



FAQ



MÖDERE
live clean

FAQS

1. DO I HAVE TO TAKE ALL THREE PRODUCTS TO LOSE WEIGHT?

M3 is designed for weight loss with the use of all three products, in addition to three lifestyle pledges. These products work synergistically to help support weight loss goals. It is recommended to use the system completely for best results.

2. WHAT IS THERMOGENESIS?

Thermogenesis is the production of body heat. It is an important part of the metabolic rate, and science has shown that supporting thermogenesis increases energy use, which includes fat burning. Burn is classified as a thermogenic.

3. WHY IS THIS PROGRAM DIFFERENT THAN OTHER WEIGHT LOSS PROGRAMS?

M3 is inspired by the Mediterranean Diet. In Australia we have 3 meal programs; Standard Mediterranean, No Grain and Vegan.

M3 works synergistically to support weight loss while promoting health & well-being. M3 is designed to be easy to use without having to give up entire food groups, radically restricting calories or using harsh laxatives. Healthy weight loss is important for success and M3 delivers effective products that support the body with clean, safe ingredients.

4. HOW LONG CAN I DO THIS PROGRAM?

M3 is designed to be used until you reach your weight loss goals. Seek the advice of a healthcare practitioner before starting any weight loss regime.

5. WHEN CAN I EXPECT TO START SEEING RESULTS?

As everybody is different, weight loss results can vary from person to person. However, some users tell us they noticed weight loss and increased energy within the first week.

6. WHAT IS THE DIFFERENCE BETWEEN SUSTAIN AND OTHER MODERE PROTEIN PRODUCTS?

Sustain was designed to complement M3 as it makes a smart plant-based snack replacement between meals, with essential nutrients, low sugar and less than 100 calories. Modere also carries protein powders which include Shake Pea Protein in Chocolate or Vanilla flavour, which is a high protein shake without the added nutrition.

7. WHAT IS THE MEDITERRANEAN DIET? WHAT DOES IT HAVE TO DO WITH M3?

The Mediterranean Diet is representative of traditional eating habits of the Mediterranean countries. Characterised by a moderate consumption of vegetables and healthy fats such as olive oil, the Mediterranean Diet is thought to promote an abundance of health benefits due to the focus on plant ingredients.

This diet has inspired our Australian Modere Mediterranean Meal options. We have modified the 'global' Mediterranean Diet for the Australian M3 as it focuses on the benefits of eating a range of high-fibre, plant based foods that contain naturally occurring benefits.

8. WHAT IS THE AVERAGE WEIGHT LOSS FOR MEN AND WOMEN?

The typical person can expect to lose 0.5 - 1 kg per week depending on a variety of factors including the amount of exercise and motivation to stick to a reduced calorie diet. Consult your healthcare practitioner prior to starting any new diet or exercise program.

9. IS SUSTAIN MEANT TO REPLACE MY LUNCH MEAL?

Sustain is not formulated to be a meal replacement shake. It should be used as a healthy snack alternative to aid in weight loss and hunger control.

10. WILL BURN CAUSE ME TO BE JITTERY OR GIVE ME AN UPSET STOMACH?

Burn contains 38.7 mg of caffeine per capsule, the equivalent of around 1 standard cup of coffee per day, and should be consumed with food to avoid upsetting the stomach. If an upset still occurs, please stop using the product immediately, and if symptoms do not disappear, seek the advice of a health care professional.

11. WHY DOES THE DOSAGE DIFFER AROUND THE WORLD FOR BURN?

There are different Burn formulas around the world due to regulatory constraints. In Australia we take two capsules with breakfast and two capsules with lunch.

12. CAN I USE THIS IF I AM DIABETIC / HYPOGLYCEMIC ETC. OR ON MEDICATION?

Seek the advice of a healthcare practitioner before using this system if you have a medical condition or use prescription medication.

13. CAN MY CHILD USE THIS PROGRAM?

No. This program is recommended for adults aged 18 and over only.

14. IS THE M3 PROGRAM CERTIFIED GLUTEN-FREE?

No. The Sync product contains an extract of oats.

15. WILL ANY INGREDIENTS IN THE M3 SYSTEM SHOW UP AS POSITIVE ON A DRUG TEST?

If you are going to be tested or screened for drugs, take the Burn ingredient listing with you, and inform the testers that this is a supplement you are taking, along with any additional supplements.

16. WHEN/HOW DO I TAKE M3?

It is recommended to take the M3 products at the following times:

BURN - MORNING AND NOON: Take two capsules with breakfast and lunch.

SUSTAIN - MID-MORNING AND/OR MID-AFTERNOON: Mix a single Sustain pack with 200ml of water. This is great as an afternoon snack.

SYNC - EVENING: Take Sync 20 minutes before your evening meal to optimise digestion and reduce unwanted nightly cravings. Mix one scoop with a large glass of water. Alternatively, if you can take Sync before bed to help avoid late night snacking. This will leave you feeling light and refreshed in the morning.

