



## ULTRALEAN APPETITE CONTROL CAPSULES

**HOODIA GORDONII** extracts have been used by native African population for years. This natural cactus plant is said to increase energy, enhance the mood, and stave off hunger. Hoodia acts as a natural appetite suppressant, supporting an ideal weight and body composition.

**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 CAPSULES

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

**STIMULANT THERMOGENICS (SYNEPHRINE HCL, GREEN TEA EXTRACT, AND CAFFEINE ANHYDROUS)** act to stimulate thermogenesis or fat burning. Those with hypersensitive nervous systems should avoid this product. Synephrine is reported to be less stimulating to the nervous system than ephedrine and as such may offer a safer alternative to the ephedra/ephedrine products of the past.

**NON-STIMULATORY FAT METABOLISM ENHANCERS (NOPAL CACTUS LEAF, GARCINIA CAMBOGIA, COLEUS FORSKOHLII, L-CARNITINE)** Nopal is a vegetarian fat blocker derived from the cactus leaf. It works similarly to Chitosan (sea shell source) without the animal source or risk of shell fish allergy. By combining with dietary fat in the intestine and blocking absorption, fewer fat calories are absorbed with each meal. Garcinia is a source of (-) Hydroxy Citric Acid. This botanical enhances fat cell metabolism directly without stimulation to the nervous system. Coleus acts to regulate cAMP, which supports healthy fat metabolism. Lastly, L-Carnitine enhances the delivery and metabolism of fatty acids by cellular mitochondria. Enhancing mitochondrial energy metabolism, particularly in the adipocytes (fat cells), can be helpful in an overall weight loss program.

UltraLean Thermo Capsules	
Serving Size 2 capsules	
Servings Per Container 60	
Amount Per Serving	
Nopal cactus leaf ( <i>Opuntia ficus-indica</i> )	500 mg
Garcinia fruit extract ( <i>Garcinia cambogia</i> ) (fruit & rind, standardized for 60% (-) hydroxycitric acid)	250 mg
Caffeine anhydrous	100 mg
<i>Coleus forskohlii</i> extract (10% forskohlin)	100 mg
Green tea leaf extract ( <i>Camellia sinensis</i> )	100 mg
L-carnitine	100 mg
Sinephrine (HCl)	50 mg

**SUGGESTED USE:** As a dietary supplement, take 2 capsules before meals two times per day or as directed by your healthcare professional.

**WARNING:** Do not take if you have heart disease or high blood pressure. Do not take if you are pregnant or nursing. Do not take if you are on a prescription MAO inhibitor. This product contains caffeine. It is not recommended for persons with a history of hypertension, cardiac arrhythmia, insomnia, or anxiety. Please consult your healthcare professional prior to use.

## UltraLean Functional Food Powder

Serving Size 2 level scoops (44 g)  
Servings Per Container 14

Amount Per Serving	
<b>CALORIC DISTRIBUTION: CHOCOLATE</b>	
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

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## ULTRALEAN FUNCTIONAL FOOD

GLUCOSE STABILIZING FORMULA POWDER  
A FUNCTIONAL FOOD FOR WEIGHT LOSS & BLOOD SUGAR STABILITY

- 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

BioGenesis presents the UltraLean family of products for your patients who need additional help achieving their weight loss goals. UltraLean products can be used alone, along with your diet and exercise recommendations, or with other products from the UltraLean family (UltraLean Functional Foods, UltraLean Appetite Control, UltraLean Thermo, UltraLean and Low-Carb Gluco-Support Bars, BioBalance Diet, Super CLA) for weight loss and blood sugar management. Your patients have access to a complete family of weight loss and blood sugar control products.

**ULTRALEAN FUNCTIONAL FOOD** is designed to enhance fat loss while preserving lean tissue to support healthy body composition. To get the most out of the UltraLean program, you should use the UltraLean products, follow the eating guidelines in the UltraLean BioBalance diet, and begin or continue on an exercise program approved by your healthcare provider.

