

SLENDERLEAN®

The Dieter's Choice
400mg XanaLean™ per Tablet



How does SlenderLean help support weight management and appetite? Using modern science to unlock the secrets of Nature's ancient magic, substances from two tropical trees, the Cacao tree (*Theobroma cacao*—meaning “food of the gods”) and *Cinnamomum cassia*, whose dried inner bark supplies the spice cinnamon, along with the amazing extract of Arctic Golden Root (*Rhodiola rosea*), Lifeplus researchers have created SlenderLean—a breakthrough product for the nutritional support of healthy moods, energy, appetite and weight management, as part of a complete program of diet and exercise. This completely unique and patented product is the culmination of many years of research, which have resulted in a proprietary botanical blend that can never be duplicated.

The Magic of Chocolate Distilled Into a Tablet

Theobroma cacao was named by the 17th century naturalist Linnaeus. Europeans first encountered cacao in the 16th century when Spanish explorers first encountered the Aztec and Mayan civilizations in South America. The Aztecs restricted use of the hot bitter beverage they called *chocolati*, prepared from the dried cacao bean, to use by warriors, nobility and priests, who revered it for its reputed ability to confer wisdom and vitality.

Chocolate as we know it was developed in Europe in the 19th century, by combining fatty cocoa butter with cocoa powder, sugar, and sometimes milk—virtually all the calories come from the sugar, milk, and cocoa butter. Chocolate production and consumption is now worldwide, with the average American consuming nearly 12 pounds a year. It is highly associated with romance,

and many have considered it a mild aphrodisiac. Chocolate is craved more than any food, and frequently eaten as a “comfort food” during times of stress or depression. Women also frequently crave chocolate during their premenstrual time in particular.

Scientists have identified over 300 compounds in the cocoa bean, including all the major vitamins, minerals, and amino acids, as well as saturated, monounsaturated, and polyunsaturated fatty acids. It is a particularly rich source of the mineral magnesium, and the amino acid tryptophane, precursor to the brain substances serotonin and melatonin.

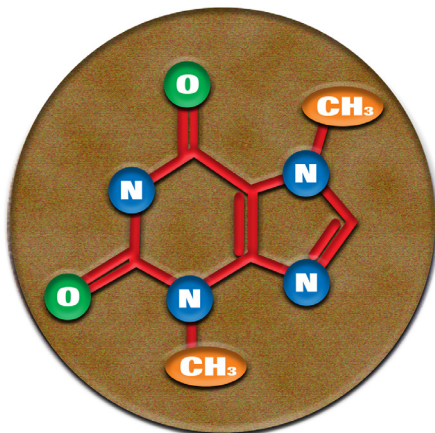
Other substances found in chocolate, such as phenylethylamine, theobromine, and anandamide, have been associated with supporting healthy moods. It also contains lots of flavonols—the heart healthy antioxidants of red wine and grape

seeds. Cocoa, coffee, tea, guarana, kola nuts, and maté all contain compounds known as methylxanthines, which all have energizing qualities to varying degrees. The predominant methylxanthine in cocoa beans is theobromine, which derives its name from the Latin nomenclature of the cacao tree. Cocoa beans also contain a very small amount of caffeine. Theobromine is also found in smaller quantities in tea, and the South American stimulating herb known as maté, but it is found in greatest amounts in cocoa and chocolate. Theobromine has only one-tenth the stimulant activity of caffeine, but has subtle and sustained effects in support of healthy moods, energy, and appetite. Like the other methylxanthines, it supports burning of calories to produce heat. Like its xanthine cousin's caffeine and theophylline (the predominant methylxanthine in tea), theobromine inhibits the enzyme that breaks

down cyclic adenosine monophosphate (cAMP), thus increasing availability of this high-energy compound that acts on receptors in many cells of the body, including fat and muscle cells. This is thought to be one of the primary mechanisms by which theobromine supports an increase in metabolic rate and the stimulation of fat breakdown (lipolysis). Each tablet of SlenderLean supplies nearly as much theobromine as a 2 oz (60 gram) serving of dark chocolate.

