



WHO'S READY TO MAKE A CHANGE?



READY TO MAKE THAT CHANGE?

Finally, a plan for any person who is committed to changing their life! Get Healthy at Home with Saba™ is a results-driven programme that anyone can do from home.

This system provides you with the tools YOU need to succeed!:

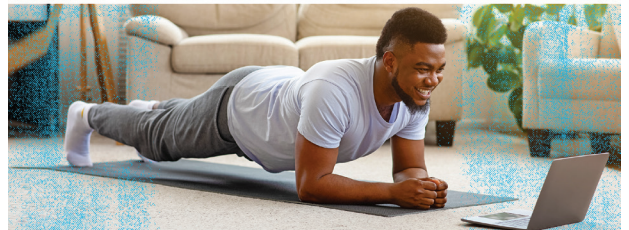
- Access to Private Facebook Group
- Professional Coaching
- Free Meal Plans & Guidance
- Exercise Plans for All Levels
- Live Group Zoom Calls with Support & Encouragement
- Small Accountability Teams with personal messaging to answer all of your questions

EXERCISE
This programme is for everyone. It doesn't matter what fitness level you are at, or how long it's been since you've exercised.

MEAL PLAN
Pick the meal plan that best suits you. We will provide different options.

SABA™ PRODUCTS
Science-Based Supplements to Accelerate Your Results

MOTIVATION, SUPPORT, & ENCOURAGEMENT ALL THE WAY!



FEATURING SABA™ SUPPLEMENTS:

The most researched and proven supplements available on the market.

Products Included:



Benefits :

- Lose Unwanted Pounds†
- Increase Lean Mass†
- Develop Healthy Habits for Life†
- Look and Feel Better†
- Build Your Confidence†

PLEASE SEE FOLLOWING PAGES FOR INDIVIDUAL BENEFITS AND FULL COMPOSITION LIST

HOW THIS SYSTEM WORKS:

- STEP 1** Sign up today. Your \$115 USD monthly charge includes everything with all 3 supplements. There is no long-term commitment.
- STEP 2** Follow your meal plan & exercise guidance from our professional coaches.
- STEP 3** Just press "play" to stream your workout from our **private** on-demand YouTube channel.
- STEP 4** Access our **private** Facebook community for endless motivation, support, and accountability.
- STEP 5** Get results! Go ahead, show them off – you earned them!

Disclaimers:
The information provided herein is intended for your general knowledge only, and helps market this product and is not a substitute for professional medical advice or treatment for specific medical conditions. Always seek the advice of your physician or other qualified healthcare providers with any questions you may have regarding a medical condition. This information is not intended to diagnose, treat, cure, or prevent any disease. Never disregard medical advice or delay in seeking it because of something you have read here or on the sabaforlife.com website or information obtained from a Saba independent distributor. Consult your physician prior to taking any dietary supplement. Results from using Saba products may vary from user to user.

†These statements have not been evaluated by the Food and Drug Administration or other regulatory agencies in Europe. This product is not intended to diagnose, treat, cure, or prevent any disease.



saba Empower™

Energy & Weight Management

- Weight Loss†
- Energy†
- Appetite Control†
- Nootropics†



Empower your weight LOSS

WHY SABA EMPOWER™ IS THE MOST EFFECTIVE WEIGHT MANAGEMENT SUPPLEMENT ON THE MARKET

LeanGard®
Patented, scientifically researched, and clinically proven weight loss and metabolism boost blend of natural ingredients†

TeaCrine®
An exclusive, patented nootropic and naturally sourced energy discovery blend of natural ingredients†

Caralluma fimbriata
A scientifically proven, naturally sourced ingredient for enhanced appetite control†

Caffeine
Clinically proven to ward off drowsiness, decrease fatigue, increase alertness, and improve one's mood†

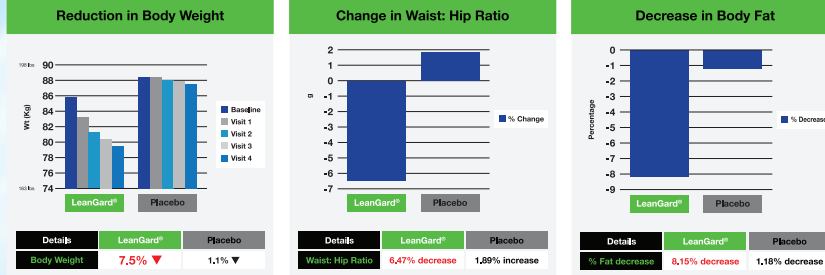
B Vitamins & Folic Acid
A healthy dose of B6, B12 and Folic Acid provides fuel for efficient energy conversion†

