

# What about BOB?

*LOOK AT WHAT BOB'S BEEN UP TO:*

Client #1:

- Lost 15 pounds—ALL BODY FAT—
- Lean Body Mass unchanged
- Fasting Glucose dropped from 97 to 73

Client #2:

- lost 6 lbs body fat after 5 days on BOB!
- gained 3 lbs muscle

Client #3:

- fasting glucose between 110-125 for past year--dropped down to 89 in less than 10 days!

Client #4:

- dropped 4% body fat after 6 days on BOB!
- lost 6lbs body fat/gained 3 lbs LBM

Client #5

- dropped 4% body fat after 6 days on BOB!