Chemical Structure of Theobromine

Caffeine has a third methyl group (orange-CH₃) bonded to the nitrogen (blue-N) on the left side of the molecule. Each red bond is between two carbon atoms. Oxygen atoms are green.



THEOBROMINE

Cinnamon and Glucose Utilization

Cinnamon is a widely used spice, also known to be rich in antioxidant polyphenols, particularly procyanidin dimers and oligomers (OPCs). One of the polyphenols in cinnamon, known as methylhydroxy chalcone polymer, has been found to have particularly strong activity in the support of glucose utilization by cells. Eating foods whose carbohydrates are absorbed slowly, such as vegetables, whole grains, beans, meats, and fish are also very helpful in healthy carbohydrate utilization, which is important in reducing

craving for sweets and other refined carbohydrates, that can cripple your weight loss program.

Chromium

The trace mineral chromium is important to the healthy regulation of glucose utilization, and therefore also an important component of SlenderLean. It is an essential mineral (i.e. it must be supplied in the diet) found in concentration of 20 parts per billion in the blood. Chromium supports the activity of certain enzymes, which help in the utilization of glucose and the synthesis of essential lipids in the body. It is necessary for the proper activity of insulin in its function of moving glucose from the blood into cells. This mineral may also be involved in the synthesis of protein through its binding action with RNA molecules. Chromium is poorly absorbed from the intestinal tract. Only 3% of dietary intake is retained. The amount of chromium stored in the body decreases with age. Diets high in sugars and other refined carbohydrates increase utilization and excretion of chromium from the body. Chromium supplements may help maintain lean body mass when used while exercising regularly, although research in this area has been controversial, with some conflicting results between different clinical trials.

Arctic Golden Root (*Rhodiola rosea*) and Hormone Sensitive Lipase (HSL)

Like *Theobroma cacao*, *Rhodiola rosea* was named by the great Swedish naturalist Linnaeus, who first published its description in 1725. Traditional systems for supporting health in Asia have used the “golden root” since the time of the Chinese emperors, who sent expeditions to Siberia to obtain it. Siberians transported the herb down ancient trails to Georgia (in the Caucasus mountains) where they traded it for Georgian wines, honey, garlic, and fruit. The Vikings were reported to have used the

herb to enhance their endurance, and physical and mental strength. Research since World War II has revealed that the roots of this plant are a treasure chest of powerful adaptogens—defined as substances that nonspecifically support innate resilience to physical, mental, emotional, and environmental stress, without disturbing normal biological measurements or functions.

Only plants of the proper species (there are many species of *Rhodiola*), grown in the proper cold, mountainous environment, harvested at the proper time, and carefully extracted to exacting specifications contain the precise ratios of six distinct groups of complex phyto-nutrient components necessary for full activity.

Research in Russia and Bulgaria have suggested that Arctic Golden Root extract has the ability to activate a fat breaking down enzyme called hormone sensitive lipase. This enzyme is activated by exercise, and normally requires at least an hour of moderate exercise, such as brisk walking, to be activated—after which its activity persists for about 12 hours. Soviet clinical studies have shown that the combination of *Rhodiola rosea* extract together with physical exercise can be a powerful tool in the activation of this lipase enzyme, resulting in enhanced breakdown of stored fat. A clinical trial done in Bulgaria randomized 121 subjects to either *Rhodiola rosea* extract or a placebo, and tested serum free fatty acid levels at rest, and after one hour of exercise. The *Rhodiola* group had a 6% greater serum fatty acid level at rest, and a 44% greater level after exercise, indicating increased activation of lipase (fat-busting enzyme) by the combination of *Rhodiola* and exercise vs. exercise alone. The extract also has shown synergy with calorie restricted diet—another placebo controlled clinical study done at the Georgian State Hospital (in the former Soviet Union) with 130 overweight patients showed that the

intake of tablets of R. rosea extract led to a mean weight loss of 19 pounds (11% reduction of body fat), compared to only an 8 pound loss by the placebo group on exactly the same diet. Further research needs to be done to confirm these exciting initial findings.

