

# SUPPLEMENTS FOR WEIGHT/FAT LOSS

## Healthy Body Fat/Weight Loss Support Products & Documents

- Introduction - [Introduction](#)

## Supporting Structural & Functional Integrity

- Individualized MVM (Kid's, Active, Women's, Vegan or Over 50)
- Protein/Meal Replacement: LeanMR - [LeanMR \(meal replacement\)](#)

## Making the Journey Easier

- Weight Loss & Liver Support - [WeightLoss & LiverSupport](#)
- CarbRepel - [CarbRepel](#)
- NEW ThermAccel!!! - [ThermAccel](#)

# POSITION ON WEIGHT/FAT LOSS

## INTRODUCTION TO WEIGHT/FAT LOSS PRODUCTS



### Support Document - Introduction

- Dieting to lose weight without financial motivation is challenging for most everyone and generally ends with much of the weight regained within the first year<sup>1-5</sup>
- For weight/body fat reduction, dotFIT recommends exercise/voluntary movement and calorie controlled meal planning based on a safe desired rate of loss<sup>10</sup>
- Avoid loss of lean body mass and fill nutrient gaps - exacerbated by the restricted food intake required to produce a calorie deficit for weight/fat loss - by using appropriate supplementation including at a minimum, a complete multivitamin and mineral formula (MVM)<sup>4,10,24-31</sup>
- Appropriate supplementation has been shown to:
  - ✓ Fill gaps, preserve LBM, lessen/ease the workload to avoid plateaus and/or surrendering, increase daily energy & total energy expenditure (TEE) and manage appetite until lifestyle conforms. <sup>4,10,24-31</sup>

*(Also references from V&M Supp for Weight Loss article) <sup>22-32,36</sup>*

# Should you Supplement for Weight Loss or Fat Loss?

## Weight loss – No

(Subtracting nutrients with the calories)

### Upside

- Numbers on the scale go down faster (total **weight** loss) at the start of dieting because of additional loss of LBM

### Downside

- Early plateaus forcing continuous calorie reductions
- Greater loss of appetite control -accelerated cravings
- Exacerbated micronutrient shortages compromising structural and functional integrity-including bone loss
- Less energy as muscle/organs shrink leading to decreasing daily/spontaneous activities
- Greater chance of rebounding because low calorie intake is generally unsustainable – weight regain comes quick on less calories than ever
- Body composition compromised both structurally and visually -often referred to as “**skinny fat**” (no tone)

## Fat loss – Yes

(Adding nutrients with little/no calories)

### Upside

- Preservation of LBM (muscle/bone/organs) avoids common weight loss plateaus and subsequent calorie reductions
- Supports appetite, diet stress
- Supports simultaneously gaining LBM & increasing TEE
- Maintain/improve health (micronutrient status. i.e. VM activities)
- Maintain/improve functional and structural integrity
- Body composition healthy and generally visually desirable (tone)
- Reduces rebound potential

### Downside

- Body weight initially declines slower than with no supplementation

# Top Google Searches for Weight Loss “Aids”



- 2,600,000 per month for **detoxes**
- 135,000 per month for **fatburners** with ingredients like bitter orange and other stimulants
- 40,000 per month for **slimming teas**
- 22,000 per month for diet **cleanses**

# WHAT WE'RE UP AGAINST

## THE PERILS OF WEIGHT LOSS



### Humans Are Designed To Gain Weight And Never Lose It

- **DiETING is more often fruitless and damaging<sup>6</sup>**
  - ✓ Loss of LBM ( $\geq 25\%$ ), micronutrient deficiencies, metabolism downregulates, stress, frustration, depression, weight regain<sup>7-11</sup>
- **Body mounts its evolutionary defenses<sup>13-17</sup>**
  - ✓ Energy efficiency (burn less)
    - Weight/LBM loss, movement efficiency/fitness, decreased energy levels, thyroid
  - ✓ Increases appetite/cravings
    - Leptin, ghrelin, etc.
- **Environmental landmines –driving people back to old habits<sup>10,18</sup>**
  - ✓ Easy access to palatable foods, advertising, time constraints, vocation, social calendar, exercise alone won't work<sup>19-21</sup>
    - Exercise is powerless due to amount needed<sup>7,14-16</sup>

**Clash of evolutionary driven genetics (species must survive/reproduce) and successive environmental trappings**

**Thus--DiETING has become a necessary evil for the majority of the population**


# ADDRESSING THE OBSTACLES



- Supplements that effectively address any of these obstacles can ease the journey safely and more effectively than prescription drugs<sup>4,24-31</sup>
- All formulas described in this section have been used safely and effectively by thousands of practitioners for clients seeking weight control  
<https://www.dotfit.com/PDSRG-Updates>

## Note

*Other than the regular use of a MVM and meal replacements, which can be used successfully throughout life as an adjunct to traditional daily food planning, the dieter would cease **specialized** weight loss supplementation once the weight goal is reached or when they have established a daily routine which allows continual progress and/or maintenance without supplements.*



**JOB #1 DURING WEIGHT/FAT LOSS IS TO  
PRESERVE/IMPROVE STRUCTURAL &  
FUNCTIONAL INTEGRITY – LEAN BODY MASS  
MUSCLES, ORGANS, BONES, ETC.**



