

LEAN

A natural way to boost metabolism, increase thermogenesis, reduce sugar cravings and promote the preservation and development of lean muscle mass.*



DIRECTIONS:

Take four capsules one hour before a meal, workout, or bedtime. May consume up to eight capsules per day.

BENEFITS:

- Helps Boost Metabolism
- Helps Build & Protect Lean Muscle
- Helps Decrease Sugar Cravings

FAQs:

THE BOTTLE SAYS I CAN TAKE UP TO 8 A DAY, BUT I TAKE LESS THAN THAT. WILL IT STILL BE EFFECTIVE?

It is okay to take lower dosages; however, the product will be most effective with the recommended amount.

CAN I SPLIT MY LEAN PILLS AND TAKE THEM AT DIFFERENT TIMES OF THE DAY, OR SHOULD I TAKE THEM ALL AT ONCE?

You can take it multiple times a day.

IS IT SAFE TO TAKE LEAN WHILE BREASTFEEDING?

Consult your physician.

LEAN KEEPS ME AWAKE AT NIGHT. WHY IS THIS?

Everyone's body chemistry is different. If you do experience this, it is recommended to instead take Lean during the day, an hour before a meal or a workout.

THERE ARE THREE OPTIONS FOR TAKING LEAN—BEFORE A WORKOUT, A MEAL, OR BEDTIME. WHICH OF THESE IS MOST EFFECTIVE?

It depends on your goals and why you are taking it. The different time suggestions are intended to provide options for individual goals and lifestyles.

CAN I TAKE LEAN WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed together and taken together.

WHAT IS THE MAIN PURPOSE OF LEAN AND WHY DID IDLIFE DEVELOP IT?

Lean was developed to combat Sarcopenia, which results in the loss of lean muscle mass. As people age, the body goes into a catabolic state and eats away lean muscle. IDLife developed this product to preserve that muscle. IDLife found that Lean also curbs sugar cravings and helps people burn more fat by boosting metabolism.

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts

Serving Size 4 Capsules

Servings Per Container 30

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate)	40 mg	10%
Potassium (as tripotassium citrate)	40 mg	1%
L-Glutamine	1250 mg	**
L-Leucine	500 mg	**
L-Isoleucine	250 mg	**
L-Valine	250 mg	**
L-Arginine Base	150 mg	**
L-Tyrosine	100 mg	**
Betaine Anhydrous (trimethylglycine)	50 mg	**
Black Pepper Extract (Piper nigrum) (fruit) (BioPerine®)	5 mg	**

**Daily Value not established.

OTHER INGREDIENTS:

HPMC (capsule), Stearic Acid, Medium-Chain Triglyceride oil and Silica.



The majority of Americans struggle with managing their weight. Many turn to unhealthy diets and gimmicks because they simply don't know where to start or have become overwhelmed with options.

THE PROBLEM:

- People are eating an unnecessarily high number of calories for snacks; an average of 586 calories for women and 421 calories for men per day. This could easily be considered a fourth meal of the day and is a leading contributor to the growing count of overweight individuals.
- Sarcopenia, or the loss of lean muscle mass at roughly 1% annually, begins in women at age 35 and men at age 40, resulting in lower metabolism and unwanted weight gain.

THE SOLUTION:

- IDLife Appetite Chew is a 15 calorie chocolate treat that gets you past the midday snack cravings that lead to those unwanted pounds and sabotage your health goals.
- IDLife Lean is a metabolic-boosting thermogenic that helps support the development of lean muscle while busting the sugar cravings that could derail your weight management goals.