



**FIT6**  
NUTRICOODE

# FAST TRACK

*3 months to success*

A detox and weight loss plan  
with easy-to-follow supplements  
and a nutrition plan



**Toxins** *are dangerous compounds* that enter the body through the air we breathe, food, water, or stimulants.


They can also be produced by the body during metabolism. If they accumulate for too long, they often become the main cause of ailments such as:

- constant fatigue
- sleep disturbances and irritability
- lowered mood and concentration
- weakened immunity – frequent infections
- abdominal pain, bloating, constipation, diarrhea
- slowed metabolism that hinders weight loss
- unpleasant smell of sweat, urine, gases, and/or breath
- skin problems – pimples, rashes, etc.
- hair loss, brittle nails



The best way to cleanse the body of harmful chemicals is a *healthy lifestyle and advanced dietary supplementation*.





With our program, you will detoxify your body within *3 months, resulting in noticeable health and well-being improvements.* Additionally, you will shed excess weight and metabolic water and see positive changes in your appearance.

### *Results after 3 months*

✓ REDUCED INFLAMMATION IN THE BODY	✓ PLEASANT FEELING OF LIGHTNESS
✓ IMPROVED GUT INTEGRITY AND FUNCTION	✓ NO ISSUES WITH BOWEL MOVEMENTS
✓ MORE EFFICIENT LIVER FUNCTION	✓ HIGH SUPPLEMENT ABSORPTION
✓ ACCELERATED METABOLISM	✓ PROPER HYDRATION
✓ LOSS OF VISCERAL FAT	✓ LOWERED CORTISOL LEVELS
✓ SIGNIFICANT WEIGHT LOSS	✓ ENERGY BOOST
✓ REDUCTION IN BODY CIRCUMFERENCE	✓ IMPROVED COGNITIVE FUNCTION
✓ APPETITE CONTROL	✓ BETTER CONCENTRATION
✓ QUALITY SLEEP	

# Reviews



The New Generation Inner Balance is perfect for when you're feeling sluggish and fatigued. It boosts energy, improves sleep, and works wonders for the waistline.

Sami J.

*Mum and Entrepreneur*



The Fontainavie Inner Balance is magic, I did a month's supply in January. Not only did I lose inches, my bloating went, I had more energy and my sleep has never been as good. I will recommend this amazing product to anyone.

Leanne N.

*Busy Mum of Two*

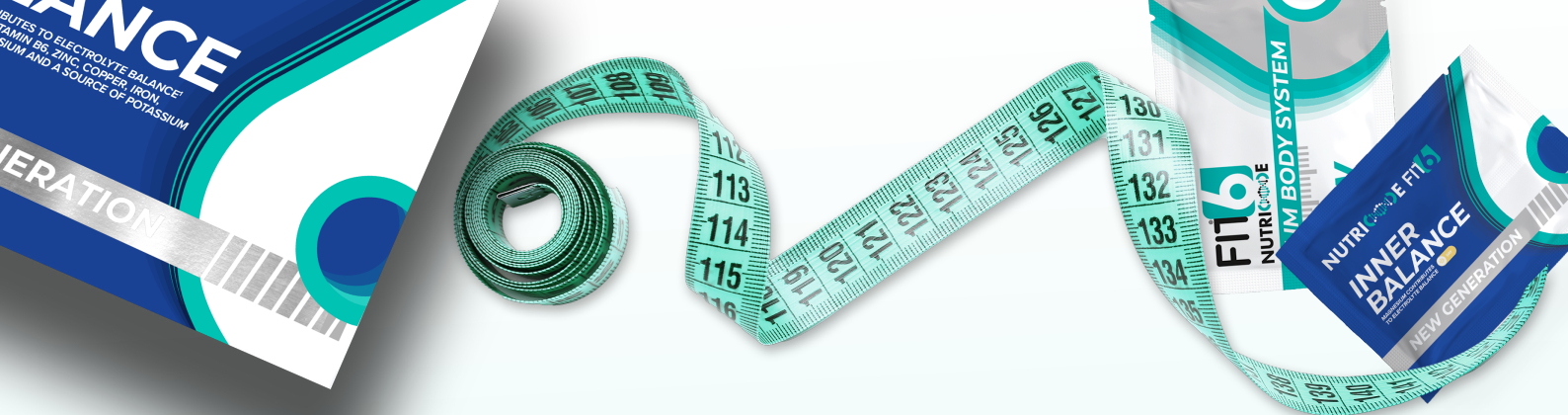


Bloated, couldn't lose any weight no matter what I tried. Then I found Inner Balance. Godsend! Dropped 2 dresses, bloating gone, and I believe this is what kickstarted my journey to feeling and looking better from the inside out!

