



Supporting 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 Physician and Health Care Provider,

We are very pleased 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 low-fat natural foods.

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

Your help in providing support and monitoring is very much appreciated whilst 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 Weightloss program along with the help of nutritionists, helped develop our weight loss program to help patients lose weight, and control blood sugar.

The program is based on **4 parts**:

1. Eating whole unprocessed foods. 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 ingredients of the supplements in the appendix of this sheet.
3. Living a wellness lifestyle which encourages patients to practice mindfulness, reduce stress, and recommend switching out commercial (artificial based) personal care products with natural products. There are numerous studies that link environmental toxins to obesity.

- Patients will be supported by a health care professional during their program while taking note that that they do not act as their primary physicians. 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, 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 health care professionals.

1. SUPREME oral sublingual formula for appetite control.

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

*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.

NDC 71953-0001-1

soza
weightloss

so simple. so different.

SUPREME

WEIGHT + APPETITE SUPPORT

For PROFESSIONAL Use Only

20% Ethanol
1 FL. OZ. (30 ml)

HOMEOPATHIC FORMULA

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, Pituitarum Posterium 8X, 12X, 30C, Silicea 8X, 12X, 30C.

INACTIVE INGREDIENTS:
DeminerIALIZED Water, Ethanol 20%, Glycerin.

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For those not familiar with homeopathy, it is the most commonly used form of alternative medicine in the world. 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 Pharmacopeia of the United States. The supplements are found over the counter and are used throughout

SOZA Weightloss®

the world. These ingredients are safe and have not shown to cause any adverse effects.

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

2. LEAN appetite support formula

An appetite support composed of proprietary blend of vitamins, minerals and herbs to address weight loss and metabolism. Shown to release norepinephrine and dopamine, phenylethylamine HCl is great at triggering the release of glucose from energy stores and increasing blood flow to muscles. It contains the following:

- Chocamine™ is a branded material that takes the best of chocolate (antioxidants, and alkaloids) to a very positive effect on fat burning, increasing energy, suppressing appetite, as well as providing low dose benefits of caffeine.
- Guarana, green tea and green coffee bean extracts all have beneficial attributes for weight loss and blood sugar metabolism. Unlike roasted coffee beans, these do not cause jittery effects.
- 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. Additionally, this form of chromium is an amino acid chelate™, which allows for much greater bioavailability as well as eliminating competition of absorption with other minerals not in an amino acid chelate form.

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
	Amount Per Serving	%DV
Vitamin B6 (as Pyridoxine HCl)	37.5 mg	2,206%
Calcium (as Di-Calcium Malate) (DimaCal®)	29.25 mg	2%
Magnesium (as Di-Magnesium Malate) (Albion®)	25 mg	6%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS®)	500 mcg	1,429%
Proprietary Blend	420 mg	†
Chocamine® (Low Fat Cocoa Extract, theobromine), Guarana Seed Extract, Green Tea Leaf Extract, β-phenylethylamine HCl, Green Coffee Bean Extract.		
† Daily Value not established.		

Other Ingredients: Gelatin Capsule, Stearic Acid, Silicon Dioxide, Microcrystalline Cellulose, Medium Chain Triglycerides Oil, Powdered Magnesium Stearate, natural flavors and spices.

Albion®, DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Chocamine® is a registered trademark of RFI, LLC.

SOZA Weightloss®

3. SOZA vitamin B12 and Folate

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


B12 and folate together is shown to lower levels of homocysteine. In research, high levels of homocysteine are believed to increase the occurrence of heart disease, stroke, Alzheimer's disease and osteoporosis


- Supports Healthy Methylation*
- Supports Neurological Health*
- Supports Red Blood Cell Formation*
- Supports Healthy Sleep Patterns*
- Supports a Healthy Immune System*

Supplement Facts		
Serving Size: 1 Quick-Dissolve Tablet		
Servings Per Container: 60		
	Amount Per Serving	%Daily Value
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	1000 mcg DFE	250%
Vitamin B12 (as MecobalActive™ methylcobalamin)	2500 mcg	104,167%

Other Ingredients: Xylitol, ascorbyl palmitate, silica, and natural cherry flavor.


Manufactured in a GMP compliant facility.

 Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

 **MANUFACTURED IN THE USA**

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

REV. 012717 084879-01

This package is completely recyclable 

SOZA Weightloss®



Patients should NOT do the diet if they:

- Are under 18 years of age.
- Are breastfeeding, pregnant or undergoing fertility treatment. However, if you are pregnant and there is a risk of (or previous history of) gestational diabetes.
- Are underweight and/or have a history or suspicion of an eating disorder.
- Have a significant psychiatric disorder or a history of substance abuse.
- Are under active medical investigation or treatment, or have a significant medical condition affecting your ability to comply with a diet.
- Have had a recent cardiac event, myocardial infarction or cerebrovascular accident (less than three months ago) or other heart abnormalities.
- Have uncontrolled heart disease, uncontrolled hypertension, or kidney failure.
- Are unwell, have a fever, are frail or recovering from significant surgery (less than six months ago).

Cautions - To discuss with their doctor if any of the following apply, before doing this program:

- They have a significant underlying medical condition.
- They are on insulin - they will need a detailed assessment and education by a health professional to plan a suitable reduction in medication/insulin to avoid a potentially dangerous drop in blood sugar (hypo).
- They have type 2 diabetes and are on medication. Your medication may need to be reduced or stopped as blood sugars improve and to avoid hypos.
- They are on certain diabetic medication and have 'hypoglycemia unawareness'.
- They are on blood pressure medication. This may need to be reduced or stopped as blood pressure improves.
- They are taking other medications, e.g. warfarin.
- They have moderate or severe retinopathy; you will need extra screening within six months as retinopathy can sometimes get worse when blood sugar improves.
- They have epilepsy (though there is some evidence that a low-carb diets can improve epilepsy).
- They are pregnant: clearly avoiding lower-calorie diets is wise.