KEY BENEFITS

- FAT LOSS†
- WEIGHT LOSS†
- FATIGUE RELIEF†
- APPETITE CONTROL†
- SUPERIOR ENERGY†
- HEALTHY BODY COMPOSITION†
- IMPROVED COGNITION†
- NO CRASH†
- FAST ACTING†
- ENHANCED FOCUS†
- BETTER CONCENTRATION†



RESULTS FROM A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED STUDY ON LEANGARD®:



HOW LEANGARD® WORKS
LeanGard® has an advanced spectrum of natural ingredients synergized to support satiety, lean body mass and a healthy body composition with the impact on healthy body weight. Composed of ForsLean®, GarCitrin® and bioavailability enhancer BioPerine®, the composite has been clinically evaluated for its safe and effective role in ideal weight management.

COMPOSITION		%DRI*
Vitamin B6 (as Pyridoxine HCL)	1,1 mg	100%
Vitamin B12 (as Methylcobalamin)	2,5 ug	100%
Folate (as Pteroylmonglutamic acid)	200 ug	100%
Caffeine	300 mg	**
LeanGard® extract blend of Coleus forskohlii, Garcinia cambogia, Piper nigrum	1000 mg	**
Whereof:		
Hydroxy Citrate Acid (HCA)	250 mg	**
Forskolin	40 mg	**
Garcolin	20 mg	**
Piperine	3 mg	**
Caralluma fimbriata (whole plant) extract	100 mg	**
Beta-phenylethylamine HCL (PEA)	30 mg	**

*Daily reference Intake **No DRI Value Established
INGREDIENTS: Extract blend of LeanGard® (Coleus forskohlii, Garcinia cambogia, Piper nigrum), Caffeine, Caralluma fimbriata (whole plant) extract, Beta-phenylethylamine HCL (PEA), Vitamin B6 (as Pyridoxine HCL), Vitamin B12 (as Methylcobalamin), Folate (as Pteroylmonglutamic acid)

RECOMMENDED DAILY PORTION: Adult take one capsule in the morning and one capsule early afternoon 10 to 15 minutes after a meal. Do not take after 4 pm as the product might cause restlessness. Drink plenty of water throughout the day. The recommended daily dose should not be exceeded.

Supplements should not be used as a substitute for a varied diet or a healthy lifestyle. Keep out of reach of young children. Not recommended for children or pregnant or breast-feeding women.

CAUTIONS: Consult your doctor before use in case of doubt, illness or use of medications. In particular do not take if you are using medications such as sleeping pills, stimulant medications, allergy medications and medications for high blood pressure or other cardiovascular disorders. Stop using if you have dizziness, headache, nausea, cold sweats, fever or palpitations. Do not use if pregnant, nursing, or if packaging has been tampered with. You are recommended not to exceed an intake of 400 mg caffeine per day from all sources.

FORMULATED WITH **TEACRINE®** and **LeanGard®**
TeaCrine™ is a registered trademark of Compound Solutions, Inc. LeanGard®, ForsLean®, Garcolin® and BioPerine® are registered trademarks of Sabinsa

- LeanGard® Weight Loss Technology
- Caralluma Fimbriata
- Caffeine
- Beta-Phenylethylamine
- B Vitamins



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saba SHAPE™

The Skinny Probiotics
Clinically Proven to Control Body Fat
& Support Metabolic Health†



Saba SHAPE™

Saba Shape™ is a skinny probiotic formula clinically proven to control body fat and metabolic health. Not all probiotics help with weight loss, and some of them may cause weight gain. Saba Shape™ is supported by a decade of research and is proven to help you lose weight.†

Worldwide obesity has more than doubled since 1980.
In 2016, more than 1.9 billion adults were

- Cardiovascular Disease
- Diabetes
- Joint Pain
- Cancer

overweight, and more than 650 million of those were classified as obese.²
Obesity and overweight contribute to: †
Deaths caused by overweight and obesity

3.4 million

Saba SHAPE™ is here to help.
Consumers continue to look for answers. Their search is the reason why the market for weight loss supplements has grown to an over \$5 billion industry. This is why we created Saba Shape™, a probiotic formula that's clinically proven to control waist circumference and body fat — particularly trunk fat. It's also been shown to strengthen the good gut bacteria linked with metabolic health, which means the risk of weight-related health issues may be reduced.†

Strong clinical documentation
Bifidobacterium lactis 420 (B420™) for metabolic health — a decade of research