## Two Essential Items:

### 1. Individualized Complete MVM

- ✓ Kid's, Active, Women's, Vegan or Over 50

### 2. Protein (Diet & Protein Rich Meal Replacement)

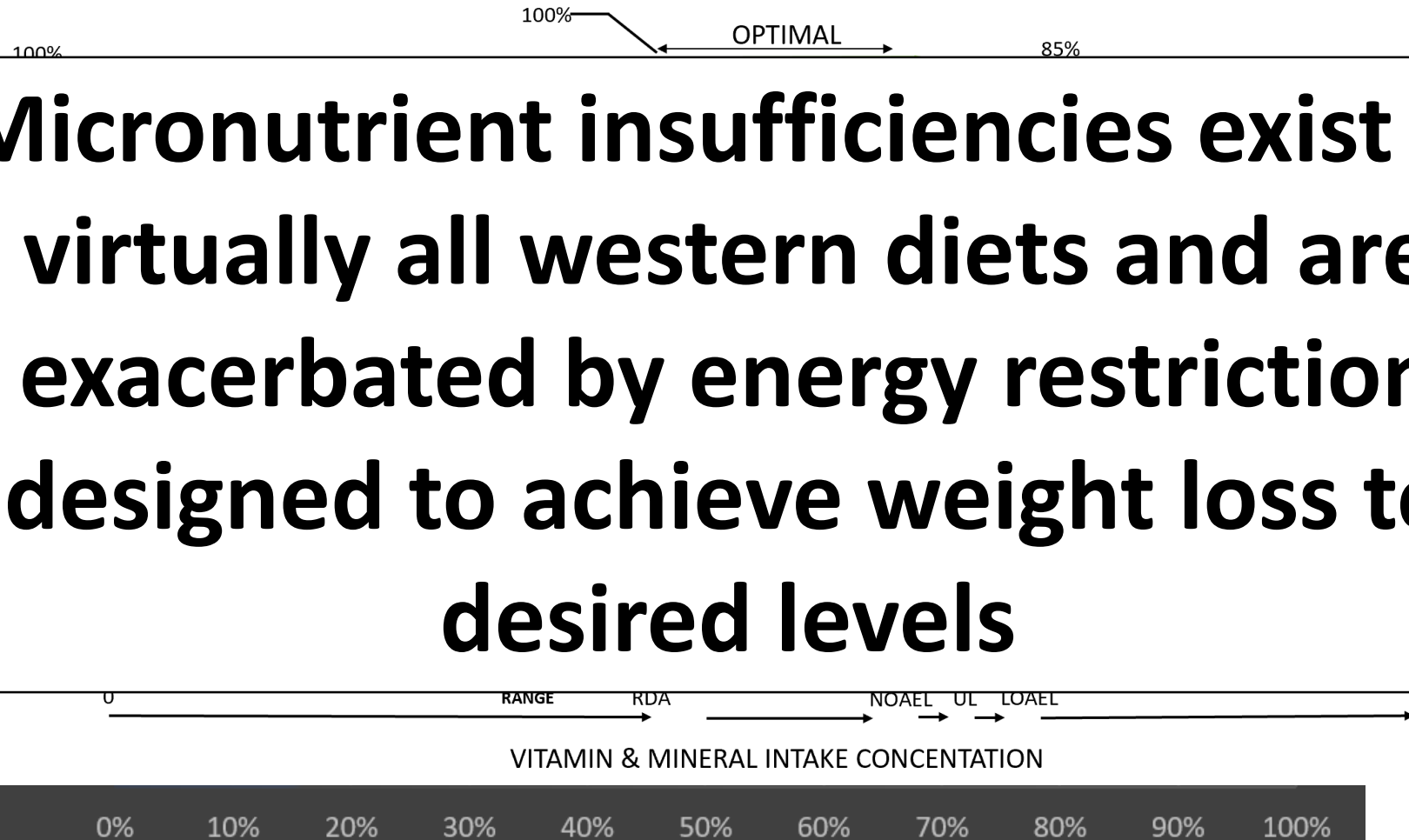
- ✓ **LeanMR**, WheySmooth, Natural Whey, BestPlantProtein



# NOT NEGOTIABLE - MVM



Figure 2 - Percentage of U.S. Population NOT Meeting



**Micronutrient insufficiencies exist in virtually all western diets and are exacerbated by energy restriction designed to achieve weight loss to desired levels**

- Individualized
- Vegan or
- Purpose -
- Struct
- ✓ Mu
- Appet
- Stress
- VM As
- ✓ Learn

Women's,



# PROTEIN & WEIGHT/FAT LOSS



## Mechanisms of Action Supporting Fat Loss

- Preserves LBM regardless of weight loss method<sup>42,43</sup>
  - ✓ 2Xs RDA vs RDA reduced LBM loss 300% (3 vs 9.5 lbs in 20 week diet)<sup>41</sup>
  - ✓ Maintain
  - ✓ Note: sk
- Increase in  
  - ✓ Diet ind
    - Protein
    - ~1500 calorie/day diet: 30-36% Protein vs 11-15% yields 215 calorie increase in daily calorie burn<sup>37,38</sup>
    - Extra O<sub>2</sub> needed to metabolize protein leads to greater satiety<sup>32,39</sup>

**Protein Intakes of 25-50%  
During Weight Loss Are Most  
Successful<sup>20</sup>**

Data & Reference from: [LeanMR \(meal replacement\)](#) section of PDSRG)

# PROTEIN & WEIGHT/FAT LOSS



## Mechanisms of Action continued....

- Increase in fat oxidation
  - ✓ Higher protein shifts energy usage to fat stores<sup>40</sup>
- Greater satiety – less hungry<sup>21,22</sup> (shown dose dependent up to 81% of calories)<sup>28</sup>
  - ✓ AAs modulate opioid receptors and direct vagal feedback to suppress hunger;<sup>21,29</sup> CCK release to slow gastric emptying;<sup>31</sup> increase thermogenesis;<sup>32</sup> enhanced glucose homeostasis through alterations in gluconeogenesis<sup>33,34</sup>

