

# ACCESS®

FAT CONVERSION ACTIVITY BAR

*The Great-Tasting Bar That  
Helps You Burn Fat!*

Burn more fat, enjoy more  
energy, recover faster, and  
experience less muscle  
fatigue with Access.

It's the only bar of its  
kind scientifically  
proven to help you get  
better results from  
your workout!



In studies, intake of the  
Access bar enhanced  
sustained aerobic activity by 50%! Because of its  
uniqueness Access, was granted a U.S. patent.\*

## Only Melaleuca Has It

- Patented formula developed by L. Wang, Ph.D.; the result of years of research into body metabolism.

## Energy without Soreness

- Eat one bar at least 15 minutes before activity—you'll have more energy and less muscle fatigue.

## Helps You Lose Weight!

- Use Access to help you burn more fat and an *Attain* shake or bar to cut calories—and lose the weight!

No matter what your activity or exercise, you'll get more out of it with *Access*. Based on breakthrough research on fat metabolism, *Access*'s patented formula actually sends a message to the cells in your body to stop storing your fat and start using it for energy. *Access* helps you burn more fat!

### Using Fat

Unfortunately, the body cannot simply put stored fat to immediate use. It must first convert it to the more user-friendly fatty acids. As long as this process continues, the muscles have sufficient fuel to work. However, during increased activity, the body also produces *adenosine*—a natural by-product.<sup>1</sup> Dr. Wang, the developer of *Access*, discovered that it is this compound that hinders our ability to continue to use fat efficiently, and is one of the reasons why we cannot use our stored fat on command.

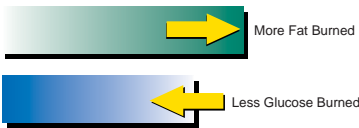
### Adenosine Trouble

Adenosine hinders fat conversion by inhibiting the action of the nerve and the enzyme required for fat to be used. It also promotes the conversion of glucose into lactic acid—which is why you may experience muscle aches after exercise.

The food ingredients present in the *Access Bar* contain elements which can zap away some of adenosine's power. This release of adenosine's stranglehold is compared by Dr. Wang to the release of a hand-brake that has been left on in a fast-moving car; the body engine can now fully exert its potential power to achieve peak performance. The result is more endurance,

more energy, and more fat being burned.

With *Access*



### The Benefits of *Access*

- The only bar of its kind!
- Soft, fresh texture
- Patented fat-burning technology
- Low-fat, no cholesterol
- Maximizes endurance
- Reduces muscle discomfort
- Enhances athletic performance

### Access Body Fat During Exercise

When you eat an *Access Bar* approximately 15 minutes before you begin your activity, your body will react more like that of a trained athlete—it will burn less glucose and more fat. Whether you're a seasoned athlete or a sedentary individual who's beginning an exercise program, *Access* allows you to burn more fat, exercise longer, and experience less fatigue and pain.

<sup>1</sup> Wang L.C.H., "Mammalian Hibernation: An Escape from the Cold," *Advances in Comparative and Environmental Physiology* 2, Gilles R (ed.), Springer Verlag, Berlin (1988), 1-45.

### Access More Muscle Fibers During Activity

No matter how strenuous your activity, with *Access* you can access more muscle fibers during exercise. This means you'll:

- perform better
- burn more calories

### 4 Great Flavors!

Peanut Butter	Double Fudge	Mint Chocolate	Mocha Praline
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### Why It's Difficult to Lose Fat without Exercise

When you don't get enough exercise, your metabolism slows and your ability to burn fat diminishes. This results in unhealthy fat deposits.

Excess fat is linked to heart disease, stroke, diabetes, and cancer. Yet less than 40% of Americans exercise 20 minutes or more three times a week. This is a lifestyle habit that must be modified if optimal health is your goal. Using *Access*, you can get enhanced fat-burning benefits with even modest activity, such as mowing the lawn or walking.

### The Life's Work of a World-Renowned Scientist

The man who developed our breakthrough, patented formula is Larry Wang, Ph.D. Dr.



Wang is a professor at the University of Alberta in Edmonton, a member of the Royal Society of Canada, and recognized around the world as an authority on fat metabolism.

Through his research, Dr. Wang discovered that adenosine, a chemical by-product of activity, blocks access to fat stores. Dr. Wang concluded that the blocking effect of adenosine causes the human body to burn glucose, before fat, as fuel during exercise. To counteract this effect, he discovered a natural food substance that inhibits the effects of adenosine, enabling faster fat utilization during exercise. That substance is the basis of *Vitality for Life's* patented *Access Fat Conversion Activity Bar*. It is the only fitness food of its kind.

If you're ready to lose weight or if you want to enhance your athletic performance, then get your hands on *Access*. This great-tasting bar gives you the unique opportunity to burn more of your excess fat, become leaner and healthier, and thus decrease the risk of serious illness. Nature provided all of the ingredients; brilliant scientists guided the creation, and only *Melaleuca* makes *Access*—the only fitness food of its kind—available to you.

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*This information is designed for educational purposes only and is not intended to be prescriptive. Should you require advice for any particular health reason it is advised that you consult your physician.*