17. FOR SOMEONE WHO WORKS SHIFT WORK OR KEEPS A SCHEDULE THAT IS NOT TYPICAL, YOUR BODY HAS LIKELY ADJUSTED TO YOUR OWN SCHEDULE. WE RECOMMEND THE FOLLOWING:

BURN: Take this product at the beginning of your day, whatever that time might be.

SUSTAIN: Take as a snack between meals, preferably between lunch and dinner.

SYNC: Sync is designed to be taken with the last meal of the day, about 20 minutes before you eat.

18. WHAT ARE COMPANION PRODUCTS TO M3?

Adult multivitamin, antioxidant, krill oil and probiotic are all good companion products to M3.

19. DOES HERBAL TEA COUNT TOWARDS MY WATER TOTAL?

No - only water counts. Herbal teas can be enjoyed in addition to your water intake.

20. IS ALCOHOL ALLOWED ON THE PROGRAM?

Preferably no. However we understand the need for an occasional drink. The ideal drink on this program is vodka and mineral water. Add lots of lime or lemon.

21. HOW DO I COOK MY EGGS?

As a general rule, 'lightly' cook all eggs so that the egg yolk is slightly runny. Do not overcook eggs to make the yolk hard.

22. WHEN DO I WEIGH MYSELF?

Ideally, Saturday morning is your weigh in day. Only weigh in once per week on the same day and time of day. Weighing in daily will drive you crazy as your body weight will fluctuate, which is normal. Women should not weigh in when close to menstruation - your body can retain fluid and make you temporarily heavier which can be discouraging.

23. WHAT IF I FALL OFF THE PROGRAM OR HAVE THE WRONG FOODS FOR A NIGHT?

For some people it is normal to 'fall off the wagon'. However with M3 it is as simple as getting back on track with the next meal or snack. Be compassionate with yourself and banish the unhelpful 'black and white' thinking like 'I'll never lose weight as I have messed up'.

Never say never! M3 will teach you the necessary life skills on what to do when you have cravings and urges for certain foods so don't be harsh on yourself in the beginning. Don't give up or use this as an excuse to stop. Just pick up where you left off!

Often going back to your goals will motivate you again. Your goal is the ultimate reason you are doing the program, so start visualising and seeing yourself with the ideal body composition that you are wanting!

24. CAN YOU SKIP YOUR SNACKS?

It's best to have at least one snack each day after lunch. If you don't feel you need it then that's fine. Just don't let yourself get hungry.

25. WHAT IS MY M3 BAG MADE OF?

Our reusable bag has been made from hemp. Hemp is a clean fibre because it can be grown with few to no pesticides, is biodegradable, and has a smaller environmental footprint than other major textiles. Selecting sustainably produced raw materials like hemp is one of the many examples of how we reduce the environmental impacts of our packaging. The M3 bag is BPA free.

26: CAN WE ADD FRUITS AND CONDIMENTS SUCH AS CINNAMON TO M3 SUSTAIN AND SYNC?

Yes, you may add fresh, frozen fruits or condiments that are found in the M3 meal plans.

27: IN THE PAST WEEK I HAVE BEEN FEELING HOT AROUND HEAD AND NECK. IS THIS NORMAL?

Yes, what you are experiencing can happen when taking a thermogenic. Burn is a thermogenic supplement that increase heat production in the body so body fat is used as energy instead. It basically increases heat through metabolic stimulation. If you are concerned or experience any other symptoms please contact your health care practitioner.

28. I AM PLATEAUIING! WHAT DO I DO?

Follow this process of evaluation first (and be honest to yourself):

Check your snacks

- Are you eating 3 meals, having Sustain as a snack and using Sync before dinner?

Tip: If you don't eat small amounts throughout the day you will stop burning fat

Check your carbohydrates

- Are you choosing vegetables and fruits from the shopping lists provided?
- Are you checking for hidden sugars in sauces and drinks?

Tip: Get carb conscious – eat protein for fat loss

Check protein intake

- Protein intake is essential as it reduces hunger and reduces energy intake. Are you consuming enough? Make sure you have protein with every meal.

Tip: Protein is a key to sustained weight loss

Check exercise

- Are you exercising daily?
- Are you mixing your exercise routine?
- Short burst of energy with high intensity, interval training and short recovery times will increase fat burning

Tip: You don't have to be a gym junkie. Just focus on the large muscle groups which will assist you in burning more fat.

Check your sleep patterns

- Are you getting 7-8 hours of sleep per night?

- While it is essential to exercise to burn calories, the most energy expenditure occurs when you are sleeping. This is where the calories are burned.

Tip: Enjoy Sync as a hot drink before bed.

After following the above recommendation do this:

- Fill out a Diet Journal daily. Write everything down. By doing this you will start to see a pattern of where you are going astray. You will notice the times that you reached for the wrong foods, how you felt and this process will help you plan more effectively to get you back on track.
- Call your support person for further guidance.

Consult your Healthcare Practitioner before starting any new diet or exercise program.



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