

## Stress and Your Weight

**Has excessive stress taken its toll on your waistline?**

**Are you tired, frustrated, and ready to turn into the gas station for a Hot & Ready Pizza or Gallon of ice cream?**



**Are you finding it hard to stay on track because you are so stressed?**

**Are you finding it hard to dedicate time to exercise due to stress?**

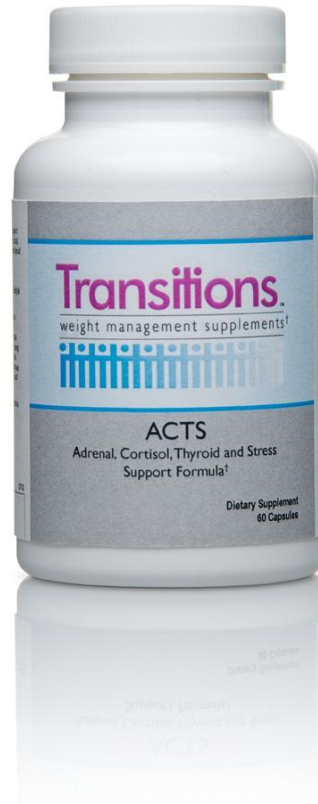
**Regardless of how well we eat, how often we exercise or how hard we try to avoid certain situations, stress is something we cannot escape. Stress has negative mental and physical effects on our bodies. One negative effect of stress is weight gain.**

\*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.

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**Transitions ACTS: Adrenal, Cortisol, Thyroid & Stress Support Formula works specifically to promote healthy adrenal gland function, cortisol levels and thyroid function to help control stress levels and minimize weight gain that is associated with increased stress.**

**Transitions ACTS:**  
**Promotes relaxation**  
**Enhances adrenal function**  
**Boosts energy**  
**Promotes healthy cortisol levels**  
**Helps body adapt to stress**



Code: 6460/6460NM

**Transitions**  
  
*lifestyle system®*

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