## Whey protein tested best in all mechanisms

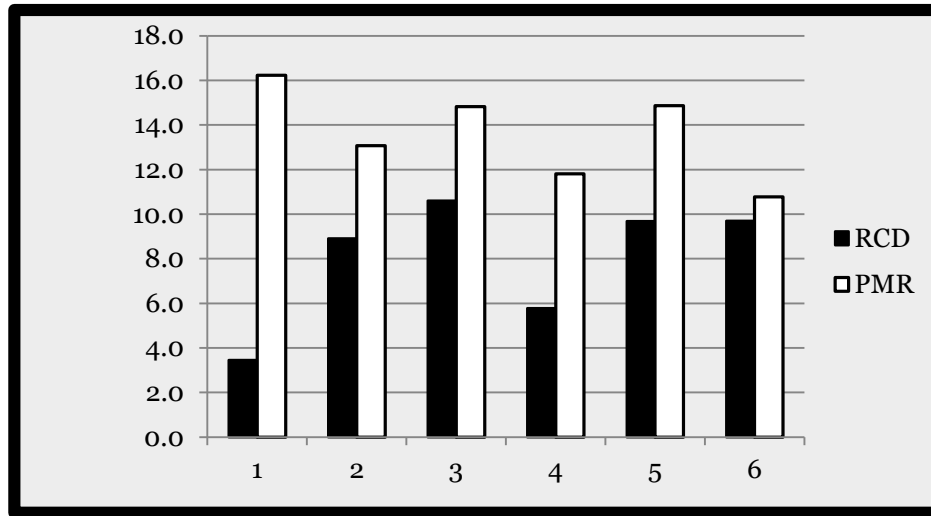
- Satiety,<sup>21,25,47</sup> MPS/LBM preservation<sup>26,46-49</sup>, fat oxidation & body composition<sup>21,26,47,50</sup>
- Probably due to AA composition/higher leucine & rapid absorption rate<sup>26,49,51</sup>



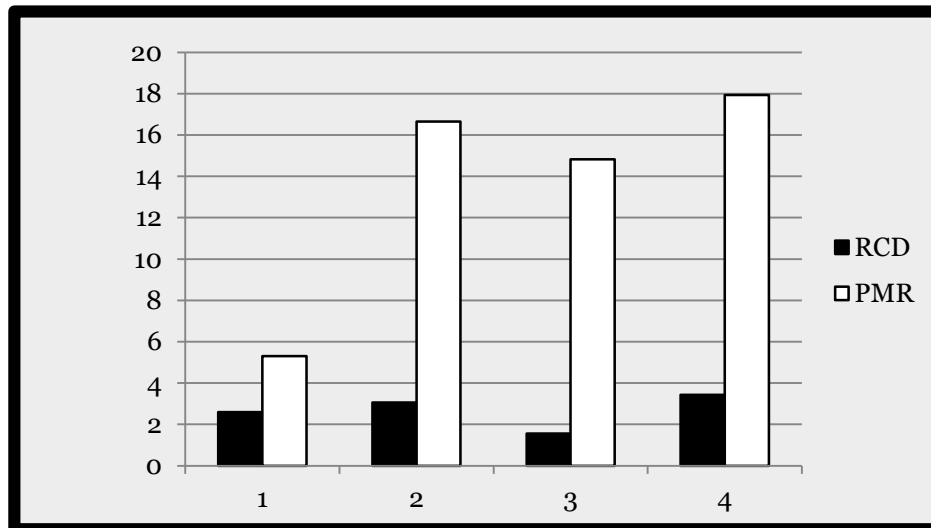
**HENCE THE BIRTH OF MODERN-DAY PROTEIN-  
BASED MEAL REPLACEMENTS (MRS)<sup>108-121</sup>**

**MORE SUCCESSFUL THAN ANY KNOWN TREATMENT –  
DRUG OR OTHERWISE<sup>17,19,116</sup>**

# MEAL REPLACEMENT STUDIES THRU 2003: DIET VS DIET+MRs



**Figure 1: 6 Studies of Reduced calorie diets (RCD) vs RCD & Partial MRs (PMR). PMRs= $\sim$ 2.5Xs greater Wt. Loss. Heymsfield SB (2003)**

