

*I also recommend* \_\_\_\_\_



Supervised by  
**Shoko Masuda**

- Registered Dietitian
- Certified Fasting Counselor
- Beautiful Skin Meister

One-day fasting is a revolutionary program that helps refresh the body by eliminating accumulated waste. The oligosaccharides included in the ONE-FAS series help maintain a balanced gut microbiota.

Easy to drink and supporting short-term dietary restrictions, it is perfect for those who are trying to fast for the first time.

## Q&A

**Q:** Can ONE-FAS be used for purposes other than fasting?

**A:** YES. It can be consumed not only as a meal replacement but also for nutritional supplement. There is no limit on how much you can drink, but since it contains oligosaccharides, some people may feel uncomfortable stomach when trying it for the first time. If you're concerned, we recommend starting with 40cc.

**Q:** Is it okay to take other supplements during the One-Day Fasting?

**A:** It is recommended to refrain taking supplements on the fasting day. You can take them starting from the second meal on the following day, along with your meals. Taking supplements on an empty stomach may cause discomfort or negatively affect your body.



**Q:** How many packets of ONE-FAS can I drink in one day?



**A:** Since it's a food product, there are no strict limits on the amount you can drink. You can consume it whenever you feel hungry during fasting or when you feel nutritional deficiencies in your daily meals.

# A Guidebook for Fasting as Short as 1 day.

ONE-FAS  
—— ワンファス ——



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& Certified Fasting Counselor



Guide DL 日本語  
English 繁體中文





### Introduction of the Supervisor

## Shoko Masuda

- Registered Dietitian
- Certified Fasting Counselor
- Beautiful Skin Meister

With expertise in nutrition, she provides fasting guidance at gyms and weight loss counseling at beauty salons, as well as supervising numerous health foods and supplements. She is a certified fasting counselor by the Inner Beauty Medical Foundation.



Caution



### Things to be aware of during One-Day Fasting

On The Fasting Day

- Drink 1.5 to 2 liters of water throughout the day.
- Avoid solid foods, as well as caffeinated beverages and alcohol.
- The key to success is to drink only water or warm water.
- If you are taking medication, consult your doctor for guidance.
- Avoid excessive physical exercise.
- If you don't feel well, stop the fasting immediately.
- Since you may feel a sleepiness, avoid long drives or working at heights.
- Refrain from smoking, as it may cause health issues.

\* The effects may vary from person to person.

Manufacturer: Erika Health Dojo Co., Ltd.

7-16-7, Hyogokita, Saga-shi, Saga-ken, Japan

Selling agency: forestfree Co., Ltd.

2-29-4-203, Senzoku, Taito-ku, Tokyo, Japan

## Achieve Beautiful Skin and a Slim Body at the Fastest with ONE-FAS!



Fasting is a health program that helps detoxify cells. Normally, it involves fasting for 3 days, with a 1-week process including before and after. However, One-Day Fasting condenses this into just 1 day. Whether you feel you have overeaten or need a boost before a date, you can easily start whenever you feel like it.

### An Enjoyable Refreshing Taste

ONE-FAS was developed to ease the discomfort of hunger and the risks of low blood sugar while giving your organs a break during fasting. With the fermented extracts from **128 types** of vegetables, fruits, and more, you can efficiently take in the necessary vitamins, minerals, enzymes, and sugars without putting any strain on your body.

#### Commitment to extraction process and sugar

ONE-FAS is carefully formulated with a balanced blend of maltose, isomaltuligosaccharides, black sugar, fructooligosaccharides, and xylo-oligosaccharide to extract the fermented extracts.

These sugars help suppress irritability, dizziness, and increased appetite caused by hunger. Among them, oligosaccharides play a key role in supporting gut health.

#### Commitment to the Fermentation Bacteria

ONE-FAS uses the koji mold called "Aspergillus oryzae" to ferment 128 types of ingredients.

Aspergillus oryzae is a type of mold essential in fermenting seasonings used in Japanese cuisine and is considered Japan's national fungus.

Enzyme drinks made with Aspergillus oryzae are still quite rare in Japan.



Challenge  
Record

Continuous Course

Finish 14 packets in 8 days

Dilute with water or other liquids.

Recommended for those who want to maintain their diet results and for those trying to fast for the first time!

ONE-FAS  
ワンファス

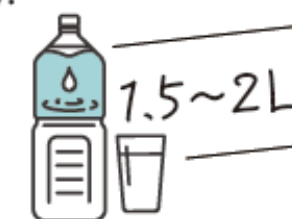


One-point  
advice

Continuing with morning-only fasting helps prevent rebound.



To make fasting more effective, aim to drink 1.5 to 2 liters of water a day.



Aim for a beautiful version of yourself



Goal :

Taking and Check Off



	Day 1 /	Day 2 /	Day 3 /	Day 4 On the Day /	Day 5 /	Day 6 /	Day 7 /	Day 8 /
<b>Weight</b>	g	g	g	g	g	g	g	g
<b>Morning</b> Get your body accustomed to fasting with 'Morning-Only Fasting'.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	After Waking Up <input type="checkbox"/>	After Waking Up <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
				10 AM <input type="checkbox"/>	10 AM <input type="checkbox"/>			
<b>Afternoon</b> Record your meals!				12 AM <input type="checkbox"/>				
				3 PM <input type="checkbox"/>				
<b>Evening</b> Record your meals!				6 PM <input type="checkbox"/>				
				Before Bed <input type="checkbox"/>				

OK to drink more if you feel hungry!

Challenge  
Record

## Short-Term Intensive Course

Dilute with water or other liquids.

# Finish 14 packets in 1.5 days

Recommended for those with a busy schedule and anyone looking to see fast results!

ONE-FAS  
ワンファス



One-point  
advice

By focusing on a short-term, you can experience visible changes in your skin and body (\*1).

Feel refreshed  
in a  
short period!



Goal :

Taking and Check Off



On the Day (Fill Date →)						The next day	
Weight						Weight	
g						g	
After Waking Up	10 AM	12 AM	3 PM	6 PM	Before Bed	After Waking Up	10 AM
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Three Tips for Success

Tip1

### Write Your Goals Down on Paper First

Instead of saying 'I want to lose X kg,' try setting qualitative goals like 'I want to look great by the reunion!' or 'I want to lose weight by my dating!' It's a great idea to revisit these goals if you feel like giving up.



Tip2

### Take One Packet When You Feel Like Eating

The feeling of wanting to eat comes from a lack of sugar. If you can't resist, add one more packet of ONE-FAS. Mixing it with warm water (\*2) will give you an even greater sense of fullness.



Tip3

### Do Not Care Less Even After It's Over.

After One-Day Fasting, your body is like a sponge that has been cleansed, making it more receptive to nutrients. Be careful not to overeat or drink excessively.



- \*1 If you're trying it for the first time, consider the changes in your body the following day. Refrain overeating and drinking and try to choose meals that put less strain on your stomach.  
\*2 Water that has been boiled and then cooled to about 50°C.