



ULTRALEAN APPETITE CONTROL CAPSULES

HOODIA GORDONII extracts have been used by the native African population for years. In this population, this natural cactus plant is said to support energy, enhance mood, and act as a natural appetite suppressant. Animal studies utilizing *Hoodia gordonii* have shown a decrease in food consumption and body mass when compared to placebo groups.*

NAT (N ACETYL L-TYROSINE), DL PHENYLALANINE, L-GLUTAMINE, 5HTP are included in the UltraLean Appetite Control formula to assist in neurotransmitter balance and to help curb the brain's appetite control center.*

ULTRALEAN THERMO MAX

ULTRALEAN THERMO MAX offers stronger support for weight loss. This product is a stimulant and helps modulate metabolism.*

STIMULANT THERMOGENICS such as caffeine anhydrous and green tea leaf extract act to stimulate thermogenesis or fat burning. Those with hypersensitive nervous systems should avoid this product.*

HOODIA GORDONII assists appetite regulation and sustained energy while following a low-calorie weight reduction program.

NON-STIMULATORY FAT METABOLISM ENHANCERS (E.G., NOPAL CACTUS LEAF, COLEUS FORSKOHLII, L-CARNITINE): Nopal is a vegetarian fat blocker derived from the cactus leaf. It works similarly to chitosan (shellfish source) without the animal source or risk of shellfish allergy. By combining with dietary fat in the intestine and blocking absorption, fewer fat calories are absorbed with each meal. Coleus acts to regulate cAMP, which supports healthy fat metabolism. Lastly, L-carnitine enhances the delivery and metabolism of fatty acids by cellular mitochondria. This supports mitochondrial energy metabolism, particularly in the adipocytes (fat cells). This can be helpful in an overall weight loss program.*

UltraLean Thermo MAX	
Serving Size 2 capsules	
Servings Per Container 30	
Amount Per Serving	
Chromium (as chromium polynicotinate)	100 mcg
Proprietary blend:	325 mg
Asian ginseng root extract (10% ginsenosides), eleuthero root extract (0.8% eleutherosides), <i>Coleus forskohlii</i> root extract (10% forskolin), L-carnitine (as L-carnitine tartrate), glucomannan, rhodiola root extract (5% rosavins, 3% salidosides)	
Bitter orange extract (providing 30 mg synephrine alkaloids)(Advantra Z®)	300 mg
Caffeine anhydrous	100 mg
<i>Hoodia gordonii</i> 20:1 extract (aerial parts)	100 mg
Pure nopal cactus fiber	100 mg
Green tea leaf extract (40% total polyphenols, EGCG and caffeine)	50 mg
OTHER INGREDIENTS: Cellulose, silica, medium-chain triglycerides.	
SUGGESTED USE: As a dietary supplement, take one capsule before meals 2 times daily or as directed by your healthcare professional. This product is best not taken at dinner or before bed. Dosages later in the evening may interfere with sleep.	

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

UltraLean Functional Food Powder	
Serving Size 2 level scoops (44 g)	
Servings Per Container 14	
Amount Per Serving	
CALORIC DISTRIBUTION: CHOCOLATE	
Calories	170
Calories from fat	50
Total fat	6 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	35 mg
Total carbohydrate	14 g
Dietary fiber	7 g
Soluble fiber	6 g
Sugars	5 g
Sugar alcohols	1 g
Protein	19 g
Vitamin A (retinyl palmitate)	2000 IU
Vitamin C (ascorbic acid)	100 mg
Calcium (pyruvate, whey protein)	121 mg
Iron (ferrous fumarate)	1 mg
Vitamin D (cholecalciferol)	197 IU
Vitamin E (D-alpha tocopheryl)	48 IU
Thiamin (mononitrate)	2 mg
Riboflavin	2 mg
Niacin (niacinamide)	30 mg
Vitamin B6 (pyridoxine HCl)	15 mg
Folate (folic acid)	200 mcg
Vitamin B12	250 mcg
Biotin	300 mcg
Pantothenic acid (calcium pantothenate)	150 mg
Phosphorus (whey protein)	67 mg
Iodine (potassium iodide)	75 mcg
Magnesium (amino acid chelate, citrate)	100 mg
Zinc (citrate)	10 mg
Selenium (sodium selenate)	50 mcg
Copper (amino acid chelate)	500 mcg
Manganese (amino acid chelate)	500 mcg
Chromium (amino acid chelate)	250 mcg
Molybdenum (citrate)	500 mcg
Sodium	270 mg
Potassium	190 mg
Guar gum (<i>Cyamopsis tetragonolobus</i>)	300 mg
Phaseolamin (Northern white kidney bean extract)	300 mg
Calcium pyruvate	200 mg
Green tea leaf extract (<i>Camellia sinensis</i>)	100 mg
Ornithine Alpha-ketoglutarate	100 mg
Vanadium	25 mcg

continued on reverse

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ULTRALEAN FUNCTIONAL FOOD

BODY COMPOSITION POWDER
A FUNCTIONAL FOOD FOR NUTRITIONAL SUPPORT OF WEIGHT LOSS & BLOOD SUGAR STABILITY*
Available In Chocolate, Vanilla, Strawberry Banana & Vegan Vanilla

