



**FACT: You're always on a DIET.**

The food you choose to eat "IS" your diet, regardless if you are:  
1- losing, 2- gaining or 3- maintaining your weight.

**INTRODUCING THE**

**WiO FPC**  
**Eating Lifestyle**  
ADVANCED KETO

**It's all about the ratio of your Fats, Protein and Carbohydrates (FPC Ratio).**

The WiO Eating Lifestyle Will Give You The Perfect FPC Ratio

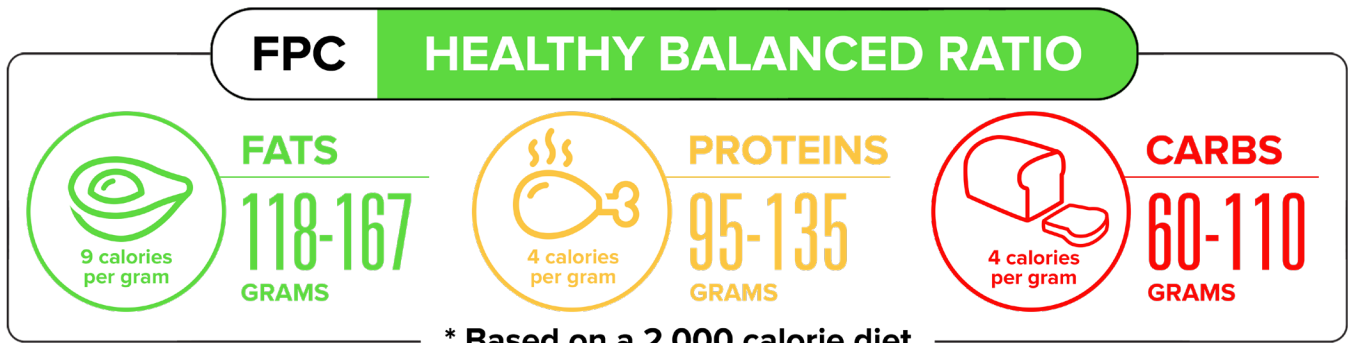
**FOLLOW THIS GUIDE:**

**Fats: 53-75%** from omega fat

**Proteins: 19-27%** with lower amount from animal meat

**Carbs: 12-22%** with less than 5-8% of that coming from sugars of any kind

Change Your FPC Ratio - Change Your Health



***Our philosophy is: "Eat what you want, just balance your FPC Ratio."***

**YOU ARE IN CONTROL**

**FPC Ratio Control: The Real Answer**

The ratio amount of Fat, Protein and Carbs you choose to eat triggers hormones that regulate and manage your chronic health issues, and will literally determine your level of health for the rest of your life. The only way to control these powerful hormones is to control the ratio of fat, protein, and carbs (FPC Ratio).

**WiO Makes FPC Control Easy: Change Your FPC Ratio — Change Your Health**

Each macronutrient can be a part of a healthy diet, but too much of a good thing can harm you, and the biggest danger isn't what you probably think.

## Calories Don't Matter

It's definitely not how many calories you're eating. Truth is, just about any food can fit into a healthy lifestyle. The research is proving that it all comes down to your food choice fitting into the right FPC Ratio.

## When You Know That You Need To Change

Have you been following an unhealthy FPC Ratio? The answer can be found in your symptoms. If you have symptoms, that is the evidence you need that your FPC Ratio needs to be adjusted.

## These Symptoms Indicate A Change Is Needed

Overweight, high blood pressure, elevated blood glucose, high cholesterol, type II diabetes, low energy, hard to concentrate, poor sleep, depression, etc.

## We make it easy!

WiO gives you 3 easy control categories that give you the power to control what you WANT and what your body NEEDS.



### FPC Control I

#### AT-HOME PERSONALIZED PLAN / MEAL REPLACEMENT PROTOCOL (MRP)

All of us want expert advice of what is best to eat to achieve the body and health that we want. The latest research is formulated into a personalized eating plan, eliminating the guesswork of what you should be doing.



### FPC Control II

#### SmartFoods™

Our SmartFoods™ line makes it deliciously easy to stay on course when you want a snack or don't feel like cooking, with ready to eat FPC balanced foods.



### FPC Control III

#### Low Carb Flours / Zero Calorie Sweetener

You have your favorite family recipes that you make at home. Often those favorites do not fit into the perfect FPC ratio. With FPC Control III they now can. We have specially formulated kitchen ingredients that give you the power to control the amount of carbs and fats that your body will absorb. Never before, have you had the power to control the FPC Ratio of your favorite recipes.

