

## WHEN AFTER YOU ANSWER THE QUESTIONS, CHECK IF YOU HAVE ANY CONTRAINDICATIONS TO TAKE PART IN FIT6 PROGRAMME

### CONTRAINDICATIONS TO TAKE PART IN FIT6

If any of these apply, you cannot take part in FIT6 Programme:

- ✓ Children below 16 years of age
- ✓ Pregnant women
- ✓ Breastfeeding women
- ✓ People who suffer type I and II diabetes, using insulin
- ✓ People with cardiac problems
- ✓ People with kidney problems
- ✓ People with severe liver diseases (cirrhosis, hepatitis)
- ✓ People with severe autoimmune diseases (lupus, psoriasis, multiple sclerosis, rheumatoid arthritis, some types of anaemia, HIV)
- ✓ People with inflammatory bowel diseases (Ulcerative colitis, Crohn's disease, IBS)
- ✓ People with gastritis,
- ✓ People with gastric ulcers
- ✓ People who control INR or who take anticoagulants orally
- ✓ People on cancer treatments, or who completed treatment less than 2 years ago
- ✓ People who suffer intolerance to any of food supplements in FIT6 Programme
- ✓ People with anaemia
- ✓ Vegetarians
- ✓ People who work out professionally with high intensity

If you have any questions or doubts please contact your doctor.

If you have more questions about FIT6 Programme please write to us:

[fit6@fmcosmetics.co.uk](mailto:fit6@fmcosmetics.co.uk).