Joanna S.

*Busy Mum and entrepreneur*





# Metamorphoses with the Fit6 program



*Before*



*After*

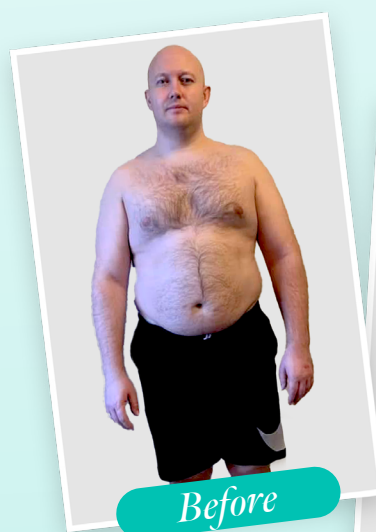
Beckie achieved an impressive total weight loss of **28 pounds** in just **12 weeks**.

Beckie followed our Fit 6 program, which primarily involved using the Inner Balance and Slim Body System supplements under the UK's version of Fontainavie, branded as Nutricode. These supplements contain the same ingredients, just under a different brand name.

**„I absolutely love the Inner Balance and Slim Body System!**

These two supplements have helped me to lose **over 44 pounds in 6 months**. These supplements reduced my appetite and helped to burn fat much faster!”

- Gediminas G.



*Before*



*After*



# FAST TRACK

*3 months to success*



## Products Sets





# Set For Month 1

## *Detox And Energy*

### EXPECTED RESULTS

- ✓ reduced inflammation, which is the main reason for weight stagnation and reduced vitality
- ✓ improved sleep quality, resulting in lowered cortisol levels and an accelerated metabolism
- ✓ weight loss – the body will draw energy from fat tissue
- ✓ no drowsiness after meals, reduced snacking, and faster weight loss due to stable blood glucose levels throughout the day
- ✓ replenished water and electrolyte deficiencies (potassium, sodium), supporting proper nervous system function and reducing fatigue and tiredness



### USAGE INSTRUCTIONS

**Inner Balance:** dissolve the contents of the sachet in 200 ml of water – drink 2 during the day and 1 before bedtime

**Ideal Shape:** take 2 capsules daily, preferably after breakfast



# Set For Month 2

## *Detox And Metabolism*

### EXPECTED RESULTS

- ✓ elimination of harmful substances from the body
- ✓ support for liver function and accelerated regeneration
- ✓ bowel cleansing from food residues
- ✓ reduction of bloating and constipation
- ✓ neutralization of free radicals
- ✓ increased body efficiency
- ✓ reduced inflammation and swelling, along with fatigue and tiredness
- ✓ stimulation of an extremely slow metabolism by encouraging the thyroid to secrete hormones



### USAGE INSTRUCTIONS

**Inner Balance:** dissolve the contents of the sachet in 200 ml of water – drink 2 during the day and 1 before bedtime

**Beauty Detox:** take 2 capsules daily, preferably after breakfast





# Set For Month 3

## *Detox And Appetite Control*

### EXPECTED RESULTS

- ✓ minimized inflammation
- ✓ reduced fatigue and tiredness
- ✓ faster feeling of satiety after eating
- ✓ better control of emotional hunger
- ✓ reduced snacking
- ✓ proper blood glucose levels after meals
- ✓ well-nourished gut microbiome
- ✓ bowel cleansing from food residues
- ✓ reduction of bloating and constipation
- ✓ proper acid-base balance of the whole body



### USAGE INSTRUCTIONS

**Inner Balance:** dissolve the contents of the sachet in 200 ml of water – drink 2 during the day and 1 before bedtime

**Slim Body System:** dissolve the contents of the sachet in 200 ml of water – drink 3 times daily before meals

# General Program Guidelines

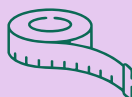
1. Avoid sugar and cow's dairy products
  2. Drink 30 ml of water per kilogram of body weight
  3. Regularly take dietary supplements
  4. Sleep 8 hours a day
  5. Have one meal in the form of a smoothie or soup based on green vegetables
  6. Drink herbal teas that support liver, bowel, and kidney detoxification
- \*Example meal times:*  
- For a 12-hour fast: 8:00, 12:00, 16:00, 20:00  
- For a 16-hour fast: 9:00, 13:00, 17:00

