



SLIM+

Slim+ is a delicious formula designed to help you manage weight, control your hunger and curb those unwanted sugar cravings while providing focus and energy to power through your day.*

DIRECTIONS:

Mix one stick into 12-16 ounces of water and shake well. For best results, consume twice daily.

AVAILABLE FLAVORS:

- Berry Lemonade
- Cherry Splash

BENEFITS:

- No Artificial Flavors or Sweeteners
- Contains Prebiotics to Support a Healthy Gut*
- Provides Appetite Control*
- Helps Boost Metabolism*
- Supports Weight Management Goals*

FAQs:

WHAT IS #THEPLUSDIFFERENCE?

Most weight management solutions and diets leave people with lower energy levels, uncontrollable cravings, an inability to focus and generally in a bad mood. Slim+ changes all that. By providing a solution that addresses all of these issues, and ingredients that help support a healthy gut, reduce cravings and control your appetite, #theplusdifference is where want meets need ... finally!

WHAT ARE XYLOOLIGOSACCHARIDES?

Xylooligosaccharides are powerful prebiotics that help feed the healthy probiotics in your gut that supports and stimulates a healthy gut flora. Advancing scientific research continues to demonstrate that balanced gut microbiota is essential for digestive function, and that an unhealthy balance in the gut is a precursor to digestive issues and immune dysfunction.*

WHAT IS THE DIFFERENCE BETWEEN A PREBIOTIC AND A PROBIOTIC?

Probiotics add millions of friendly bacteria to your gut. Prebiotics feed the probiotics already in the gut.

WHY DOES SLIM+ CONTAIN GREEN TEA AND NOT GREEN COFFEE?

IDLife has a commitment to review and follow the science in all the ingredients it chooses for its products. After reviewing all the available research available on both green tea and green coffee, it was clear that green tea has been scientifically

proven to have all the benefits people are looking for in a weight management product. Green Coffee, however, while promising, still lacks the support of the scientific community to support the claims being made about its effectiveness.

WHY DOES SLIM+ CONTAIN CAFFEINE?

One of the largest complaints people on diets or trying to maintain their weight have is a lack of energy. Caffeine is a natural substance that, taken in right quantities, has positive health benefits. Slim+ contains both fast acting and time released caffeine which provides the pick-me-up you're looking for, the sustained energy you need, and avoids the dreaded crash so many other products contain.

WHAT FORM OF CHROMIUM IS IN SLIM+?

Slim+ uses the chromium polynicotinate form of chromium which helps support a healthy blood glucose and metabolism and helps the body convert fat to energy.*

DON'T SLIM+ AND LEAN DO THE SAME THING?

No. Lean is a BCAA supplement designed to support a healthy metabolism, increase thermogenesis, reduce sugar cravings and help build lean muscle.* When taken with Slim+, you have a Sugar-Busting, Muscle-Building, Mood-Enhancing, Focus-Inducing, Energy-Boosting, Weight Management Power Couple!

CAN I TAKE SLIM+ WITH OTHER IDLIFE PRODUCTS?

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

WHY DID IDLIFE DEVELOP SLIM+?

Slim+ was designed to address a gap in existing weight management products on the market ... we call it #theplusdifference. By creating something that people WANT, while also giving them what they NEED, IDLife has once again raised the bar on a product category.

*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 1 Stick Pack (6g)

Servings Per Container 15

	Amount Per Serving	% Daily Value*
Calories	15	
Total Carbohydrate	2g	1%
Chromium	200 mcg	571%
Caffeine (as VitaSure® Caffeine SR and Caffeine Anhydrous)	80 mg	**
Xylooligosaccharide	1000 mg	**
Slim+ Proprietary Blend	1955 mg	**
L-Glutamine (AjiPure®)		**
L-Tyrosine		**
Green Tea Extract		**
Choline Bitartrate		**
Alpha Lipoic Acid		**
Grape Skin (Vitis Vinifera) Extract		**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

OTHER INGREDIENTS: Maltodextrin, Citric Acid, Natural Flavors, Stevia Extract, Malic Acid, Silicon Dioxide.

Supplement Facts for Berry Lemonade



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Alpha Lipoic Acid		**
Grape Skin (Vitis Vinifera) Extract		**

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OTHER INGREDIENTS: Natural Flavors, Malic Acid, Stevia, Beet Juice Powder, Citric Acid, Fruit Juice Color.

Supplement Facts for Cherry Splash



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.*

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Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Magnesium (as Magnesium Citrate)	40 mg	10%
Potassium (as Tripotassium Citrate)	40 mg	1%
L-Glutamine (AjiPure®)	1.25 g	**
L-Leucine (AjiPure®)	500 mg	**
L-Isoleucine (AjiPure®)	250 mg	**
L-Valine (AjiPure®)	250 mg	**
L-Arginine Base (AjiPure®)	150 mg	**
L-Tyrosine Base	100 mg	**
Betaine Anhydrous (Trimethylglycine)	50 mg	**
Black Pepper Extract (<i>Piper Nigrum</i>) (Fruit)(BioPerine®)	5 mg	**

** Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Stearic Acid, Sodium Stearyl Fumarate (PRUV®), Silica. AjiPure® amino acids stand for purity, quality, and safety. Ajinomoto® is the global leader in research and production of amino acids since 1909, and is the leading manufacturer to produce GMP, pharmaceutical grade amino acids.



THE SCIENCE OF WEIGHT MANAGEMENT PRODUCTS: PROBLEM & SOLUTION

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:

- Over 70,000,000 Americans suffer with gut related issues and disorders, over 100,000,000 are diabetic or prediabetic and over 75% are obese or overweight. Finding a nutritional supplement to help provide the body the nutrients needed to support these nutritionally depleting disorders is critical to long term health and wellness.
- 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 Slim+ is a delicious supplement to your day to help with your weight management goals, provide support for a healthier gut, and help bust those unwanted sugar cravings. Through #theplusdifference, Slim+ also delivers mental clarity, mood enhancing, and energy ingredients that provides you everything you want and need from a single place.*
- 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.*

**"Slim+ is the best weight management supplement I have tried!
I love that it makes me feel more focused and alert."**