

Bodytrim Reference Guide

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Bodytrim Reference Guide

The Bodytrim Diet is a paid program where you purchase a "Bodytrim Diet Kit" that contains some DVD and CDs as well as reference guide that explains the diet. It also comes with some tools such as a food diary, tape measure and a pedometer, though a lot of people seem to complain about the pedometer.

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Old Bodytrim Diet Review | Does It Work?

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The basics of the bodytrim system is simple enough to follow so that's where the 2 stars come in. It loses marks over the shakes. If you're sensitive to caffeine it will keep you up at night. It contains GREEN TEA extract. I made a protein pudding out of it, as recommended by the system, and my heart was racing all night. Still racing this morning!

Bodytrim System | ProductReview.com.au

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