

DID YOU KNOW...

The average American consumes 22 teaspoons of sugar a day. Women should have no more than 6 and men 9. An average 44 ounce soda contains 30 teaspoons of sugar alone.

Research has found that sugar and refined sugar make the digestive system acidic, which leaches vitamins and minerals from the body.

In the American diet, added sugar alone accounts for 496 calories every day.

An extra 250 calories a day leads to 25 pounds weight gain a year. That's just a candy bar or a few extra handfuls of chips!



How much sugar is in THAT?

- 12 oz can of soda - 39 grams, 140 sugar calories
- 4 Oreos - 14 grams, 56 sugar calories
- 1 Snickers - 30 grams, 120 sugar calories
- 1 Starburst package - 34 grams, 188 sugar calories
- 1 Pint of icecream - 84 grams, 366 sugar calories
- 16 oz Frappuccino - 47 grams, 188 sugar calories



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sweet SURRENDER

3 SPRAYS AND SUGAR'S YOUR WORST ENEMY



Lose Your Sweet Tooth

Sweet Surrender is the latest revolution in weight management. Sweet Surrender blocks the taste of sugar from food, thus helping you reduce your desire to eat sweets. Just 3 squirts of Sweet Surrender is all it takes. When you have a desire to eat or drink something sweet, just use Sweet Surrender. It's proprietary blend of adaptogenic herbs can also help you manage stress, and ease you through the weight loss experience. It's like getting a peppermint breath spray and "willpower in a bottle" all in one product.

- 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

Side Effects May Include:
Making sugar taste like dirt
Willpower to resist sweets
A much more guilt free you

