

# APPETITE CONTROL CHEWS

Help fight snack cravings and reduce your appetite with IDLife Appetite Control Chews. These chews are individually wrapped, making them perfect for an on-the-go lifestyle.\*



## DIRECTIONS:

Eat 1-2 chews 30 minutes before a meal or whenever appetite control is desired.

## AVAILABLE FLAVORS:

- Chocolate

## BENEFITS:

- Natural Flavors and Sweeteners
- Powered by Advantra Z®
- Portable
- Helps Support Weight Loss

## FAQs:

### WHY IS THIS PRODUCT BETTER THAN COMPETITORS' PRODUCTS?

The IDLife Appetite Control Chews contain the patented Advantra Z® ingredient that has been clinically proven to help boost metabolism, promote thermogenesis and suppress appetite. The Chews are also designed in a delicious chocolate flavor that provides the appetite suppression you want in a 15 calorie treat that will have you feeling like you're sneaking in a little cheat on your program.

### WHAT IS ADVANTRA Z®?

Advantra Z® is an extract of a citrus fruit, bitter orange (*C. aurantium*), containing a family of indirect acting adrenergic amines (B-sympathomimetics). These facilitate utilization of energy substrates, stimulate metabolic processes, favor uptake of amino acids into muscle, increase lipolysis (the breakdown of fat) and can exert hunger-suppressant effects. For more information, you can review [www.AdvantraZ.com](http://www.AdvantraZ.com)

### HOW DOES THE CHEW AFFECT ONE'S METABOLISM? DOES IT CAUSE JITTERS LIKE SOME OTHER DIET PRODUCTS DO?

More than 30 research studies and scientific reviews support the efficacy and safety of bitter orange. Most have used Advantra Z® rather than generic bitter orange extracts because of its consistent quality. Clinical efficacy studies have found that bitter orange produces an increase in resting metabolic rate and is effective in inducing weight loss and reducing body fat more than diet and exercise alone, all without causing adverse side effects. Analyses of Advantra Z's® safety have shown that this ingredient has no effect on blood pressure or heart rate and is considered safe for human consumption.

### I NOTICED THAT THE APPETITE CHEW AND THE ENERGY CHEW BOTH HAVE ADVANTRA Z®. WHY DO BOTH PRODUCTS HAVE THIS INGREDIENT?

Advantra Z® stimulates thermogenesis, which increases the resting metabolic rate, and the rate at which fat is released from what the body stores. In the Appetite Control Chew, this promotes appetite suppression and other intended benefits. In the Energy Chew, when combined with the other ingredients, the ingredient promotes an increase in energy, mental focus, performance and general feeling of wellbeing.

### HOW MANY APPETITE CHEWS ARE SAFE TO TAKE PER DAY?

The recommended dosage is four per day. It is safe to take two between breakfast and lunch and two between lunch and dinner.

\*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 Chew  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>15</b>	
Calories from Fat	2.5	
<b>Total Carbohydrate</b>	<b>4 g</b>	<b>1%</b>
<b>P-Synephrine</b>	<b>50 mg</b>	<b>**</b>
(from Citrus Aurantium Extract)		

\*Percent Daily Values are Based on a 2,000 Calorie Diet.

\*\*Daily Value Not Established.

### OTHER INGREDIENTS:

Maltitol Syrup, Isomalt, Maltodextrin, Natural Flavors, Cocoa Powder, Palm Oil, Sunflower Lecithin, Gelatin, Glycerin, Stevia.

# 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	% 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.

*"I absolutely love our Appetite Chews! They actually remind me of a tootsie roll."* —Preshane Payton