

LIV FACT SHEET

SWEET SURRENDER Instant Sweet Blocker



Benefits:

- Blocks sweetness in foods for up to 3 hours!
- Curbs cravings
- Supports healthy blood sugar levels
- Supports healthy weight management
- Boosts your energy and stamina
- Supports your immune system
- Helps increase mental clarity
- Enhances physical performance
- Freshens breath
- Contains adaptogenic herbal concentrates to help manage stress & mood
- The ingredients have been used traditionally by athletes for endurance and recovery after exercise

Sweet Surrender is a powerful spray that not only freshens your breath, but blocks the taste of sugar! Made of proprietary herbs and adaptogens, Sweet Surrender is flavored with natural peppermint oil. But the power of this product is in the ingredients.

The main ingredient is Gymnema. It is a plant that grows in the tropical forests of central and southern India and in parts of Africa. Herbalists in India have used the leaves of this long, slender plant as a treatment for diabetes for more than 2,000 years. Gymnema is an Ayurvedic herb, and it came to be known as “destroyer of sugar” because, in ancient times, Ayurvedic physicians observed that chewing a few leaves of *Gymnema sylvestre* suppressed the taste of sugar. It not only destroys the taste of sugar in the mouth, the unique shape of gymnemic acid molecules are similar to that of glucose, allowing it to fill cell receptors in the lining the intestines, thereby reducing uptake of sugar molecules.

Sweet Surrender also contains several powerful adaptogens. The term adaptogens refers to an herb that may increase the body's resistance to stress, trauma, anxiety and fatigue. All adaptogens contain antioxidants, but antioxidants are not necessarily adaptogens and that is not their primary mode of action. The adaptogenic herbs in Sweet Surrender were carefully selected because of their properties which have been shown to support the immune system, helps balance blood sugar, supports memory, speed physical recovery, and help adapt to physical, emotional, and environmental stress.

Sweet Surrender can be used in several different ways during the day, depending upon your personal cravings and health goals. To help you avoid eating sweet foods, including diet sodas, just spray three times in your mouth, fully coating the tongue. Wait a few moments, and you will find that even if you ate something sweet, it would not be appealing! If you wanted to have a few bites of dessert, you can enjoy a small portion, and then spray Sweet Surrender in your mouth to remove your desire to eat any more dessert. This effect can last up to 3 hours!

Sweet Surrender can also be sprayed throughout the day to help reduce cravings, maintain balance, and help your body adjust to the stresses of life in the 21st century. However you choose to use it, Sweet Surrender is a great addition to your health supplementation program.

Directions for Use: Spray in the mouth three times, thoroughly coating the tongue. Wait at least a minute before eating.

Ingredients: Gymnema herb (*Gymnema sylvestre*), Rhodiola root (*Rhodiola rosea*), Eleuthero root (*Eleutherococcus senticosus*), Schisandra fruit (*Schisandra chinensis*), Ashwagandha root (*Withania somnifera*), Asparagus root (*Asparagus racemosus*), Purified water, vegetable glycerine, peppermint oil.