



CINCH FAQ's

Questions Cinch™ Inch Loss Plan:

Do I need to follow the calorie level recommended on the plan grid?

Yes. For a slow and safe rate of weight loss it's best to start with the recommended calorie level in your Success Guide. Ideally you should lose weight at a rate of 1-2 lbs per week. However, if you've been following the plan as directed for 2 weeks and have not lost any weight, step down one calorie level. Try this level for another week. If you are still not losing weight, continue the step down process. Another option for determining your calorie needs is to use the Cinch Coach™ software application located in your Starter Kit. **We also recommend that you not reduce your calorie level below 1,200 a day.** If you find you are not losing weight on 1,200 calories a day, the best option for you is to boost your level of physical activity.

I am breast feeding. Can I still follow the Cinch Inch Loss Plan?

Breast-feeding is a great way to burn extra calories. It will naturally help you begin to lose the weight you gained during pregnancy. However, you can follow a modified version of the Cinch Inch Loss Plan while nursing your baby. Just remember to make sure you're eating enough and drinking plenty of fluids so your breast milk production isn't compromised. Start by reducing your calories modestly (selecting the 1800 calorie level may be the best place to start). We recommend that you discuss the use of the Energy Tea Mix with your physician as it contains naturally occurring green tea. You should replace the 3-In-1 Boost™ with Vita-Lea® with Iron formula. The 3-In-1 Boost contains evodia, an herbal extract for which the safe use in nursing women has not been studied. Also, if at any time you notice any decrease in your breast milk production, you may want to double check your calorie and fluid intake or possibly discontinue the program until you've finished nursing your baby.

Can people with prediabetes or diabetes use the Cinch Inch Loss Plan?

Yes, this program is suitable for people with prediabetes and diabetes. In fact, modest weight loss in persons with prediabetes may prevent this condition from converting to diabetes. And for people already with diabetes, weight loss may significantly improve blood sugar control and prevent serious complications associated with the disease.

For people with diabetes who take oral medications or use insulin, weight loss as a result of the Cinch Inch Loss Plan may reduce the dose and/or the need for these medications.



Therefore, we recommend these individuals closely monitor their blood sugar levels and work with their personal health care provider to adjust their medication as deemed necessary.

Can children use the Cinch Inch Loss Plan?

This program is not designed for children under the age of twelve. However, for overweight teenagers (ages 13 to 17) a modified version of the plan can be used. We suggest using one serving per day of the Cinch Shake as a healthy meal replacement and a second serving of Shake or a Cinch Bar as a healthy afternoon snack. Additionally, we recommend, replacing the Cinch 3-in-1 Boost with Vita-Lea with Iron and limiting your child's intake of the Cinch Energy Tea Mix due to the presence of naturally occurring caffeine. We recommend you consult with your child's physician before beginning the program. For overweight or obese children under the age of 13, the Cinch products and support materials can be used, but only under the supervision of the child's physician. Additionally, discussion of healthy eating choices, encouragement of increased activity and less time watching television or doing computer games, elimination of fast foods and "junk foods" are all very important.

What is the science behind the way this plan works?

Shaklee scientists have relied on their long history of working with athletes to gain a scientific insight as to what works for safe and effective weight loss. Instead of losing weight from water and muscle like with most diet program, the Cinch Inch Loss Plan works by helping to preserve lean body mass and promoting weight loss from fat*. Preserving lean body mass also prevents your metabolic rate or ability to burn calories from dropping. The Cinch Inch Loss Plan provides products powered by the essential amino acid, leucine. Recent scientific research indicates that leucine may play a special role in weight loss because it acts as a signal for protein synthesis in muscle tissue. As a result, leucine helps your body preserve muscle mass while you lose weight from fat. The Cinch Program has undergone preliminary clinical testing that indicated positive results for weight loss, fat loss, inch loss, and preservation of fat free mass.

* Based on results from a 12 week preliminary study.

Can I take continue to take Vita-Lea or Shaklee Basics®? What about other Shaklee supplements?

When you combine two servings of day of the Cinch Shake, plus the 3- in-1 Boost, you're supplying your body with all it needs-- more than 100 % of the Daily Value of essential vitamins and minerals. Therefore, it is not necessary to take Vita-Lea or Vita Lea Gold™ while following the Cinch Inch Loss Plan. The use of other Shaklee supplements (OmegaGuard™ or Garlic Complex for example.) and herbal based products (NutriFeron® or Joint Health Complex) may be continued. However, we recommend that you discontinue taking Glucose Regulation Complex* (GRC) because we include all these ingredients in the 3-in-1 Boost.

Questions About Meal Plans & Success Guide

Why don't the meal plans in Cinch Coach or those posted on CinchClub.com coincide with the serving and portion control table in the Success Guide?