- Therapeutic levels of B vitamins
- Contains mineral citrates and malates for mitochondrial support*
- Nutrients delivered in therapeutic amounts*
- Specialty nutrients are added to enhance fat metabolism and blood sugar balance*

ULTRALEAN FUNCTIONAL FOODS are designed to promote fat loss while preserving lean tissue to support healthy body composition. UltraLean functional foods (available in whey protein-based chocolate, vanilla, and strawberry banana and vegan protein-based vanilla flavors) are formulated to support healthy metabolic activity. Stimulants such as ephedra and ma huang are not used. Instead, UltraLean functional foods nutritionally support fat cell metabolism. That means no jitters, rapid heart rates, insomnia, heart palpitations, prostate swelling, or urinary retention. UltraLean functional foods are designed to be safe and effective.*

UltraLean functional foods provide nutrients for science-based weight loss and blood sugar stability. They are high-protein, low-carbohydrate, low-fat, multivitamin/mineral, specialty nutrient beverages that can be used long term with a balanced, calorie-controlled diet and exercise program to achieve your desired body composition goals.*

B VITAMINS take part in numerous biochemical processes, including maintenance of blood sugar balance and assisting in normal cellular metabolism. UltraLean functional foods provide therapeutic levels of B vitamins and can be used as a meal replacement, between meals (for blood sugar balance), or with a small, well-balanced meal to achieve weight loss goals.*

SELECTED CITRATE AND MALATE MINERAL CHELATES: Minerals are critical to health and to the body's ability to properly maintain stable blood sugar levels. However, for minerals to be of any therapeutic benefit, they must be absorbed. Selected minerals in UltraLean functional foods are presented as citrates and malates to



OTHER INGREDIENTS: Whey protein concentrate, soluble corn fiber (Fibersol), cocoa powder, sunflower oil, natural flavors, fructose, xylitol, potassium chloride, sodium chloride, BeFlora Plus®, coconut oil, xanthan gum.

SUGGESTED USE: Blend, shake, or briskly stir 1 serving (2 level scoops) into 8 oz. of water or beverage of choice one to three times per day or as directed by your healthcare professional.

All of the ingredients in UltraLean Functional Food are safe and effective in stimulating metabolism or reducing fat absorption.

REFERENCES:

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3. Rideout TC, Harding SV, Jones PJ, Fan MZ. Guar gum and similar soluble fibers in the regulation of cholesterol metabolism: current understandings and future reach priorities. *Vasc Health Risk Manag.* 2008;4(5):1023-33
4. Yoon SJ, Chu DC, Raj Juneja L. Chemical and physical properties, safety and application of partially hydrolyzed guar gum as dietary fiber. *J Clin Biochem Nutr.* 2008 Jan; 42:1-7.
5. Peterson DB, et al. Effects of guar on diabetes and lipids-food and pharmacology compared. *Diabetologia.* 1984; 27:319A.
6. Warren, RP. And R.N. and Wenenger, M.G. Gymnema sylvestre. *Nature Vol. 223, July 5th, pp. 94-95 (1969).*
7. Katts GR, Ficher JA, and Blum K, The effects of chromium picolinate supplementation on body composition in different age groups. *Age 14, 138 (Abstract #40), 1991.*
8. Schwarz J-M, et al. Thermogenesis in men and women induced by fructose vs glucose added to a meal. *Am J Clin Nutr* 49:667-74, 1989

ULTRA LEAN FUNCTIONAL FOOD

support cells' metabolic and enzymatic efficiency.*

CHROMIUM levels found in the UltraLean functional foods, when consumed two to three times per day, have been shown to be nutritionally beneficial in balancing blood sugar levels while nutritionally supporting healthier lipid profiles in insulin insensitive individuals. In addition, chromium is considered the key nutrient in glucose tolerance factor (GTF), which researchers believe increases insulin receptor sensitivity and enhances glucose transport into cells. Improving insulin sensitivity is key to enhancing fat cell metabolism and burning triglycerides as a fuel during a weight loss program.*

PHASEOLAMIN is a protein extracted from white kidney beans and is known to have anti-alpha amylase activity. Clinical trials in America, Italy, Japan, and Norway have shown a 66% to 75% reduction in starch digestion when phaseolamin is consumed. This reduces the absorption of starch from the small intestine and decreases the post-prandial release of insulin.*

