



LEAN

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

DIRECTIONS:

Empty the contents of one stick pack into 12-16 ounces of your favorite beverage and mix well. For best results, consume one hour before a meal, workout, or bedtime. May be added to hot or cold beverages. Do not exceed two servings per day.

BENEFITS:

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

FAQs:

THE BAG SAYS I CAN TAKE UP TO 2 SERVINGS 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.

IS IT OKAY TO TAKE LEAN WHILE PREGNANT OR BREASTFEEDING?

Pregnant or nursing mothers should consult their physician and the Pregnancy Guide located in the back office.

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	%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 (Piper Nigrum) (Fruit) (BioPerine®)	5 mg	

** Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Stearic Acid, 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.