

# LEAN SUSTAIN

**LEAN SUSTAIN** is designed to address factors that may contribute to weight gain, such as energy level, hormone balance, slow fat burning, and stress.\*

**LEAN SUSTAIN** helps to balance Cortisol levels.\* Cortisol is the body's main stress hormone. In excess, it can cause weight gain, especially around the waist and face.

#### **LEAN SUSTAIN** supports:

- › Thermogenesis, an increased metabolic rate and energy production\*
- › Proper fat metabolism and development of lean body mass\*
- › Maintenance of Cortisol and blood sugar levels within normal range\*
- › Appetite control and hunger management\*

#### **Fat Burning Support\***

- › Green Tea, Metabromine®, Guarana Seed, and Black Pepper support thermogenesis and fat metabolism.\* They work together to increase calorie burning and support lean muscle mass within the body.\*
- › Metabromine®, Eleutherococcus senticosus, Guarana Seed and Black Pepper support energy production and offer metabolism supportive effects.\*

#### **Stress Management and Appetite Control\***

- › Eleutherococcus senticosus and L-Theanine support stress management.\* This stress-free state of mind may help to balance Cortisol levels and support weight loss.\*
- › Hoodia, Guarana Seed and Banaba Leaf Extract support appetite control and maintenance of blood sugar levels within normal range.\* They act as appetite suppressants to reduce cravings and lower caloric intake.\*
- › Banaba Leaf, L-Theanine and Chromium support hormone balance and maintenance of Cortisol levels within normal ranges.\* Balanced Cortisol supports healthy weight management.\*

#### **Nutrients**

- › Banaba Leaf Extract contains corosolic acid, which maintains blood sugar levels within normal ranges.\*
- › Hoodia Gordonii acts on nerve cells in the brain that sense glucose levels and activates them, making the body feel full.\*
- › Metabromine® provides a pleasant feeling of "chocolate euphoria" without the calories to make dieting more satisfying.\*
- › Suntheanine® brand L-Theanine has extensive research and documentation, with over 45 studies in the areas of stress management, good mood and energy levels.\* Research also shows that L-Theanine helps to counteract negative effects of caffeine like nervousness and jitters.
- › Guarana Seed naturally contains caffeine, which supports appetite control, thermogenesis, energy production and calorie burning.\*
- › Green Tea has a high yield of epigallocatechin-3-gallate (EGCG), which supports metabolism, thermogenesis, appetite control and the maintenance of glucose levels within normal ranges.\*

**Warning:** Do not take this product if pregnant, nursing, have fibrocystic breast disease, high blood pressure, or if taking MAOI or SSRI drugs, or antihypertensive medications.

- › Chromium supports glucose levels within normal ranges and supports metabolism of lipids in the body.\*
- › Black Pepper Seed Extract and Eleutherococcus senticosus support energy production and help the body to adapt to stress.\*

#### **Supplement Facts**

Serving Size: 1 Capsule	
Chromium (as Cr. Polynicotinate)	50 mcg
A proprietary blend of:	
Green Tea (Camellia sinensis L.) Leaf Extract,	
Theobroma Cacao whole fruit (Metabromine® brand), Hoodia Gordonii (aerial stem),	
Eleutherococcus senticosus (root)	375 mg
Yielding: EGCG	105 mg
Theobromine	6 mg
Caffeine	1.5 mg
Guarana Seed Extract	100 mg
Yielding: Caffeine	4 mg
L-Theanine (Suntheanine® brand)	25 mg
Banaba (Lagerstroemia speciosa L.) Leaf Extract	10 mg
Yielding: Corosolic Acid	0.1 mg
Black Pepper (Piper nigrum) Seed Extract	5 mg

Other ingredients: vegetable cellulose (capsule), rice flour, vegetarian leucine.

**Caution:** This product naturally contains caffeine. Do not take if you are caffeine sensitive.

**Suggested Use:** As a dietary supplement, take one (1) capsule two (2) times daily, 30 minutes before each meal, or as directed by your healthcare practitioner.

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Suntheanine® L-Theanine is patented and licensed by Taiyo International, Inc.

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.  
KEEP OUT OF THE REACH OF CHILDREN.

#### **Pharmaceutical Grade and Therapeutically Dosed**

#### **Distributed by**

#### **LeanMD**

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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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