

Before



Back in 2007 I tipped the scales at 180kg, my health was suffering and I knew things had to change. I had type 2 diabetes and high blood pressure. I changed my lifestyle and started exercising, just walking at first. Over the next 4 years I lost 40kg. Last year I met with Dr Ross Walker and he asked me to start taking BergaMet Mega, the results were nothing short of spectacular and in the next 6 months I lost another 40kg.

What is even more astounding is how good I feel as a result. I am 40 and feel as fit and energetic as when I was 21. I would thoroughly recommend BergaMet Mega for anyone who is looking to lose weight and improve their health and energy levels.

I am not sure if there is a wonder drug out there but this would be the closest I have seen.

I am living proof.

John Rose



After

"6 months later after a significant lifestyle change and BergaMet Mega."