**ULTRALEAN FUNCTIONAL FOOD** is formulated to support healthy metabolic activity. Stimulants such as ephedra and ma haung, etc., are not used. Instead UltraLean Functional Food acts to enhance fat cell metabolism only. That means no jitters, no rapid heart rates, no insomnia, no heart palpitations, no prostate swelling or urinary retention. UltraLean Functional Food is designed to be safe and effective.

**NUTRIENTS FOR SCIENCE BASED WEIGHT LOSS & BLOOD SUGAR STABILITY.** UltraLean Functional Food is a high protein, low carbohydrate, low fat, multivitamin/mineral, specialty nutrient beverage that can be used long-term with a balanced diet and exercise program to achieve your desired body composition goals.



**RECOMMENDED DOSAGE:** 1-2 servings per day with or between meals as part of an overall weight management program. Individual applications may vary. Consult your healthcare provider for an individualized program to suit your specific needs.

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

## ULTRA LEAN FUNCTIONAL FOOD

**THERAPEUTIC LEVEL B VITAMINS** B vitamins take part in numerous chemical processes including maintenance of blood sugar balance and assisting in normal cellular metabolism. Use UltraLean Functional Food as a meal replacement, between meals (for blood sugar balance), or with a small, well-balanced meal to achieve your weight loss goals.

**SELECTED CITRATE AND MALATE MINERAL CHELATES** Minerals are critical to your health and to your body's ability to properly maintain stable blood sugar levels. However, for minerals to be of any therapeutic benefit, you must absorb them. Selected minerals in UltraLean are presented as citrates and malates to support your cells' metabolic and enzymatic efficiency.

**SPECIALTY NUTRIENTS** When consumed two to three times per day, the level of chromium found in UltraLean has been shown to be nutritionally beneficial in balancing blood sugar levels, reducing serum triglyceride levels in insulin insensitive individuals, and balancing serum HDL levels. 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 absorption when Phaseolamin is consumed. Placebo-controlled clinical trials found that over-weight individuals consuming phaseolamin as part of their diet lost an average of half a pound per week, compared to the placebo group who lost only 0.1 lbs over four weeks. 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. Alpha-Ketoglutarate has been traditionally used for preventing muscle protein depletion after surgery or trauma and is included to support muscle protein synthesis. Green tea is included as a source of polyphenols and epigallocatechin gallate, which have been shown to be protective against oxidative stress. In addition, green tea is a source of caffeine and has been shown to improve insulin sensitivity and enhance metabolism.

### REFERENCES:

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6. Peterson DB, et al. Effects of guar on diabetes and lipids-food and pharmacology compared. *Diabetologia.* 1984; 27:319A.
7. Warren, RP. And R.N. and Wenenger, M.G. Gymnema sylvestre. *Nature Vol.* 223, July 5<sup>th</sup>, pp. 94-95 (1969).
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### 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 (picolinate)	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 sinesis</i> )	200 mg
L-tryptophan	150 mg

**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.

### 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.
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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
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\*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.

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## ULTRALEAN APPETITE CONTROL CAPSULES

- Adjunctive support for weight loss in a program that includes healthy diet and exercise
- Inhibition of carbohydrate and fat calorie absorption
- Enhanced fat burning with little neurological stimulation
- Reduction of insulin resistance
- 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/Pyridoxal HCl) acts as a coenzyme in many chemical pathways and supports healthy cellular metabolic function. Vitamin B6 aids in the healthy regulation of fluid balance through its positive influence on aldosterone hormone levels.

**CHROMIUM** inhibits the synthesis of new fat from carbohydrates. Additional benefits of chromium include enhanced fat metabolism by mitochondria, enhanced effectiveness of insulin, and enhanced glucose metabolism. These benefits contribute to stable blood sugar, which helps control sugar cravings, binge eating, etc.

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

**BLADDERWRACK** (*Fucus vesiculosus*) is a sea vegetable with high trace mineral, iodine, and protein content. Due to its nutritional components, bladderwrack supports a healthy metabolism.