



6 Steps to ZERONA® Success

Optimize your ZERONA® results by:

1. Walk for 30 minutes per day throughout your treatments.
2. Drink 1/2 ounce of water per body weight pound, with a minimum of 64 ounces per day.
3. Start the CURVA™ nutritional supplements immediately. Take 1 Caplique™ each morning and 1 Caplique™ each evening – DO NOT take CURVA™ on an empty stomach. Continue taking for one week after treatments.
4. Eat sensibly and eliminate alcohol and caffeine during your treatments.
5. Keep to your ZERONA® scheduled treatments, with no more than three days between appointments.
6. Recommended- Massage the targeted areas after treatment to help your body's lymphatic drainage and fat removal processes.



**Congratulations on jump starting
your commitment to a healthier you!**

TX 1 Day	Date	Time
TX 2 Day	Date	Time
TX 3 Day	Date	Time
TX 4 Day	Date	Time
TX 5 Day	Date	Time
TX 6 Day	Date	Time
FINAL MEASUREMENTS TAKEN	Date	Time

**It is critical to keep all of your scheduled appointments as
the time between treatments should not exceed 72 hours.**