

# ToppFast™

## Meal Shaker

Unless you have a solar powered blender, taking ToppFast on the road is difficult. AMS has a cool and fun solution. "Shake It Up" with the **ToppFast Meal Shaker**. Now you can take your favorite ToppFast shake to work, school, vacation or on business trips. You don't have to carry your blender with you anymore. The shaker is equipped with a slotted lid insert to eliminate clumps. Just add ToppFast and water or milk and shake, shake, shake for a healthy, guilt free, flavorful meal or pick-me-up.

**GET YOUR TOPPFASST MEAL SHAKER, FREE\*!**

And for a limited time, when you purchase a case of ToppFast (6 1.5 lbs cans) you'll receive a free\* ToppFast Meal Shaker! \*Shipping & handling extra.

*No Clumps  
No Spoons  
No Mess*



AMS Employee - Robin Jacob

## WEIGHT LOSS

has "profound" effect on health.

It can be daunting. We step on the scale and we see the numbers go up and up. Sometimes it looks like it's just too big a job to take off all the weight we need to lose. But rather than looking at the entire number, remember the old story about how to eat an elephant . . . "one bite at a time".

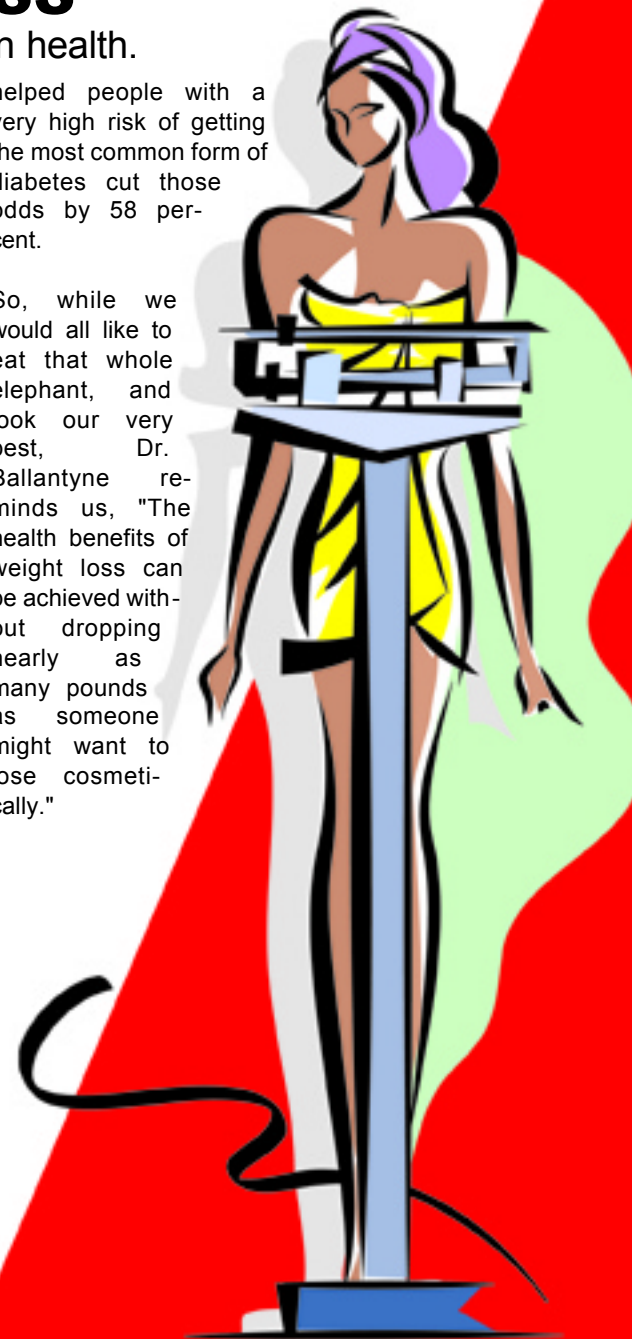
According to a recent report from the Baylor College of Medicine, even a moderate weight loss can have a profound effect on cardiovascular health, greatly reducing risk factors such as high blood pressure, high triglycerides (chemicals in blood that are derived from fat that is either ingested in food or produced elsewhere in the body), and low HDL - the good cholesterol.

"The good news is people don't have to lose all the weight they'd like to in order to make a big difference," said Dr. Christie Ballantyne, director of Baylor's Center for Cardiovascular Disease Prevention. "Our study showed that many of the people who just reduced their body weight by 7 to 10 percent brought their levels back to normal after only a month."

A study by the National Institute of Health concluded that walking and dropping, on average, 15 pounds

helped people with a very high risk of getting the most common form of diabetes cut those odds by 58 percent.

So, while we would all like to eat that whole elephant, and look our very best, Dr. Ballantyne reminds us, "The health benefits of weight loss can be achieved without dropping nearly as many pounds as someone might want to lose cosmetically."



The Food and Drug Administration has not evaluated the statements made in this document. These products are not intended to diagnose, treat, cure or prevent any disease.

AMS makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of these products, except as indicated by their labels.

# Topp

## Shape



Be good to your body  
**Lose Weight**  
The healthy way

**ToppFast™**  
**Meal Shaker**

**Weight Loss**  
has "profound" effect on health

**What is the perfect diet for you?**



# Lose Weight

## The Healthy Way



AMS Nutritional Products Empower You

AMS, a 15 year old company of cutting edge nutritional products, empowers good people to become healthy again. ToppFast Release, Burn and Build Formula is leading the way to healthy weight loss. A performance based complete meal replacement shake, ToppFast scientifically combines a proprietary blend of proteins, herbs, vitamins, minerals, amino acids, and antioxidants in a low fat, low carbohydrate formula designed to normalize appetite, maintain lean muscle and lower body fat by blocking the formation of fatty tissue resulting in less storage of fat.