## *Before starting the program*



### **WEIGH YOURSELF**

in the morning,  
on an empty stomach,  
unclothed, after  
a bowel movement



### **MEASURE YOUR BODY CIRCUMFERENCE**

arms, abdomen,  
waist, hips, thighs



### **TAKE PHOTOS** of your silhouette

**REPEAT THESE ACTIONS AFTER 2 WEEKS  
TO SEE THE DIFFERENCE**



# Sample Meal Plan

## Breakfast

**Option 1:** egg (1 yolk, unlimited whites) + lean cold cuts / smoked salmon / tuna + *optional fruits (to be subtracted from the daily limit) + unsweetened coffee / tea*

**Option 2:** oatmeal or quinoa in the form of porridge / pancakes / muffins / cakes + *1 tbsp of seeds (optional, to be subtracted from the daily limit) + unsweetened coffee / tea*

**Option 3:** ½ portion of the previous day's lunch

## Second Breakfast / Snack

1 fruit / 1 vegetable / 10 hazelnuts or almonds / 5 walnuts / 1 whole egg or egg white if you had an egg for breakfast / several slices of ham / meat / fish / seafood/ 10 olives / oats



# Sample Meal Plan

## *Lunch / Dinner*

- Eat plenty of filling meat and various types of fish (always remove visible fat and skin) with colorful vegetables
- Vary the preparation methods, avoiding only frying
- Add quinoa to the main dish once a week
- Drink water, tea (chamomile, lemon verbena, valerian, mint, nettle), or unsweetened coffee (you can add a teaspoon of cocoa or cinnamon to suppress appetite and stimulate fat burning)
- If you feel hungry after lunch, have a snack of dark chocolate (minimum 70% cocoa) or animal-based protein (meat, fish, egg whites)





# ✓ Acceptable Products

**Vegetables:** pumpkin, watercress, lettuce, artichoke, leek, eggplant, broccoli, onion, chicory, zucchini, asparagus, spinach, white and red radish, kale, turnip, cucumber, pepper, kohlrabi, soybean sprouts, arugula, lamb's lettuce, tomato, celery, horseradish root, okra, mushrooms (also dried), all types of cabbage, green beans, beet greens, 10 olives

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**Pickled and preserved vegetables** (occasionally for variety)

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**Raw fruits (1 serving):** 10-14 berries (raspberry, blueberry, blackberry, currant), 10 grapes, 10 cherries, 10 sour cherries, 8 strawberries, ½ pomegranate, 2 slices of pineapple (1 cm thick), 1 slice of melon (4 cm thick), 1 slice of watermelon (4 cm thick), 1 apple with skin, 1 pear with skin, 1 kiwi, 1 orange, 1 grapefruit, 2 mandarins, 2 clementines, ½ banana, ½ mango, ½ papaya, ½ avocado, ¼ dragon fruit, 1 peach with skin, 1 nectarine with skin, 4 apricots with skin, 4 guavas with skin, 2 plums with skin, 5 figs, 1 small quince, 10-14 cape gooseberries

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**Nuts (10 pieces):** hazelnuts, almonds, walnut halves

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**Seeds (1 tbsp):** chia, flax, hemp, poppy, sesame, sunflower, pumpkin seeds

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**Grains (4 tbsp):** oatmeal, quinoa

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**Dried meat 100% or skinless and without visible fat:** beef, pork, veal, lamb, venison, duck, rabbit, turkey, chicken

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**Cold cuts:** lean pork ham without visible fat and without dextrose, maltodextrin, or sugar

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**Fish, shellfish, and mollusks, Canned fish in water or oil, Eggs (1 yolk, unlimited whites)**

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**Spices:** 2 tbsp of olive oil (occasionally can be replaced with coconut oil), herbs, salt, vinegar, garlic, lemon

# ✖ Prohibited Products

**All sugars:** and sugar-containing foods: cakes, cookies, candies, chocolates, chewing gum, lozenges, ketchup, mayonnaise, mustard, tomato pulp, juices, soft drinks, jams, jellies, honey, agave syrup

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**Grain, flour products, and derivatives:** crackers, pizza, dumplings, noodles, gnocchi, sauces, pasta, rice, grains, couscous, puff pastry, crackers, breakfast cereals, granola bars, shortcrust pastries, corn, breads (exceptions can be found in the meal plan)

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**Tubers, potatoes, sweet potatoes, cassava, carrots, beets**

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**Dried or candied fruits, dates, figs, raisins, plums**

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**Milk, dairy products, and their plant-based substitutes, tofu, coconut milk, oat milk, soy milk**

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**Cold cuts (except lean pork ham)**

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**Meat jellies**

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**Offal, e.g., liver, stomach, crab sticks**

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**Ready-made spice mixes, gyros, kebab, bouillon cube**

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**Alcoholic beverages, gelatin, cashew nuts, bouillon cube**

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WORLD  
UK

