



## ***Husband - and - Wife Team Lost 48 Pounds in 90 Days***

*Matias Caceres shed 32 pounds, while wife Aymara Caceres lost 16!\**

With the BODYKEY by NUTRILITE™ Program, Matias and Aymara Caceres know they've found a way to control their weight for life.

"This program has really educated me about how to control my weight," Matias says.

The couple both started with the BODYKEY by NUTRILITE Jump Start Kit, which includes the Inherent Health® Weight Management Genetic Test. Taking the test unlocked the best personalized plan for the Caceres' genes, which turned out to be the BODYKEY by NUTRILITE Better Balancer™ Plan for both.

They followed along with comprehensive meal plans on MyBODYKEY.com, available through subscription or free with the purchase of a Jump Start Kit. Matias and Aymara say they learned to incorporate more colorful fruits and vegetables into their diet and how to prepare foods in a healthier way. They also really liked the ease and convenience of the plan's exchange system, which allows easy substitutions to be made as well as the satisfying recipes.

"One of the best things about the plan was that I was never hungry," Aymara says.

They replaced two meals per day with BODYKEY™ Meal Replacement Shakes, and supplemented with NUTRILITE® SLIMMETRY® Dietary Supplement and Glucose Health. Matias believes the combination really maximized his weight loss.

“My ability to metabolize food has accelerated, and the results speak for themselves,” he says. The pair also used BODYKEY Super Green Aloe Shots and Appetite Control Chews to reach their weight loss goals. Both say wearing a Fitbit™ The One Wireless Activity and Sleep Tracker made a huge difference in keeping them accountable. The tracker can be linked to MyBODYKEY.com to seamlessly and automatically track calories consumed and burned, as well as daily activity and exercise.

“Now I know how many calories I use per day, how much I can eat without gaining weight, and how many calories my workout has burned,” Aymara says.

Matias and Aymara are excited about the progress they’ve made in such a short time and are eager to continue their weight loss journey, not only for their health, but for the differences they’re noticing in their physical appearance and how they feel.

“I feel much better,” Matias says. “The benefits are evident and overall, I’m ecstatic. My clothes fit much better.”

“I have more energy. I feel much better when I get dressed and even my skin looks different,” Aymara says.

Consult your physician or health care professional before starting any weight loss program. Product was provided as well as the assistance of a dietitian and weekly counseling.

Trademarks: Inherent Health and Better Balancer (Interleukin Genetics, Inc., Waltham, Mass.).