



Sharing Seacret

How to talk about the products

A Bit About Weight Loss & Claims

We know that when people make a commitment to a healthier lifestyle and include Seacret Nutrition and Supplements, one of the benefits can be weight loss. To many people looking to be healthier and lose weight, the ability to celebrate and show off results is a proven way to support momentum. As more and more people have a remarkable product experience including weight loss, we have a few tips to keep in mind when sharing the outcome:

Make a promise.

Starting a weight loss journey takes commitment. Not only will you want to include Seacret nutritional products, you'll need to be ready to change how you eat, how much you move, your schedule for rest and maybe even how you manage stress.

Find your why.

Take some time to think about what your health journey means to you. Gentle reminders or support from an accountability partner can make any moments of weakness easier to work through. Perhaps you are planning a Club Seacret Escape and want to feel confident in your swimsuit. Maybe it's time for your class reunion. Or is it that you want to be able to chase your children without getting winded? Use your why to support you in every step.

Set realistic goals.

Manage your expectations with milestones that are reasonable. Healthy weight loss is typically 1-2 pounds per week. While you may shed pounds more quickly in the first 30 days, depending on calorie intake and exercise, results will vary.

Have a meal plan.

Enjoy Seacret Nutrition in combination with a diet of healthy foods. Our nutrition line supports your transition to a healthier lifestyle. In combination with a diet filled with healthy foods, on days when eating your vegetables hasn't been enough, GREENS CAPS supplements can get you over the finish line. Feeling an urge to snack? CURB can help you manage your cravings.

Move it, move it.

Whether on-the-go with Club Seacret or enjoying everyday activities, regular exercise is key to managing your energy. Calories burned depends on the frequency, duration and intensity of your activities. One way to help reduce body fat is through steady aerobic exercise — such as brisk walking — for at least 30 minutes five or more times a week. Having a hard time getting motivated to work out? ENERGY might give you just the boost you require to get it done!

Change your life.

Health is a lifetime commitment and lifetime journey. Healthy eating and exercise are not short-term fixes. Create habits that keep you on track with your fitness goals. Build daily routines that help you remain consistent in your healthy actions.



Nourish Your Body. Nurture Your Skin.

At Seacret, we provide products to nurture the skin from the outside in and to nourish the body from the inside out, to support healthy looking skin while feeding a healthy lifestyle.

DO's

- ✓ Share your story with approved claims.
- ✓ Talk about your product experience.
- ✓ Share photos of your Seacret journey.
- ✓ Provide samples of the products.
- ✓ Share your entire experience—what other changes did Seacret help you make.
- ✓ Disclose that you are a Seacret Direct Independent Sales Agent.
- ✓ Talk about proven results, solid reputation, high end ingredients, vegan, etc.
- ✓ Include appropriate disclaimer(s).

DONT's

- ✗ Make any claims or give the impression that Seacret products can treat, cure or prevent any disease or medical condition – even if you believe it to be true.
- ✗ Refer to articles or other documents that are not substantiated or endorsed by Seacret.
- ✗ Make exaggerated or hypothetical claims.
- ✗ Guarantee individual results.
- ✗ Use superlatives like best-in-class.