



RM
lifestyle®

FLEXIBLE WEIGHT LOSS & MAINTENANCE

RM®

SHED UP TO **10 LBS PER MONTH** *with* RM LIFESTYLE®!



WHY

RM LIFESTYLE®?

- Steady approach to weight loss
 - Guidebook with flexible diet plan
 - Balanced macronutrient intake featuring essential food groups
 - Count your servings - not your calories
-

HOW

RM LIFESTYLE® WORKS

- Provides a comprehensive meal plan that encompasses a balance of lean proteins, healthy fats and complex carbohydrates
 - Most effective when accompanied by:
 - Prescription Appetite Suppressants
 - Weekly Weight Loss Boosters
 - Medical-Grade Vitamins & Supplements
-

IDEAL FOR PATIENTS

WHO

- Want structure and guidance on healthy food choices
- Participate in more strenuous exercise
- Are ready to make a sustainable lifestyle change

THE PHASES OF RM LIFESTYLE®

PHASE 1

WEIGHT LOSS WINDOW

LOSE UP TO 10 LBS OR MORE PER MONTH

- Consultation with Medical Provider
- RM Lifestyle® macronutrient diet plan individualized by the Medical Provider within the *Weight Loss Window Guidebook*

Recommended

- Prescription Appetite Suppressants as a tool to help control hunger and food cravings
- You may also choose to incorporate Weight Loss Boosters for an additional acceleration in weight loss and energy boost
- Medical-Grade Vitamins and Supplements



Popular items

WEIGHT LOSS BOOSTERS

MOST POPULAR Fat Burner PLUS Boosters

MEDICAL-GRADE VITAMINS AND SUPPLEMENTS

MOST POPULAR (and Dr. Bentz's favorites):
Control Kit & Crave Control

DIET-APPROVED FOOD AND BEVERAGE PRODUCTS

MOST POPULAR Protein Drinks & Shakes
(in a variety of different flavors)

PHASE 2

LIFETIME MAINTENANCE

- Consultation with Medical Provider
- Lifetime Maintenance diet plan prescribed by the Medical Provider

Recommended

- Weekly Weight Loss Boosters
- Medical-Grade Vitamins and Supplements



LOOKING FOR WAYS TO *Save?*



Refer a Friend and you both will receive a \$25 Red Mountain Credit towards any service or product



Check in every week to see what's on special for a limited time



Sign up for our email blasts to receive exclusive offers

VISIT **REDMOUNTAINWEIGHTLOSS.COM**
FOR A COMPLETE LIST OF SERVICES & LOCATIONS

 [FACEBOOK.COM/REDMOUNTAINWEIGHTLOSS](https://www.facebook.com/redmountainweightloss)

 [TWITTER.COM/REDMOUNTAINWL](https://www.twitter.com/redmountainwl)

 [INSTAGRAM.COM/REDMOUNTAINWEIGHTLOSS](https://www.instagram.com/redmountainweightloss)