

Fed up being Overweight?

Make 2009 Your Year

*Lose your weight with
All About W8, and see changes
you never imagined possible !*



A very low calorie diet
using food and nutritious mealpaks.
It's changing people's lives all over the UK !

Get Started today

Visit our website to order now
or find your local W8 Consultant

All About 
because your weight matters

Medical advice should be sought before embarking upon any diet.

0844 544 7773 | www.allaboutW8.co.uk

Welcome to W8

The start of YOUR journey to the New You
Now with added Omega 3 and 6

Balanced mealpaks, used in conjunction with the W8 programmes, are changing 1,000s of lives all over the UK.

W8 is an exciting weight loss and weight management programme, designed for males & females whose BMI is over 25. It is designed for people who wish to make a healthy, speedy change to their weight, using a combination of mealpaks and food.

We have a network of W8 consultants all over the UK, offering local meetings and support, if you prefer NOT to attend a support group, you can order your mealpaks on-line.

Enter the W8 world and see changes you never imagined were possible.

NO COUNSELLING just a supportive, enjoyable, unique programme of change. W8 programmes change you on the inside as well as the outside, ensuring your eating habits change, your relationship with food is under control and your weight loss stays off.

NO ABSTAINING FROM FOOD – for weeks on end. Live your life, we can't live without food, so why try.

W8 CONSULTANTS are special people from all walks of life, many of whom have had their own weight challenges, they are here to help and support you on your journey to the NEW YOU.

That's Why W8 is the fastest growing weight loss company in the UK today.

Your local consultant is



Why W8? Good Question...

- ✓ A fat burning weight loss programme with great results.
- ✓ W8 have various programmes available, not just VLCD's. All our programmes include food.
- ✓ The best tasting meal replacements on the market today, including our unique mealpak that turns into real Spaghetti Bolognese.
- ✓ All shakes and soup mealpaks are suitable for vegetarians.
- ✓ On-line ordering, consultant support, you choose, mix and match.
- ✓ Men, women and couples all welcome, bring your friends along.
- ✓ 100% RDA of all vitamins, minerals and nutrients. Added omega 3 and 6, the only mealpaks to add these vital heart healthy nutrients.
- ✓ No artificial flavourings.
- ✓ We can deliver your mealpaks to your door.
- ✓ Interactive website with your own client page.
- ✓ W8 open forum chat.
- ✓ No complicated recipes, no points or calories to count, no red/green days.
- ✓ You can still enjoy food with family and friends
- ✓ Confidential service.
- ✓ No joining fee, no on-going payments. Pay weekly for your mealpaks only.
- ✓ Free journal and journal book, weekly homework tasks.

Make a good call today!

Medical advice should be sought before embarking on a VLCD programme.

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