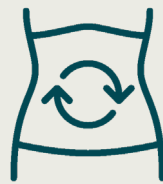


How Does Stress Affect Your Weight?

When we are faced with stress, the body's adrenal glands naturally release hormones like **CORTISOL**, which impacts:



**BLOOD
SUGAR**



**METABOLISM
FUNCTION**



**IMMUNE
SYSTEM**

Increased cortisol due to stress can contribute to more snacking and belly-fat storage.



6460NM

Help Manage Weight Gain and Stress with nutraMetrix® GoTrim® ACTS

- May help minimize certain stress-related issues (weight gain, difficulty sleeping, etc.)
- Helps support emotional response to stress
- Helps maintain healthy serotonin and dopamine levels
- Helps support mood

Try nutraMetrix® GoTrim® ACTS Adrenal, Cortisol, Thyroid and Stress Support Formula created with unique stress-fighting ingredients!

Visit nutrametrix.com for more details. | Follow us:   @nutrametrix

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Individuals following the GoTrim® Lifestyle System as part of a healthy diet and exercise program can expect to lose 1-2 pounds per week