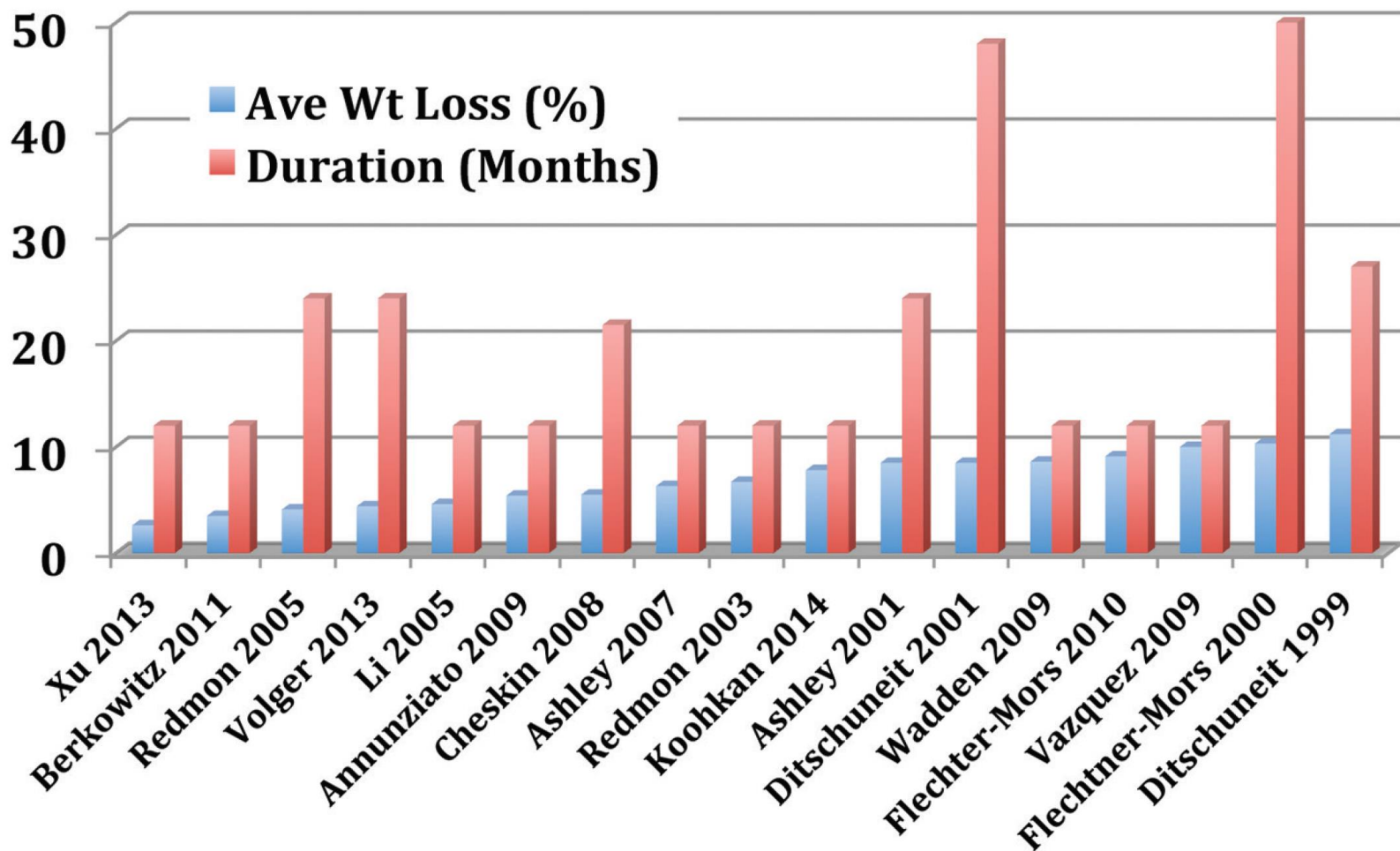


**Figure 2: In a 1-year follow-up PMRs had up to 9-fold greater maintenance. Heymsfield SB (2003)**

# MEAL REPLACEMENT STUDIES THRU 2014 – WEIGHT LOSS & MAINTENANCE



## Weight Loss & Maintenance From Randomized MRs Trials $\geq$ 1year



# MEAL REPLACEMENT STUDIES

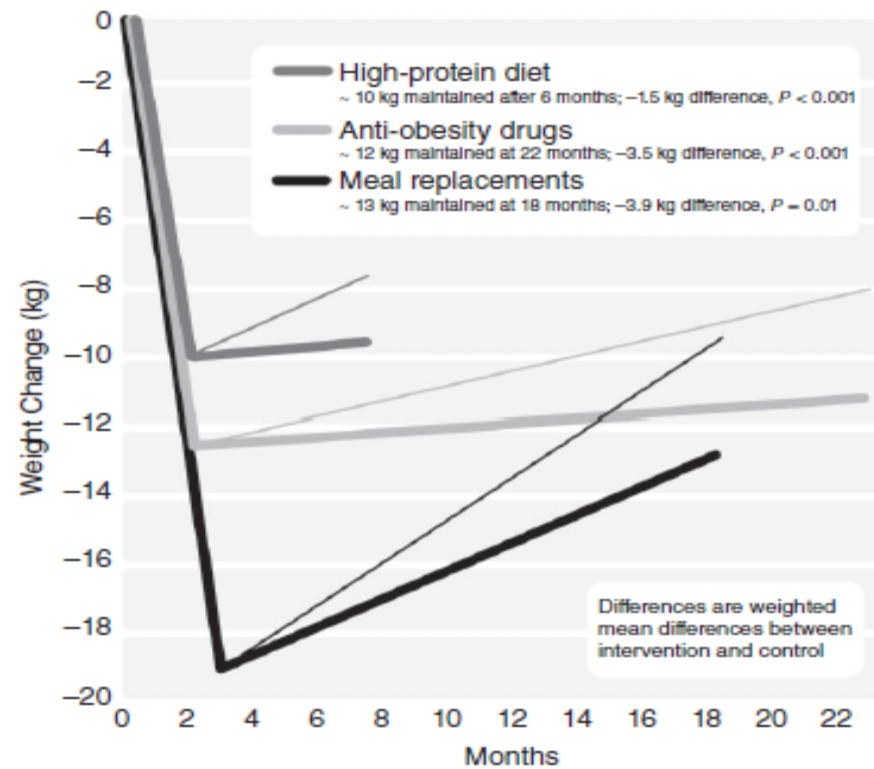
## MRs vs DRUGS vs HIGH PROTEIN DIET



MRs better than low calorie diet (LCD) alone or drugs + LCD<sup>17,19</sup>

### Weight Loss & Maintenance Results of VLCD & LCD calorie diets using:

- High protein diet
- Anti-obesity drugs
- MRs



**Figure 1** Bodyweight change during the very low-calorie diet or low-calorie diet period followed by the weight loss maintenance period. The thin lines represent the control subjects in each category while the thick lines represent the active intervention. (Adapted from Johansson *et al.* 2013a)

# MEAL REPLACEMENT STUDIES: MRs vs DRUGS vs SURGERY



## MRs Yield Better Overall/Healthy Results with No Side Effects\*

Approach	Category	Effectiveness for obesity treatment—long term (>1 year)	Side and adverse effects
Pharmacological	Prescription drug	5% total body weight (Khera 2016)	Significant and serious, with some drugs having received FDA approval, then subsequently withdrawn from the market
Bariatric surgery	Medical device	30% of total body weight in the morbidly obese (Chow 2016)	High risks associated with surgery and postsurgery complications, including nutrient inadequacy or deficiency
Meal replacements	Conventional food and medical food	7–8% total body weight (Heymsfield 2003)	Only nonserious (nuisance) effects reported

**Table 1.** Relative comparison between pharmacological, surgical and meal replacement approaches to obesity treatment and prevention.

\*Role of Meal Replacements on Weight Management, Health and Nutrition <http://dx.doi.org/10.5772/66331> -2017



# LEAN MR-WEIGHT CONTROL

## A BETTER MEAL REPLACEMENT



### Support Document

## LeanMR (meal replacement)



**dotFIT PURE PROMISE™**

dotFIT uses only quality ingredients that enhance rigorous testing, supported by scientific fact, not marketing hype. Through our exclusive delivery systems, our products provide your body with the right nutrients at the right time for maximum benefits. For more information, visit [www.dotFIT.com](http://www.dotFIT.com)

Lean MR™ is a perfectly portioned healthy meal replacement designed to be integrated into your daily meal planning. LeanMR may help you reduce your daily calorie intake, satisfy your appetite, and reach and maintain your weight and health goals!

Each convenient and great tasting serving of LeanMR fuels your body with the optimal blend of high quality Whey Protein Isolate and sustained-release carbohydrates so you experience immediate and long-lasting energy results!

This unique energy blend contains Palatinose™ (isomaltulose), a rare low glycemic carbohydrate providing longer lasting energy in the form of glucose!