2007 - 2015 Cell culture studies: B420™ improves epithelial barrier function. <small>Purtaala et al. Res Microbiol 2008 Mokkala et al. Nutr Res 2016</small>	2008 - 2013 Mouse studies: B420™ improves metabolic health and gut barrier function. <small>Amar et al. EMOB Mol Med 2011 Stenman et al. Benef Microbes 2014 Stenman et al. Diabetol Metab Syndr 2015</small>	2013 - 2016 Mouse studies: B420™ improves metabolic health and gut barrier function. <small>Gardou et al. Cell Metab 2015</small>	2013 - 2016 MetS/Prob Clinical study: B420™ with or without Litesse® Ultra™ controls body fat mass. <small>Stenman et al. EBioMedicine 2016</small>	2017 MetS/Prob Clinical study: B420™ with or without Litesse® Ultra™ increases level of Akkermansia bacterium in the gut. <small>Hibbert et al. Beneficial Microbes 2018</small>
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The benefits of maintaining a healthy weight go far beyond smaller clothing sizes.

- More energy and greater ability to join in desired activities†
- Fewer joint and muscle pains†
- Better sleep patterns
- Better regulation† of bodily fluids and blood pressure†
- Reduced burden on your heart and circulatory system†

Saba SHAPE™ is the new proven probiotic for weight management.†

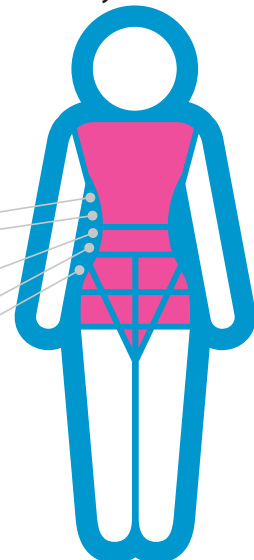
Saba Shape™ triples the chances of successful weight management when maintaining a regular lifestyle. A double-blind, placebo-controlled study found that six months of dietary supplementation resulted in:

- 4.5% less total body fat mass†
- 6.7% less trunk fat†
- 2.6 cm (1.02 inch) smaller waist circumference†

Participants in the study made no other change to their diet or exercise regime. The greatest benefits from B420™ + Litesse® Ultra™ are seen in the trunk region. Waist vs. hip area fat mass changes:

- 4.7% less waist fat mass†
- 1.6% less hip fat mass†

*in subjects who followed the study protocol, compared to placebo.



- CGMP MANUFACTURED
- THIRD PARTY LAB TESTED
- GLUTEN-FREE
- CLINICALLY PROVEN INGREDIENTS
- VEGAN

KEY BENEFITS:

- Weight Management†
- Better Sleep Patterns†
- Better Regulation of Bodily Fluids and Blood Pressure†
- Reduce Burden on Your Heart and Circulatory System†
- Improve Metabolic Health and Anti-inflammatory Properties†

COMPOSITION
Content per daily dose (1 capsule) DRI

Chromium [as Crominex® 3+ chromium with Capros® amla extract (fruit) and PrimaVie® Shilajit]	400 mcg	1,000%
Bifidobacterium lactis B420™ (HOWARU® Shape)	10 billion CFU	**

†Daily reference Intake
**No DRI Value Established
RECOMMENDED DAILY PORTION:
Adults takes one capsule per day.

CAUTIONS: Consult your doctor before use in case of doubt, illness or use of medications. The recommended daily dose should not be exceeded. Supplements should not be used as a substitute for a varied diet or a healthy lifestyle. Keep out of reach of young children. Not recommended for children.



HOWARU® is a registered trademark of DuPont or its affiliates.
CROMINEX®, CAPROS® and PRIMAVIE® are registered trademarks of Natreon, Inc.



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saba
for you. for life.

CONTROL™

• Reset • Control • Balance

24/7

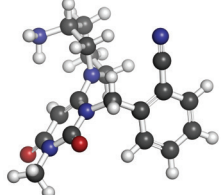
TRIPLE-ACTION NON-STIMULANT WEIGHT MANAGEMENT SYSTEM



Why is it hard to lose weight?