Because theobromine also activates lipolysis (fat breakdown) and stimulates (cellular heat production), the precise combination of these phytonutrients in SlenderLean (along with cinnamon and chromium) produces unprecedented synergy—so unique that patent protection has been applied for prior to unveiling of this amazing product.

Diet and Exercise*

Although many weight loss supplements claim that they work to cause weight loss without diet or exercise, only potentially dangerous ones actually are capable of that.

SlenderLean helps facilitate adherence to your weight loss program by helping you feel like exercising, by enhancing the effects of moderate exercise on hormone sensitive lipase and by supporting healthy levels of energy, and appetite. Its also very important to drink lots of water (at least a pint before meals, and 2 pints before, during, and after exercising), map out an exercise program you can stick to, and find out what is the best mixture of carbohydrate, fat,

and protein for YOUR particular type of metabolism. Exercise also builds muscle, which burns more energy than fat, even at rest—which is why exercise, which maintains muscle mass, is so crucial to maintaining weight loss once it has been achieved.

Now, with the power of diet, exercise, water, and the help of natural compounds in the unique patent pending phytonutrient blend of SlenderLean—that can help you stick to your program—vitality, energy, and a “new you” are easily within your grasp. Give yourself and your loved ones the gift of healthy weight, energy, and well-being—with SlenderLean!

REFERENCES:

1. **U.S. Patent 7,115,285** (October 3, 2006). McKee D and Nolan TA; Composition and method for appetite and carving suppression and mood enhancement.

Abstract: A composition for suppressing appetite and cravings for substances such as nicotine, coffee, sweets or chocolate while improving energy and enhancing mood comprises theobromine or a salt thereof at an effective amount of from about 250 to 4000 mg. Using such relatively high proportions of theobromine, without added caffeine or ephedrine provides an effective method for promoting weight control or to halt substance cravings without the side effects associated with such stimulants. The composition also includes Rhodiola rosea extract to offset stress effects from reduced food or substance intake, and to further improve mood, and clarity of thought and ability to handle stress, and to also increase endurance while reducing muscle pain.

Supplement Facts		
Serving Size / 1 Tablet		
Servings Per Container / 90		
Amount Per Serving	% Daily Value	
Chromium	100 mcg	286%
Proprietary Xanalean™ Complex	400 mg	*
Theobromine		*
Arctic Rose Root Extract		*
Cinnamon Bark		*
Dutch Cocoa		*

*Daily Value not established.

INGREDIENTS: Dicalcium Phosphate, Stearic Acid, Silica, Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), and Chromium Picolinate.

US.SF.MOD 3E

CAUTION: As with all dietary supplements consult your doctor prior to taking if you are on any prescription medication, under a doctor's care or have any disease or medical condition. Do not use if you are pregnant or attempting to become pregnant, nursing, taking a monoamine oxidase inhibitor (MAOI), or if you are allergic to or have known or suspected hypersensitivity to chocolate. This product contains chocolate and theobromine which are harmful to pets.

Keep out of reach of children.

Children should only take this product under adult supervision, maximum 3 tablets per day. In Florida, this product is not for sale to or use by anyone under 18.

Allergy Information: This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals.

Suitable for Vegetarians.

Protected by U.S. Patent No. 7,115,285.

DIRECTIONS: Start at 1 tablet 3 times a day with 8–16 ounces of water 30 minutes before meals or exercise session during the first week. Some may wish to gradually increase to 6 tablets per day after the first week. For best results, use as part of a sensible diet and exercise program to support healthy weight management.◊

◊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.

Lifeplus International • P.O. Box 3749, Batesville, Arkansas 72503 • 800-572-8446 • www.lifeplus.com

This information is for use and distribution only in the United States.