Digestion Resistant Maltodextrin Flavors<sup>®</sup> and Gucosmann are natural soluble fibers that have been scientifically proven to promote healthy digestion, maintain normal blood sugar levels and help you feel fuller longer, which will positively impact your health, weight control and appetite. Fiber helps you curb your hunger and control your daily calorie intake!

Use LeanMR to control your daily calorie intake, as a snack between meals... or just as a delicious guilt-free dessert to help you achieve your weight loss goals!

**ONE SERVING OF LEAN MR FEATURES:**

- 21g high quality whey protein isolate and 4500mg of anti-catabolic BCAAs!
- 24g of sustained-release, energy-fueling carbohydrates!
- Contains scientifically proven Flavors<sup>®</sup>!
- Helps maintain lean muscle and promotes a healthy metabolism!
- Satisfies your appetite and helps you feel fuller longer!
- Zero sugars, super low in fat and completely free!

# LEAN MR™

BALANCED NUTRITION SHAKE

**SUPPORTS WEIGHT LOSS<sup>†</sup>**  
**HELPS CONTROL HUNGER<sup>†</sup>**

**LONG-LASTING ENERGY<sup>†</sup>**  
**WITH SUSTAINED-RELEASE CARBS**

ONLY 180 CALORIES PER SERVING

**DELICIOUS AND FILLING**

**LEAN CHOCOLATE**

MIXES INSTANTLY • TASTES GREAT  
NATURALLY AND ARTIFICIALLY FLAVORED  
NET WT. 2.196.3.0 oz., (99.6g)

**Supplement Facts**

Serving Size: 2 scoops (49.8g)  
Serving Per Container: 20

	Amount Per Serving	% DV*
Calories	180	
Calories from Fat	15	
Total Fat	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	**
Cholesterol	10mg	3%
Total Carbohydrate	24g	8%
Dietary Fiber	7g	28%
Sugars	0g	**
Protein	21g	40%
Calcium	115mg	12%
Iron	2mg	1%
Sodium	140mg	8%
Sustained Release Carbohydrates Blend	19.5g	**
Rice Oligodextrins, Digestion Resistant Maltodextrin (Flavors <sup>®</sup> ), Isomaltulose, Gucosmannan		
Lean Fats Blend	2.5g	**
Flavored Powder, High Oleic Sunflower Oil, Conjugated Linoleic Acid		

\* Percent Daily Value based on a 2,000 Calorie Diet  
\*\* Daily Value Not Established

**INGREDIENTS:** Whey Protein Isolate, Rice Oligodextrins, Digestion Resistant Maltodextrin, Cocoa Powder, Palatinose, Flax Seed, Gucosmannan, High Oleic Sunflower Oil, Natural & Artificial Flavors, Carboxymethyl Cellulose, Salt, Sucralose, Acesulfame Potassium, Xanthan Gum, Conjugated Linoleic Acid

**Allergen Warning:** This product was produced in a facility that may also process ingredients containing milk, egg, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.

Contains: Milk, Soy

Contains No: Fish, Crustacean shellfish, Tree nuts, Peanuts, or Gluten. No Starch, Artificial coloring or Preservatives added.



3<sup>rd</sup> Party tests:  
Capstone Labs-  
In-house

~45% CHO (7gm fiber)  
~45% protein  
and 8% fat (~1:1 CHO:P)

2-scoops: 21 g protein (whey isolate); 24 g carbs (sustained); 1.5 g Fat (CLA & Plant); 7 g Fiber; 140 mg Calcium; 100 mg Potassium; 180 calories

# LEAN MR VITAL STATISTICS/SUMMARY

## A BETTER MEAL REPLACEMENT



## Summary of Unique/Key Points – **now with beta-glucan (cholesterol lowering soluble fiber)**

*The specific macronutrient ingredients and ratios were selected in accordance with best potential weight control outcomes shown in clinical trials such as but not limited to:*

- *Protein type (whey isolate) and amount (~42%)*
- *Carbohydrate source (low GI sustained release) and amounts ( ~50%)*
- *Dietary fat sources (unsaturated) and amounts (~8%, which allows to daily fats to be added as necessary)*

*As a highly palatable addition to the daily diet, these ingredients & ratios along with usage recommendations would give the user best chances of improved satiety, preservation of LBM & energy expenditure while ameliorating the common discomforts of dieting when compared to other MRs formulas, restricted calorie diets alone or diet & drug therapies*



**1svg (2-scoops): 180 cal; 21 g protein (whey isolate); 24 g carbs (sustained); 2.5g Fat (CLA & Plant); 7g Fiber;140 mg Calcium**



# LEAN MR VITAL STATISTICS/SUMMARY

A BETTER MEAL REPLACEMENT



## Addresses (mechanisms of action):

- Underreporting: portion control & calorie counts
- Satiety: meal frequency, fiber, protein ratio/type, low GI carbohydrates
- LBM preservation: protein ratio/type
- Energy expenditure & levels (calorie burn): meal frequency, protein ratio/type, LBM preserve



## One Serving (2 Scoops):

- 180 Calories
- 21 g Whey Protein Isolate
- 24 g Sustained Release Carbs
- No Sugar
- 7 g Fiber Including Beta-glucan
- 2.5 g Healthy Fats
- 140 mg Calcium
- 100 mg Potassium

# LEAN MR INTEGRATION



## Daily:

- MVM
- LeanMR (or other dF favorite) for MR (2 of at least 4 daily meals)

## As needed:

- SuperCalcium
- SuperOmega 3 Fish Oils



## Weight loss phase:

- MRs are generally used to replace two meals a day and allow freedom of choice from traditional foods for the remaining allotted foods/calories. **Always include and MVM**
- **Recommend:** MRs supply 2 small meals within any calorie restricted meal plan of 4-5 meals since it's been shown that frequent small meals are better for weight loss than fewer larger ones especially as it relates to satiety, preservation of LBM and energy levels<sup>73,74,120,121,130,143</sup>

## Maintenance phase

- Consume 4-5 small meals daily that include **2 MRs for convenience and help ensure overall diet quality while reducing food costs**<sup>130,143</sup>

