



Humerus 3 is an herbal preparation that contains three Pharmacopoeial herbs. This preparation controls appetite naturally without taking in consideration the amount of food intake or the nature of the food, however, following a food regime with light fats and lower calorie intake will increase the potency of the preparation.

Indications:

- ❖ Useful in gradual decrease in body weight
- ❖ Useful in controlling the appetite
- ❖ Useful in eliminating the excess fats around the waist, Humerus, buttocks and the belly.
- ❖ It helps in maintaining the homeostatic mechanism of the glands that are responsible for releasing hormones that control the hungry and satiety functions.

Contradictions none known Results:

- ❖ The potency of the preparation in weight control clearly observed during the first month of using it.
- ❖ No side effects were encountered when the preparations is used for long term.
- ❖ The expected loss in body weight averaged from 3- 4 kg month.
- ❖ In order to maintain a proper body weight after the treatment with Humerus3. It is advisable to take it regularly 1-2 times a day. Side Effects No serious side effects were reported from using Humerus3, except that 3-6% of the cases experienced diarrhea during the first four days of using it. How to use 1 capsules three times daily half an hour before meals. Notes
- ❖ It is advisable to exercise in conjunction with taking Humerus3.
- ❖ Avoid eating foods high in fat
- ❖ Eat a diet high in Vegetables
- ❖ To maintain proper body weight it is advisable to take Humerus3 over a period of time, depending on how much weight you intend to lose.

Note: can be provided as powder form.