  
**ALLERGEN WARNING: CONTAINS FISH AND SHELLFISH.**



56524-HS-SPB02-GSU-60

Appetite support comprises a proprietary blend of vitamins, minerals, and herbs to help address weight loss and metabolism.

Independent studies over the years of Inositol, Choline, and Methionine, composed primarily of B vitamins, have been shown to boost the body's metabolic power by providing a highly effective temporary increase of normal metabolic functions.

The addition of chromium may help to aid in the way blood sugar is metabolized, possibly creating more efficient processing of sugar by the cells.

**3. Vitamin B12**

**SUGGESTED USE:** 2 tablets daily preferably with meals or as directed by a healthcare professional. For best results, chew tablet thoroughly before swallowing.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**DOES NOT CONTAIN:** Wheat, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



Manufactured in a FDA registered Facility For:  
Soza Weight Loss, LLC  
7875 SW 10th Street  
Suite 202H  
Miami, FL 33156  
[www.sozaweightloss.us](http://www.sozaweightloss.us)



so simple. so different.

# BIO-ACTIVE

2,000 mcg<sup>†</sup>

Biologically Active B12

120 Tablets

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Chewable Tablets  
Servings Per Container: 60

Amount Per Serving	%Daily Value
Vitamin B-12 (as methylcobalamin) 2,000mcg	71,429%

**Other ingredients:** Sorbitol, fructose, mannitol, croscarmellose sodium, natural cherry flavor, silicon dioxide, lecithin and vegetable magnesium stearate.

**ALLERGEN WARNING:** CONTAINS SOY (LECITHIN).

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

Manufactured in a GMP compliant facility.  
This formula contains no animal by-products.  
† Per Serving



REV. 012717 084950-01

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B12 has powerful mood-elevating properties that help patients feel great during weight loss. B Vitamins help support adrenal function, help calm and maintain a healthy nervous system, and are necessary for key metabolic processes.

