

## INFORMATION SHEET: NEW PATIENT STARTER KIT

### What's in the kit?

LeanMD offers this **New Patient Starter Kit** during your initial consult. We have found it is a great way to begin your weight loss journey!

Inside you will find each of our proprietary supplements specifically designed to nutritionally support patients during the Loss Phase.

This kit contains:

- Lean Protein Sample Pack and Blender Bottle
- Lean Fiber
- Lean T
- Lean CaMg
- Lean Multi
- Ketosis Sticks
- Blender Bottle and Sample Pack Protein



Please refer to your LeanMD Mentor on how best to incorporate these supplements into your daily life while on your weight loss journey.

Enjoy this stylish LeanMD tote bag to insulate your fresh foods while 'on the go'!



LeanProtein



LeanFiber



LeanCaMg



LeanMulti



LeanT

**1 packet daily**  
(snack time)

Increases satiety and controls hunger.  
amino acids to support:  
-Energy  
-Muscle building and recovery

**1 - 3 scoops daily**  
(anytime)

Clear and Tasteless.  
Supports:  
-Healthy Digestive system  
-Cholesterol  
-Blood sugar levels

**2 tablets daily**  
(breakfast and lunch)

Magnesium supports bowel movements.  
Vitamin D and Calcium supports:  
-Muscle contraction  
-Maintaining strong bones  
-Sleep Support

**1 tablet daily**  
(dinner)

Assists the immune system, provides nutritional support, and replaces elements commonly lost through common dieting.

**2 capsules daily**  
(breakfast and lunch)

Supports: Metabolism  
-Immune system function  
-Natural Appetite Suppressant  
-No Caffeine