



**Rapid
Weight Loss**



**sounds too good
to be true**

A red banner with a wavy top and bottom edge, attached to a black vertical pole on the left. The banner contains the text "Magic foods or supplements" in a bold, black, sans-serif font, arranged in two lines.

**Magic foods
or supplements**

A red banner with a wavy, ribbon-like shape, curving upwards at both ends. The banner is set against a white background. On the left side, a thin black vertical line represents the banner's pole. The text on the banner is written in a bold, black, sans-serif font and is arranged in two lines, following the curve of the banner.

**Bizarre quantities
and limitations**



**specific food
combinations**



**Rigida
menus**



**No need
to exercise**