The Meal Plans have been designed using specific foods and recipes and have undergone nutrient analysis, which provides for **a more accurate way** to assess the levels of calories, carbohydrate, protein, and fat content. The Servings and Portion Control table in your Success Guide allows you more flexibility in selecting foods, but it's a tool designed to **provide an estimate** of total calories, protein, carbohydrate, and fat similar to the predesigned meal plans. Although not identical, they do provide similar amounts of total calories, protein, carbohydrate, and fat on a daily basis.

Can I substitute meals (change days), or move food around during the day?

Yes, as long as you stay within your calorie range, you may substitute meals or move food around over the course of the day.

I don't like everything on my meal plan. Can I substitute foods?

You can substitute foods from the same food group. For example, you can change from chicken to fish, but for best results don't substitute from different foods groups – like bread for chicken. If you do, you will most likely change the ratios of protein, fat, and carbohydrate, thereby throwing off your calorie levels.

Questions about Cinch 3-in-1 Boost Supplement

Can I take all three Cinch 3-in-1 Boost tablets at the same time?

For best results, we recommend you take one supplement three times daily. One with each shake or prepared meal works best.

Should I take Cinch 3-in-1 Boost with food or a shake?

Yes. Ideally you should take one tablet along with each of your two daily shakes and one with your prepared meal for a total of three tablets a day.

Questions about Cinch Shakes and Bars

Do all the Cinch Bars contain peanuts?

All three flavors of the Cinch Bars are manufactured in a facility that processes foods containing peanuts. It is possible that traces of peanuts, or tree nuts could be in all three flavors. **Therefore, if you are allergic to peanuts or tree nuts you should not use Cinch Bars.**



What can I substitute for Cinch Bars?

We strongly suggest the Cinch Bar as your snack. With 120-130 calories, it provides 10 grams of protein and three grams of fiber. It's a great way to add protein to your daily diet and to get extra leucine to help preserve lean muscle. If you can't eat the bar, here are some alternatives:

- 1 cup nonfat yogurt, or
- ½ cup of nonfat cottage cheese with 1 cup raw vegetables or
- 1 oz low fat cheese with 5 small whole wheat crackers.

Can I mix my Cinch Shake with water?

We recommend nonfat milk or low fat soy milk for the best nutritional profile and to provide you with the full amount of protein and leucine you need in the Cinch Inch Loss Plan. Today, soy milk and milk are available in small cartons, so you can take them with you and fix your shake at work or when you travel. If necessary, you may mix the Cinch shake with water, using one-and-a-half servings of powder in eight ounces of water. This provides about the same amount of protein and calories as when prepared with nonfat milk or low fat soy milk.

Do you have any shake recipes?

You will find ideas on how to flavor the shakes without adding too many additional calories posted on CinchClub.com. An easy way to flavor your shakes is to use natural flavor extracts that can be found in the baking section of the grocery store.

Can I use the two shakes for any two meals during the day?

Yes, you may use the shakes for breakfast, lunch, or dinner, and plan a sensible meal using the Meal Plan or Servings and Portion Guidelines for your third meal.

How is the Cinch Shake different from Slim Plan Gold™?

The Cinch Shake is an improvement over Slim Plan Gold due to a higher protein content (24 grams prepared as directed vs 14 grams) and has the added benefit of leucine, which helps signal the body to preserve lean muscle while you lose weight from fat.

What is leucine?

Leucine is an essential amino acid that travels directly to muscle to signal protein synthesis. **It helps your body preserve muscle mass while you lose weight from fat***

***Findings based on a lean mass study in a preliminary 12-week study.**



Questions About The Energy Tea Mix:

Do I have to drink the Energy Tea?

It's not uncommon to experience occasional dips in your energy level when you're losing weight. The tea is a great, healthy, and energizing, alternative to sugar snacks, soda, or coffee that may tempt you later in your day. Enjoy the tea hot or cold--it will help naturally boost your energy levels, and it won't add too many calories. Each serving of tea has only five calories, while a mocha latte may add up to hundreds.

How many servings per day of tea may I have?

You may consume as many servings of tea per day as you like. Keep in mind, however, that the tea contains 70 mg of caffeine from tea ingredients. If you are sensitive to caffeine, you may want to limit your tea intake and avoid the use of the tea late in the afternoon or early evening.

Questions about the Pedometer

My pedometer does not work, or register the expected number of steps.

Your pedometer will only work if it is placed on your waistband properly. Please refer to instructions and warranty information.

Questions about the Cinch Coach CD

My CD does not work. How do I get technical support?

Send all your technical questions to CinchCoach@lifestyletech.com

I did not get a CD, what should I do?

Your CD is in the back of the Program Guide. If you do not find your CD, call 1.800.SHAKLEE

Can I back up my information?

Yes. You can use the backup feature within the program to back up your data. Simply click on FILE and then BACKUP. Please select the location to place your back up data. Please note that you will not be able to back up directly to a CD-ROM. You will need to back up to a different directory and then burn it onto a CD using CD-burning software.