**Takeaway: Supply 2 small meals/d then 1-2**





1500 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - High Protein Vanilla Frappe:				
16 oz Water & Ice as desired				
2 scoops Vanilla LeanMR	20	23	2	180
1 scoop Vanilla WheySmooth	25	7	2	150
1 packet Starbucks VIA Instant Coffee				
1 each dotFIT Active Multivitamin	-	-	-	-
<b>Total:</b>	<b>45</b>	<b>30</b>	<b>4</b>	<b>330</b>
Lunch	Pro (g)	Carb (g)	Fat (g)	Calories
Turkey & Avocado Wrap with Side Salad:				
4 oz Turkey Breast Meat	19	5	2	118
1 Whole Wheat Tortilla, medium	4	22	3	130
1 oz Avocado	1	2	4	45
1 tbsp Shredded Parmesan Cheese	2	-	1	22
2 cups Romaine Lettuce	1	3	-	16
1 oz Tomato Slices	1	4	-	17
1 oz Cucumber Slices	-	1	-	4
1 tbsp Zesty Italian Dressing	-	1	1	12
<b>Total:</b>	<b>28</b>	<b>38</b>	<b>11</b>	<b>364</b>
Afternoon Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe: Berry Bliss LeanMR Shake:				
2 scoops Vanilla LeanMR	20	23	2	180
1/2 cup Strawberries	1	6	-	27
1/2 cup Blueberries	1	11	-	42
1/2 cup Raspberries	1	7	-	32
1 cup Almond Milk	1	8	2	60
<b>Total:</b>	<b>24</b>	<b>55</b>	<b>4</b>	<b>341</b>
Dinner	Pro (g)	Carb (g)	Fat (g)	Calories
4 oz Salmon, Cooked	25	-	14	233
1 cup Brown Rice, Medium Grain Cooked	5	46	2	218
1 cup Green Beans, Boiled	2	10	-	44
Fresh Lemon Wedges as desired	-	-	-	-
1 each dotFIT Active Multivitamin	-	-	-	-
<b>Total:</b>	<b>32</b>	<b>56</b>	<b>16</b>	<b>495</b>
<b>Menu Totals</b>	<b>129</b>	<b>179</b>	<b>35</b>	<b>1530</b>
<b>Percent of Calories for Menu:</b>	<b>34%</b>	<b>45%</b>	<b>21%</b>	
	<b>38 g Fiber</b>	<b>741 mg Calcium</b>	<b>219 mg Cholesterol</b>	



2000 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
Oatmeal, Fresh Fruit & Walnuts:				
1/3 cup Steel Cut Oats	6	31	3	170
1 cup Skim Milk	9	12	1	91
1/2 cup Blueberries	1	11	-	42
2 <del>tbsp</del> Chopped Walnuts	4	2	9	96
1/2 tsp Ground Cinnamon as desired	-	1	-	3
1 each dotFIT Multivitamin	-	-	-	-
<b>Total:</b>	<b>21</b>	<b>55</b>	<b>13</b>	<b>402</b>
Morning Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - Chocolate Strawberry Banana Shake:				
2 scoops Chocolate LeanMR	20	24	2	190
1 1/4 Nonfat Milk	11	15	1	113
1 small Banana	1	23	-	89
6 medium Strawberries	-	6	-	23
<b>Total:</b>	<b>32</b>	<b>68</b>	<b>3</b>	<b>415</b>
Lunch	Pro (g)	Carb (g)	Fat (g)	Calories
Spinach Salad with Chicken & Wheat Roll:				
3 cups Baby Spinach	9	6	-	75
4 <del>oz</del> Roasted Chicken Breast, skinless	35	-	4	186
6 Cherry Tomatoes	-	6	-	30
3 Red Onion Slices	-	2	-	6
2 <del>tbsp</del> Balsamic Vinaigrette Dressing	-	2	10	100
1 (1 <del>oz</del> ) Whole Wheat Roll	3	13	1	70
<b>Total:</b>	<b>47</b>	<b>29</b>	<b>15</b>	<b>467</b>
Afternoon Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe: Mocha Madness LeanMR Shake				
2 scoops Chocolate LeanMR	20	24	2	190
1 1/2 cups Nonfat Milk	15	15	0.5	148
1 <del>tbsp</del> Instant Coffee	-	-	-	-
Ice as desired				
<b>Total:</b>	<b>35</b>	<b>39</b>	<b>2.5</b>	<b>338</b>
Dinner	Pro (g)	Carb (g)	Fat (g)	Calories
<b>Steak, Sweet Potato &amp; Veggies</b>				
4 <del>oz</del> Sirloin Steak, Lean, Broiled	35	-	7	207
1 Medium (4 <del>oz</del> ) Sweet Potato	2	23	-	100
2 cups Squash & Zucchini, Boiled	2	6	-	25
1 1/2 cup Diced Watermelon	1	17	-	68
1 each dotFIT Multivitamin	-	-	-	-
<b>Total:</b>	<b>40</b>	<b>46</b>	<b>7</b>	<b>400</b>
<b>Menu Totals</b>	<b>175</b>	<b>237</b>	<b>40</b>	<b>2022</b>
<b>Percent of Calories for Menu:</b>	<b>35%</b>	<b>46%</b>	<b>19%</b>	
<b>Other Nutrients</b>	<b>41 g Fiber</b>	<b>1369 mg Calcium</b>	<b>190 mg Cholesterol</b>	

# From dotFIT Home Page Type in “recipes” in Search Box



<https://www.dotfit.com/category-cid-1868.html>

## dotFIT Vanilla Frappe

Coffee smoothie with 40g of protein, high fiber, and just 300 calories [>](#)

## Blueberry Pear Banana Shake with LeanMR

By Registered Dietitian on December 10, 2009

Fiber-rich shake with frozen blueberries, banana, and pear. [>](#)

## Chocolate Banana Strawberry Shake with LeanMR

By Registered Dietitian on December 10, 2009

Fiber-rich chocolate shake with banana and strawberries. [>](#)

## Apricot Pineapple Shake with LeanMR

By Registered Dietitian on December 09, 2009

Fruity shake with LeanMR, fresh apricot, crushed pineapple, strawberries, banana [>](#)