A proprietary formulation based on a potent Chocolate extract Chocamine promotes healthy energy levels, normalizes food cravings, suppresses the appetite, and naturally and thermogenically speeds up your metabolism. Chocamine is also a resource of endorphins, which are believed to emit the elusive "feel good" feeling so necessary to combat the traditional "grumpy" attitudes associated with weight loss and low energy levels. ToppFast may support the following benefits.

- **Normalize food cravings**
- **Suppress appetite**
- **Boost energy**
- **Increase caloric expenditure**
- **Increase fat burning**
- **Spares muscle protein**

**20 Grams of Protein**  
**Only 1 Gram of Fat**  
**13 Grams of Carbohydrates**  
**18 Amino Acids**



# What is the perfect diet for you?

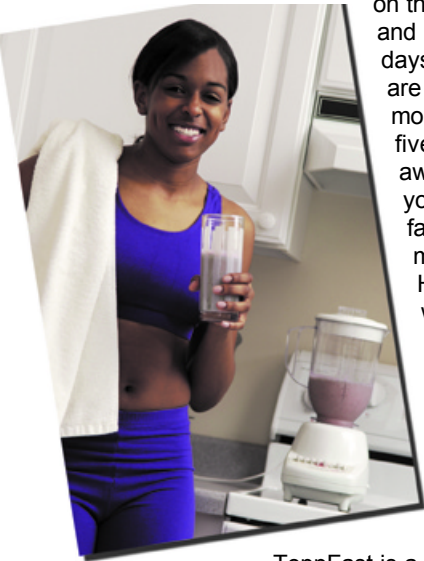
*Low fat? Low carb? Low cal? ————— Who knows?*

Isn't it confusing trying to figure out what diet regiment is the best for you to lose the weight you want and the one that will, in the end, leave you healthy? Wouldn't it be nice to not have to worry about how many calories, fat grams or carbs you have consumed- no special food groupings and for sure, no starvation?

Here is the secret to doing just that...and it is so simple.

Nutritionist Myrna Jo Heller, who has been a proponent of the "Drink your breakfast" concept because of the nutrition and health benefits, is now advising those who want to lose the unhealthy extra pounds they are carrying around to extend the ToppFast nutritionally power packed regiment to "Drink your meals."

**FOR SIGNIFICANT WEIGHT LOSS** drink great tasting Toppfast for five days each week, and eat what you want, within reason,



ToppFast is a sure way to lose the weight: Calories must be in the body approximately three hours in order to be stored as fat, and since liquid food is absorbed through the membrane walls and

exits in less than three hours, the body must rely on existing fat for its reserve energy. Because of this process, ToppFast shakes can be mixed with a variety of "fun" and "flavorful" ingredients for hunger and taste satisfaction without worry about excessive calories.

Since ToppFast contains twenty grams of protein and a complete range of minerals and vitamins, the body is getting the necessary nutrients for daily function.

ries.

**TO SUCCESSFULLY MAINTAIN YOUR WEIGHT** by using ToppFast total meal replacement or if you need to ease into the ToppFast regiment, you can use ToppFast partial meal replacement. One to two ToppFast shakes in place of one or two meals, combined with a sensible solid meal each day, is a great way to maintain the weight level you desire. Solid food will continue the expansion and contraction of the digestive tract, which is more practical than long-term total liquid diets, and yet the results are excellent.

For maximum benefits, add Prime One to your ToppFast Shake once or twice a day to feel great, enhance sleep, increase stamina, improve cellular balance, reduce fatigue, and strengthen the immune system.

This dynamic duo for weight loss - ToppFast and Prime One - is the AMS solution to the National and State obesity and excess weight health crisis. ToppFast and Prime One...a solution that is healthy,

**ToppFast is available in Chocolate, Vanilla & Orange Cream flavors.**



Myrna Jo Heller  
VP of Health & Nutrition



## Surgeon General's Healthy Weight Advice for Consumers

### Aim for a Healthy Weight

- Find your Body Mass Index or BMI - visit

[.amsonline.com/goto/Topp\\_Shape](http://www.amsonline.com/goto/Topp_Shape)

- If you are overweight or obese, losing just 10% of your body weight can improve your health.
- If you need to lose weight, do so gradually.

### Be Active

- Keep physically active to balance the calories you consume.
- Be physically active for at least 30 minutes on most days of the week for adults.
- Limit TV time to less than 2 hours per day.

### Eat Well

- Select sensible portions.
- Follow the Dietary Guidelines for Americans - visit

[.amsonline.com/goto/Topp\\_Shape](http://www.amsonline.com/goto/Topp_Shape)

### Body Mass Index

An expert panel, convened by the National Institutes of Health in 1998, recommended that Body Mass Index (BMI) be used to classify overweight and obesity.

- BMI correlates with risk of disease and death; for example, heart disease increases with increasing BMI in all population groups.
- Calculating BMI is simple, rapid and inexpensive.

[.amsonline.com/goto/Topp\\_Shape](http://www.amsonline.com/goto/Topp_Shape)

- BMI correlates well with total body fat for the majority of people.

Healthy Weight	18.5 - 24.0
Overweight	25.0 - 29.9
Obesity	30.0 - Above

- BMI has some limitations in that it can overestimate body fat in persons who are very muscular.
- An actual diagnosis of overweight and obesity should be made by a health professional.

### Health Consequences

- Overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems and depression.
- BMI range does not necessarily indicate that a person is unhealthy. Other risk factors such as high blood pressure, high cholesterol, smoking, and personal family medical history are also important to consider when assessing overall health.
- The higher a person's BMI is above 25, the greater their weight-related health risk.