

## FINALLY! YOUR ANSWER TO GETTING RID OF STUBBORN FAT AND INCHES



A Message from Lee Causey,  
FirstFitness Founder and Chairman of the Board



“When used with Suddenly Slim, new and improved “Maximum Strength” Gone4Good is the most effective and powerful product ever developed to help you lose that stubborn fat and excess weight and inches. What is also so incredible about this product is that the results are cumulative. This means the more you use it the better results you’re going to have. At last there’s an answer for that stubborn fat!”

– Lee Causey

## Frequently Asked Questions (FAQs)

### NEW MAXIMUM STRENGTH GONE4GOOD VS ORIGINAL PRODUCT

**1. Why a new, improved Maximum Strength Gone4Good and how is it different from the original Gone4Good product?**

Due to advances in functional food science technology FirstFitness has reformulated Gone4Good to include higher amounts of Barley Beta Glucan and Resistant Maltodextran in each serving. This new formulation enhances Glycemic Index reduction, provides better blood sugar control and has stimulates loss of weight and inches.

### HEALTH BENEFITS AND WEIGHT LOSS

**2. Is Gone4Good a Meal Replacement Product?**

Gone4Good is not a meal replacement. It is a dietary supplement designed to help lose stubborn fat and to work synergistically with the Suddenly Slim 10-day and 28-day programs.

**3. I saw a reference to the Glycemic Index in the explanation of how to use Gone4Good. What do I need to know about that and is that important for my weight loss success?**

The Glycemic Index (GI) is a dietary index of 1 to 100 used to rank carbohydrate-based foods predicting the rate at which the ingested food will increase blood glucose sugar levels. Glucose has a GI of 100, meaning it enters the bloodstream immediately; this is the reference point against which other foods you are eating are compared.

**4. After using the Suddenly Slim 10-Day Program - Phase 1 can I take Gone4Good for continued weight loss results?**

Yes, after completing the Suddenly Slim 10-Day Program - Phase 1 you can take Gone4Good for continued weight loss results. (Caution) If you are a first time user of Gone4Good it would generally be best to use 1/2 serving the first 3 days to avoid bloating (see question # 15). For maximum weight loss, we suggest continuing with Gone4Good along with the 28-day Program – Phase 2.

# Frequently Asked Questions FAQs *continued*

**5. How does Gone4Good “enhance fat metabolism” and “improve glucose tolerance”?**

It increases the conversion of stored body fat into energy so you lose pounds and inches. Gone4Good “improves glucose tolerance” which means it improves your ability to metabolize sugar.

## USING NEW MAXIMUM STRENGTH GONE4GOOD FOR BEST RESULTS

**6. Can I use Gone4Good without the Suddenly Slim Programs and still lose.**

To achieve optimum results, Gone4Good was designed to work synergistically with the Suddenly Slim programs, Phase 1 and Phase 2. However, Gone4Good can be used to increase results with any weight loss program.

**7. Are all of the ingredients in Gone4Good FDA approved?**

The ingredients in Gone4Good are permitted for use in a dietary supplement according to FDA regulations.

**8. Does Gone4Good include any stimulants?**

There are no stimulants used in Gone4Good.

**9. Can someone with diabetes take Gone4Good?**

The ingredients in Gone4Good have proven beneficial effects for individuals with diabetes. However, because Gone4Good alters the Glycemic Index of meals, glucose tolerance and insulin requirements, individuals receiving treatment for diabetes, (especially Type 1 diabetes) are advised to contact their physicians when incorporating Gone4Good into their dietary regimen.

**10. Can I mix Gone4Good in the Body FX Shake, so I don't have to drink them both separately and will I achieve the same results?**

We don't recommend mixing Gone4Good in the Body FX Shake. It's best to take Gone4Good at least 30 minutes before regular meals for maximum results. Always follow the directions on the label.

**11. Can a child use Gone4Good?**

If a child is under the age of 18, use Gone4Good as directed by a physician.

**12. If someone has a serious disease or is under the care of a physician, can they use Gone4Good?**

As with all FirstFitness products, if you or anyone has a medical condition, seek medical advice.

**13. If someone is significantly overweight – say 400 pounds – do they use the same dosage as a smaller person less than half that size?**

Any clinically obese person or someone with extremely stubborn fat will get the best results by using the maximum dosage of Gone4Good in conjunction with the Suddenly Slim Phase 1 and 2. People with less serious weight issues can experiment with omitting the optional dosage of Gone4Good.

**14. Since Gone4Good helps control appetite, do I have to eat all of my meals if I am not hungry?**

To improve your metabolism, you need to eat at least the minimum of servings suggested in Suddenly Slim Phase 1 and 2. Skipping meals actually slows metabolism, and therefore will not speed up your results at all.

**15. If I have a problem with bloating what should I do?**

If you are a first time user of Gone4Good it would generally be best to use 1/2 serving the first 3 days to avoid bloating.