Insulin resistance is a major contributing factor. You can't lose weight and keep it off just by cutting calories. Even if you lose some weight, you may quickly gain it back. †

Insulin is one of the most important hormones in your body because it directly affects metabolism, weight gain, aging, and overall health. Everyone needs good insulin levels to stay healthy regardless of age. Unbalanced and unhealthy diets increase glucose and insulin levels, causing



excess glucose to be stored as fat. † Unhealthy insulin levels, and unhealthy cells may lead to insulin resistance, pre-diabetes, and other serious health conditions. Insulin resistance can also trigger stress and anxiety, fatigue, hunger and cravings, poor sleep quality and other symptoms. †

Saba Control is a natural solution to optimize metabolism, suppress appetite, reverse insulin resistance, promote weight loss, and improve overall health. Saba Control works to address the underlying causes of weight gain and helps to repair metabolism, so you can lose weight and keep it off. The healthier your metabolism, the easier it is to lose weight. Good metabolic health results in less fat storage. Saba Control goes to work immediately to block the absorption of sugars and carbohydrates.

The clinically-proven ingredients in Saba Control help reduce the production of glucose, support blood glucose levels already in the normal range, and allow for the absorption of the beneficial nutrients your body needs. †



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cGMP MANUFACTURED

NON-GMO



THIRD PARTY LAB TESTED

CLINICALLY PROVEN INGREDIENTS

COMPOSITION

Content per daily dose (2 capsules)		DRI
Magnesium (as dimagnesium malate)	30 mg	8%
Zinc (as zinc bisglycinate chelate)	20 mg	200%
Chromium (as chromium polynicotinate)	480 mcg	1,371%
InSea2® demineralized polyphenol concentrate from brown seaweeds (<i>Ascophyllum nodosum</i> and <i>Fucus vesiculosus</i>)	500 mg	**
Inositol	100 mg	**
Berberine HCl (from <i>Berberis aristata</i> bark and root extract)	100 mg	**
White kidney bean concentrate	100 mg	**
Glucomannan (konjac root)	100 mg	**
Green coffee bean extract	100 mg	**
Cinnamon bark	50 mg	**
<i>Gymnema sylvestre</i> leaf extract	25 mg	**
Cayenne pepper fruit extract (Capsimax®)	25 mg	**
Black pepper fruit extract (BioPerine®)	15 mg	**

*Daily reference Intake
**No DRI Value Established
RECOMMENDED DAILY PORTION:
Adults takes two capsules per day.

CAUTIONS: Consult your doctor before use in case of doubt, illness or use of medications. The recommended daily dose should not be exceeded. Supplements should not be used as a substitute for a varied diet or a healthy lifestyle. Keep out of reach of young children. Not recommended for children.



Ingredients:

- InSea2®:** InSea2® is harvested by hand and organically certified from wild brown seaweed which is clinically proven to slow the conversion of carbs to glucose. †
- Berberine HCL:** Berberine HCL Complex is shown to help lower and regulate blood sugar levels and enhance glucose metabolism. This contributes to weight loss and other health benefits. †
- Glucomannan (Konjac Root):** Glucomannan is associated with reductions in body weight and plasma lipid and glucose levels. It helps suppress appetite. †
- Gymnema Sylvestre:** Gymnema Sylvestre helps manage healthy blood sugar levels and control sugar cravings. †
- Capsimax®:** Capsimax® promotes weight loss, increases energy expenditure, and decreases appetite. †
- Chromium:** Chromium is an essential trace mineral that helps maintain healthy blood sugar levels and appetite control. †
- Zinc:** Zinc is involved in numerous aspects of cellular metabolism. It plays an important role in the secretion and action of hormones associated with healthy insulin levels. †
- Inositol:** Inositol is used for a wide range of health benefits, including normalizing the metabolic profile - blood sugar, insulin levels, and cholesterol. †
- White Kidney Bean:** Alpha-amylase enzyme inhibitors in white kidney beans help block the breakdown of carbs to sugars, delaying carb absorption. †
- Cinnamon Bark Extract:** Cinnamon Bark activates cellular support for healthy blood glucose levels and improves sensitivity to insulin. †
- Green Coffee Bean Extract:** Green coffee beans prevents the accumulation of fat and regulates the metabolism of glucose. †
- BioPerine®:** BioPerine® promotes the absorption and utilization of all other ingredients to increase their bioavailability. †
- Magnesium:** Magnesium keeps blood pressure normal, bones strong, and heart rhythm steady. Magnesium deficiency can make you feel tired and weak. †

KEY BENEFITS:
Regulate glucose and fat metabolism and keep insulin at a healthy level †
Slow the digestion of carbohydrates and fats †
Maintain healthy hormones levels already in the normal range †
Reduce hunger †
Help neutralize enzymes that turn carbs and sugars into glucose †

InSea2® (brown seaweed blend), is a registered trademark of InnoVactiv Inc. Capsimax® is a trademark of OmniActive Health Technologies Ltd



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saba

for you. for life.