



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
- Fruit Punch

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



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	%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.



SLEEP

Relax your mind, enjoy a restful night's sleep and wake feeling refreshed with IDLife Sleep. Formulated with non-habit-forming ingredients, this product is safe for use as needed for occasional sleeplessness.*

DIRECTIONS:

Place one strip on tongue or between cheek and gum up to 30 minutes before bed. Allow product to dissolve, then swallow. For best results, do not eat or drink after using IDLife Sleep.

AVAILABLE FLAVORS:

- Mint

BENEFITS:

- No artificial flavors or sweeteners
- Increases REM Sleep*
- No Grogginess
- Dissolves Quickly

FAQs:

WHY IS QUALITY SLEEP SO IMPORTANT?

Sleep plays a vital role in good health and wellbeing throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life and safety.

Ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep deficiency also increases the risk of obesity.

THE MENTAL BENEFITS OF SLEEP

One night of good sleep can improve your ability to learn new motor skills by 20%. Eight hours of quality sleep increases your ability to gain new insight into complex problems by 50%.

THE PHYSICAL BENEFITS OF SLEEP

- Helps with skin health and a youthful appearance.
- Helps increase testosterone levels
- Helps control optimal insulin secretion
- Helps increase athletic performance
- Strengthens your immune system

HOW DO YOU KNOW IF YOU HAVEN'T GOTTEN ENOUGH SLEEP?

If you have trouble waking up in the morning or you do not wake up feeling refreshed, this could mean you haven't gotten enough quality sleep. Other signs of sleep deprivation include daytime fatigue, mood changes, difficulty focusing and memory loss.

WHAT IS IN THE IDLIFE SLEEP STRIP & HOW DOES IT WORK?

Melatonin helps you fall asleep quickly, stay asleep, and get deep, restorative sleep with increased REM sleep. 5-HTP releases critical brain neurotransmitters burned out by modern day stressors, increasing calm feelings of wellbeing. L-Theanine helps you to sleep for longer periods, awakening less often by feelings of anxiety, stress and fitfulness.

I HAVE STARTED DREAMING SINCE TAKING THE SLEEP STRIPS, IS THIS NORMAL?

REM sleep, one of five stages of your sleep cycle, is what many experts call "restful sleep." This is the stage of sleep where we dream. A reduction in REM sleep leads to a less restorative and

less satisfying sleep. The IDLife Sleep product promotes REM sleep cycles so, yes, it is perfectly normal to dream while using the Sleep Strips.

WILL I WAKE UP FEELING GROGGY?

Because all of the ingredients in the IDLife Sleep Strips are naturally derived, you should wake up feeling refreshed and restored without a groggy feeling.

ARE THE SLEEP STRIPS ADDICTIVE? IF I USE THEM REGULARLY, WILL I BE ABLE TO SLEEP AT ALL WITHOUT THEM?

The ingredients in the Sleep Strips have not been shown to have addictive properties. If you stop using the Sleep Strips, your sleep patterns should return to the same as those you experienced prior to using them.

CAN I TAKE MORE THAN ONE IDLIFE SLEEP STRIP AT A TIME?

It is safe to take more than one at a time, but most people only need one to achieve the desired outcome of restful and restorative sleep.

ARE THERE OTHER BENEFITS IN TAKING IDLIFE SLEEP STRIPS?

In addition to helping you fall asleep and giving a feeling of overall wellbeing, melatonin is a powerful antioxidant and free radical scavenger. In fact, melatonin is so integral to your immune system that a lack of it causes your Thymus gland, a key component of your immune system, to atrophy.* L-Theanine is thought to have both antioxidant and relaxant effects.* Some studies have shown that the amino acid may also be helpful in fighting obesity, and helping with cognitive function.*

*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 Strip
Servings Per Container: 30

	Amount Per Serving	% Daily Value
L-Theanine	15 mg	**
5HTP	7.5 mg	**
Melatonin	1.5 mg	**

**Daily Value Not Established.

OTHER INGREDIENTS:

Pectin, Glycerin, Natural Flavors, Water,
Micro-crystalline Cellulose, Cocoa Butter, Stevia,
Magnasweet® and Sodium Chloride.



ENERGY

IDLife Energy provides a boost of energy when you need it most. The time-released formula gives you an instant boost, followed by a sustained energy release that lasts up to 6 hours without a crash afterwards, so you can power through your day.*

DIRECTIONS:

Empty the contents of one stick pack into 12-16 ounces of water and mix well. Do not exceed 3 servings per day.

AVAILABLE FLAVORS:

- Mixed Berry
- Orange
- Tropical Fruit

BENEFITS:

- Vegan & Vegetarian Friendly
- No Artificial Flavors or Sweeteners

FAQS:

HOW DO THESE INGREDIENTS WORK TOGETHER?

IDLife uses the tri-phasic approach for energy:

Phase 1 (Short Term): Rapid onset of energy, concentration, appetite suppression, alertness, motivation, and enhanced metabolism.*

Phase 2 (Mid Term): Sustained energy, increased focus, metabolism, cognitive function performance, and feelings of well being.*

Phase 3 (Long Term): Fatigue protection, no jitters or crash, appetite suppression, elevated mood, and helps reduce fluid retention.*

ISN'T CAFFEINE BAD FOR YOU?

Caffeine is a natural substance that, taken in the right quantities, is not bad for you and actually has positive benefits.

WILL THE ENERGY PRODUCTS MAKE ME FEEL JITTERY?

When taken in the right doses they should not make you feel jittery.

WHAT ARE THE NATURAL FLAVORS IN IDLIFE ENERGY?

Mixed Berry natural flavors include strawberry fruit, blackberry fruit, raspberry juice, and blueberry juice powders.

I HAVE HEART PROBLEMS. CAN I TAKE THIS PRODUCT?

Consumers with heart conditions are recommended to avoid all energy products, not just those manufactured at IDLife. Please consult your physician.

*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 (7 g)
Servings Per Container 15

	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	4 g	1%*
Choline (as Choline Bitartrate)	640 mg	116%

Proprietary Blend 890 mg **
Acetyl L-Carnitine HCl, N-Acetyl L-Tyrosine
,Caffeine as Encapsulated Caffeine and
Caffeine Anhydrous (supplying 150mg of
caffeine), Gamma Amino Butyric Acid
(GABA),Taurine, Quercetin Dihydrate (from
Sophora Japonica L.) (Flower)

*Percent Daily Values are Based on a 2,000 Calorie Diet.
**Daily Value Not Established.

OTHER INGREDIENTS: Natural Flavors, Citric Acid,
Malic Acid, Stevia, Silicon Dioxide, Beet Juice Powder, Alpha Lipoic Acid,
Raspberry Juice Powder, Blueberry Juice Powder, Organic Blackberry Powder.

Supplement Facts for Mixed Berry Flavor