## Peach Berry Shake with LeanMR

By Registered Dietitian on December 09, 2009

Peach Berry Shake with LeanMR, nonfat peach yogurt, peach nectar, ripe peaches, raspberries. [>](#)

## Fruit Salad Shake with LeanMR

By Registered Dietitian on December 09, 2009

Fruity, high-fiber shake with LeanMR, watermelon, pineapple, cantalope, mango, strawberries, honey & orange juice. [>](#)

## Banana Pear Shake with LeanMR

By Registered Dietitian on December 08, 2009

High-fiber shake with LeanMR, pear, banana & nonfat yogurt. [>](#)

## Mocha Madness Shake with LeanMR

By Registered Dietitian on December 08, 2009

Fiber-rich LeanMR with delicious coffee & chocolate flavors. [>](#)

## Mint Oreo® Crunch Shake with LeanMR

By Registered Dietitian on December 08, 2009

Peppermint extract, Oreo cookies, & chocolate LeanMR make a decadent frozen treat. [>](#)

## Melon Madness Shake with LeanMR

By Registered Dietitian on December 08, 2009

Fresh cantalope or honeydew melon, lemon juice, and vanilla frozen yogurt blend perfectly with LeanMR [>](#)

## Lemon Apple Honey Shake with LeanMR

By Registered Dietitian on December 08, 2009

A sweet-tart fiber-rich shake with LeanMR, lemon, apple, banana, and honey. [>](#)

## Fountain of Youth Shake with LeanMR

By Registered Dietitian on December 08, 2009

Antioxidant-rich shake with frozen blueberries, strawberries, chilled green tea, flax seed. [>](#)

## Cinnamon Swirl Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR, cinnamon and vanilla blended together to create a satisfying, nutritious shake. [>](#)

## Chocolate Malt LeanMR

By Registered Dietitian on December 08, 2009

Chocolate LeanMR, malted milk powder and nonfat milk make the perfect low-calorie malt. [>](#)

## Carrot Mango Yogurt Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR blended with carrot juice, frozen mango chunks, plain nonfat yogurt, honey and lime juice. [>](#)

## Carrot Mango Shake with LeanMR

By Registered Dietitian on December 08, 2009

Smooth and sweet shake with Vanilla LeanMR, carrot juice & frozen mango chunks. [>](#)

## Berry Bliss Shake with LeanMR

By Registered Dietitian on December 08, 2009

A tasty shake made with LeanMR, fresh blueberries, strawberries, and raspberries. [>](#)

## Bermuda Triangle Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR blended with peach slices and pineapple chunks makes a healthy, delicious shake. [>](#)

## Banana Freeze Shake with LeanMR

By Registered Dietitian on December 04, 2009

LeanMR shake mix blended with banana & non-fat frozen vanilla yogurt. The perfect treat f [>](#)

## Strawberry Chocolate Smash Shake with LeanMR

By Registered Dietitian on December 04, 2009

Decadent shake with LeanMR, chocolate syrup and ripe strawberries. [>](#)

## Mocha Mint Shake with LeanMR

By Registered Dietitian on December 04, 2009

Rich, flavorful shake with LeanMR, swiss mocha coffee mix, & peppermint extract. [>](#)

# MERGER OF HEALTH-SPAN & LIFETIME WEIGHT MANAGEMENT (AND B/C LEAN MR IS NOT A PRE/POST)



The perfect long term health and weight loss/maintenance program might be:

- MVM
- LeanMR (or other dF favorite) for MR (2 of at least 4 daily meals)
- [AminoBoostXXL](#): pre/during/post workout to maximize daily synthesis
  - ✓ Low calorie, nitrogen/sulfur & high muscle protein synthesis formula to enhance LBM gains and long-term preservation