GUAR GUM has been added to assist in further flattening of the post-prandial glucose response. Guar gum appears to affect carbohydrate absorption by retarding the emptying of the stomach, inhibiting starch degradation, and reducing glucose absorption in the small intestine.*

ORINTHINE ALPHA-KETOGLUTARATE has been traditionally used for preventing muscle protein depletion after surgery or trauma. Orinthine alpha-ketoglutarate (OKG) increases the secretion of anabolic hormones such as insulin and growth hormone. Therefore, OKG may modulate muscle protein metabolism to help maintain muscle mass during weight loss.*

GREEN TEA is included as a source of polyphenols and epigallocatechin gallate, shown to be protective against oxidative stress. In addition, green tea is a source of caffeine and has been shown to support insulin sensitivity and promote metabolism.*

UltraLean products are best used with appropriate diet and exercise recommendations and/or with other products from the UltraLean family for support of weight loss and blood sugar management.*

UltraLean Appetite Control
Serving Size 6 capsules
Servings Per Container 15

	Amount Per Serving
Vitamin C (ascorbic acid)	100 mg
Vitamin B6 (pyridoxal 5'-phosphate, pyridoxine HCl)	50 mg
Chromium (polynicotinate)	1000 mcg
DL-phenylalanine	2000 mg
N-acetyl-L-tyrosine	1200 mg
L-glutamine	750 mg
Hoodia (<i>Hoodia gordonii</i>) (20:1 extract)	600 mg
Bladderwrack (<i>Fucus vesiculosus</i>)	200 mg
Green tea leaf extract (<i>Camellia sinensis</i>)	200 mg
L-tryptophan	150 mg

OTHER INGREDIENT: Cellulose.

SUGGESTED USE: As a dietary supplement, take 3 capsules a half hour before meals two times per day or as directed by your healthcare professional. Some individuals may need to take capsules with food to avoid niacin flush.

REFERENCES:

1. Urberg M, Benyi J, John R. Hypocholesterolemic effects of nicotinic acid and chromium supplementation. *J Fam Pract* 1988 Dec;27(6):603-6.
2. Layer P, Zinsmeister AR, DiMagno EP. Effects of decreasing intraluminal amylase activity on starch digestion and postprandial gastrointestinal function in humans. *Gastroenterology* 1986 Jul;91(1):41-8.
3. Maki KC, et al. Green tea catechin consumption enhances exercise-induced abdominal fat loss in overweight and obese adults. *J Nutr*, 2009 Feb; 139(2):264-70
4. Wurman JJ. The involvement of brain serotonin in excessive carbohydrate snacking by obese carbohydrate cravets. *J Am Diet Assoc.* 1984 Sep; 84(9): 1004-7
5. Hendler S., Rovik D. PDR for Nutritional Supplements. 1st Ed. *Medical economics/Thompson Healthcare., 2001.*

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ULTRALEAN APPETITE CONTROL CAPSULES

- Adjunctive support for weight loss in a program that includes appropriate diet and exercise recommendations*
- Inhibition of carbohydrate and fat calorie absorption*
- Enhanced fat burning with little neurological stimulation*
- Nutritional support of insulin activity*
- Enhanced mitochondrial energy support*

ULTRALEAN APPETITE CONTROL offers a unique, safe, and sane approach to weight management. Instead of using alpha-adrenergic stimulants such as guarana, ephedra, and cola nut, we have chosen a safer approach. Most weight loss aides are plagued with numerous and sometimes dangerous side effects. Tachycardia (rapid heart rate), cardiac arrhythmia (irregular rhythm and palpitations), insomnia, anxiety, and benign prostatic hypertrophy are examples of common side effects.*

VITAMIN B6 (Pyridoxal 5'-phosphate/pyridoxine HCl) acts as a coenzyme in many chemical pathways and supports healthy cellular metabolic function. Vitamin B6 aids the healthy regulation of fluid balance through its positive influence on aldosterone hormone levels.*

CHROMIUM provides nutritional support of fat metabolism by mitochondria, insulin sensitivity, formation of glucose tolerance factor, and support of glucose metabolism. These benefits contribute to more stable blood sugar, which helps control sugar cravings, binge eating, etc.*

GREEN TEA LEAF EXTRACT (*Camellia sinensis*) acts as an antioxidant cellular protective agent and supports cellular energy metabolism due to its natural caffeine content and antioxidant properties.*

BLADDERWRACK (*Fucus vesiculosus*) is a sea vegetable that is a good source of the high trace mineral iodine. Due to its nutritional components, bladderwrack supports a healthy metabolism.*