

## What is Cheat?

Cheat helps you feel full longer with naturally sourced fiber made from the Japanese Konnyaku root. Use Cheat to help keep your cravings contained and support your weight loss success.

## Benefits & Features

- Aids in appetite control
- Supports healthy cholesterol levels within normal range
- Supports healthy digestion

## Key Ingredients

- Green coffee bean extract
- Konnyaku root
- Phytosterols

## FAQ

**Question:** When is the best time to take Cheat?

**Answer:** Take Cheat 30 minutes before your biggest meal of the day to help with portion control.

**Question:** Can I take Cheat between meals?

**Answer:** Yes, consuming Cheat between meals is a great way to boost fiber intake and curb cravings. Always consume a minimum of 8 oz of water when taking Cheat.

**Question:** What makes Cheat different from other appetite support products?

**Answer:** Not only does Cheat offer appetite support, it also utilizes Konnyaku root to regulate the absorption of macronutrients including fats and carbohydrates.

## Directions

Take 1 capsule daily or as recommended by a physician. Take it 30 minutes before meal with at least 8 oz of water.



# Cheat

## Nutrition Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%RENI**
Calories (kcal)	3	<2%
Calories from Fat	0	
Total Fat	0 g	*
Saturated Fat	0 g	*
Trans Fat	0 g	*
Cholesterol	0 mg	*
Sodium	1 mg	*
Total Carbohydrate	1 g	*
Dietary Fiber	0 g	*
Sugar	0 g	*
Protein	0 g	<2%

\*\*Percent RENI values are based on FNRI reference male adult requirement of 19-29 years old.

\* RENI value not established.

Ingredients: Glucomannan from konnyaku (Amorphophallus konjac) root powder, gelatin (capsule), Green coffee bean extract, Mixed plant phytosterols, Hydroxypropyl cellulose (Diluent), Microcrystalline cellulose (Binder), Magnesium stearate (Lubricant), and Silicon dioxide (Anti-caking agent).

Contains: Soy.

## Complementary Products



Xyngular Collagen



Genesis



Accelerate

**MAHALAGANG PAALALA: ANG CHEAT AY HINDI GAMOT  
AT HINDI DAPAT GAMITING PANGGAMOT SAANUMANG URI NG SAKIT.**

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