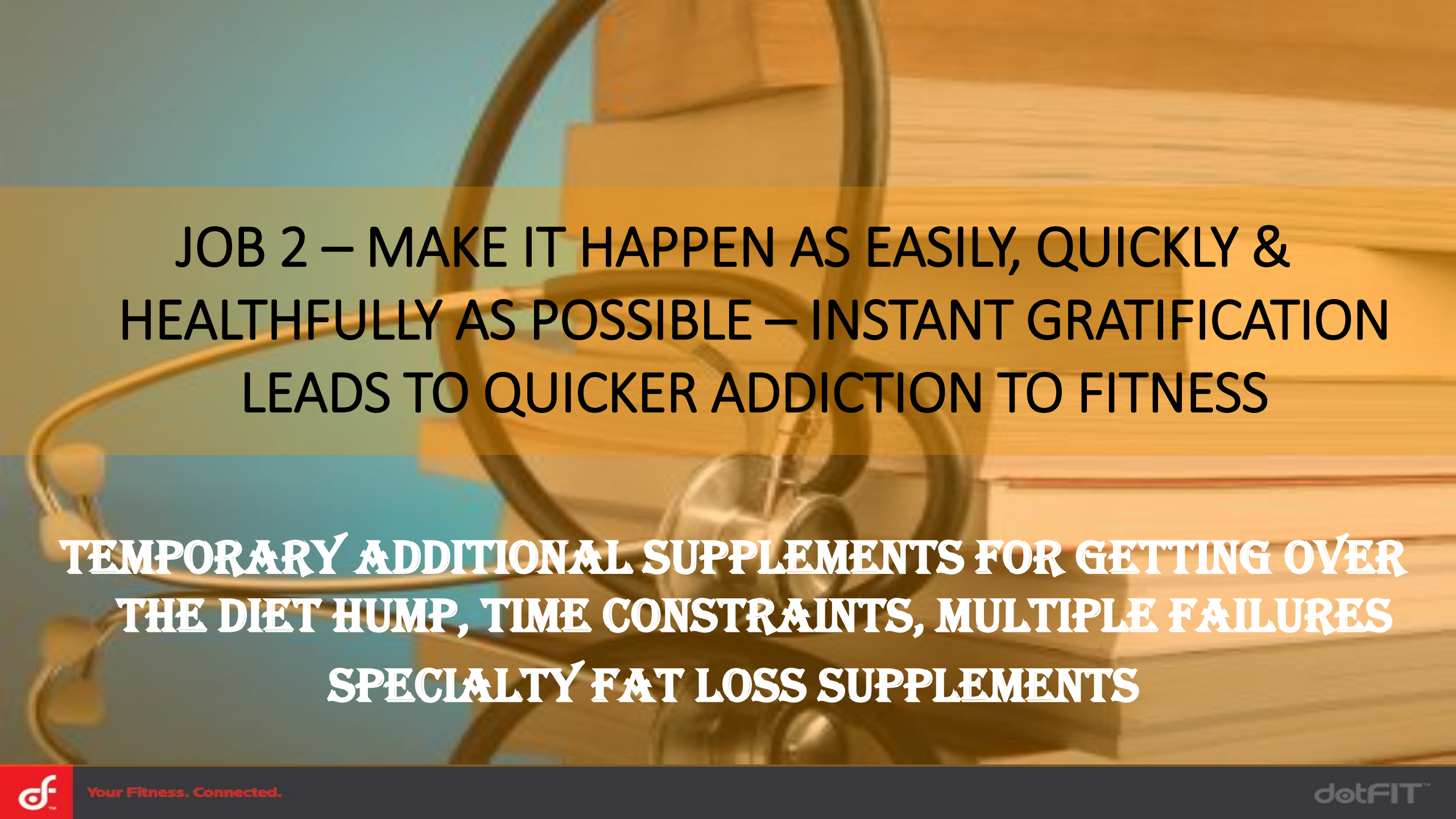
As needed

- SuperCalcium
- SuperOmega



<b>Supplement Facts</b>	
Serving Size: 1 scoop (17.5 g)	
Servings Per Container: 37	
	Amount Per Serving
Calories	10
Total Carbohydrate	2 g
Sodium (as sodium chloride)	87 mg
<b>Amino Boost XXL Proprietary Blend:</b>	<b>12 g</b>
L-Leucine	4000 mg
L-Phenylalanine	1670.5mg
L-Lysine HCl	1669.5 mg
L-Threonine	1300 mg
L-Valine	1100 mg
L-Histidine	900 mg
L-Isoleucine	900mg
DL-Methionine	360mg





**JOB 2 – MAKE IT HAPPEN AS EASILY, QUICKLY &  
HEALTHFULLY AS POSSIBLE – INSTANT GRATIFICATION  
LEADS TO QUICKER ADDICTION TO FITNESS**

**TEMPORARY ADDITIONAL SUPPLEMENTS FOR GETTING OVER  
THE DIET HUMP, TIME CONSTRAINTS, MULTIPLE FAILURES  
SPECIALTY FAT LOSS SUPPLEMENTS**



# EASE AND SPEED THE JOURNEY



The goal of supplements in this category is to assist the participant in complying with the daily routine that leads to weight reduction. All formulas have safely demonstrated the potential to act in one or more of the following ways:

- Help create and maintain a calorie deficit by increasing daily calorie expenditure
  - ✓ Increase fat oxidation, metabolism (energy substrate partitioning)
- Raise energy levels that may make one more active throughout the day
- Reduce the drive to consume food (support appetite)
- Decrease calorie absorption
- Support ectopic fat (fat in bad places) reduction
  - **ThermAccel**
  - **Weight Loss & Liver Support**
  - **CarbRepel**
  - **Lean Pak 90**

# WEIGHT LOSS & LIVER SUPPORT

## NON-STIMULANT FAT LOSS AID



### Appetite & Liver Function Support

## Support Document

# WeightLoss & LiverSupport

**dotFIT PURE PROMISE™**

dotFIT uses only quality ingredients that undergo rigorous testing, supported by scientific fact, not marketing hype. Through our exclusive delivery systems, our products provide your body with the right nutrients at the right time for maximum benefit. For more information, visit [www.dotFIT.com](http://www.dotFIT.com)

Excess body fat and diets high in calories and fat can compromise liver function. This potentially leads to multiple obesity-related conditions such as insulin resistance, fatigue and an unhealthy, fatty liver.

WeightLoss & LiverSupport™ is developed to help you break that cycle. Delivering a natural blend of ingredients that support the removal of fat from the liver, promote healthy liver function and combat the oxidative stress brought on by accumulating fat in the liver. Irvingia Gabonensis (African Mango) used in Weight Loss & Liver Support™ is a powerful ingredient that has been added to support weight loss.

**weight loss dotFIT**

**WeightLoss & LiverSupport™**  
NATURAL FAT FIGHTER

**SUPPORTS WEIGHT LOSS †**  
**SUPPORTS APPETITE CONTROL †**  
**PROMOTES HEALTHY LIVER FUNCTION †**  
**SUPPORTS HEALTHY FAT UTILIZATION †**

Now with:  
African Mango  
(Irvingia Gabonensis)

EGCG  
IMPROVED FORMULA

90 TABLETS

Formerly FatRelease™

Formerly FatRelease™

**Supplement Facts**

Serving Size: 1 Tablet  
Servings Per Container: 90

	Amount Per Serving	% DV
Green Tea (Camellia Sinensis) Leaf Extract [Standardized to 90% Polyphenols (196 mg), 80% Catechins (160 mg), 45% EGCG (90 mg), 2% Caffeine (naturally occurring 4 mg)]	200 mg	*
Choline (as Choline Bitartrate)	133 mg	*
N-Acetyl Cysteine	50 mg	*
Milk Thistle (Silybum Marianum L.) Seed Extract (Standardized to 80% Silymarin)	166 mg	*
Irvingia Gabonensis Seed Extract	150 mg	*

\* Daily Value not established

Other Ingredients: Cellulose, cellulose gum, stearic acid, silica, dicalcium phosphate, hydroxypropyl methyl cellulose, magnesium stearate, food grade and titanium dioxide. Contains No: sugar, salt, dairy, wheat, gluten, corn, preservatives or artificial flavors.

**WARNING:** Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing.

Store at 15-20°C (59-68°F). Protect from heat, light and moisture.

(These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.)

USA 9/2015

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SKU 1100

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The Promise Connection



# WEIGHT LOSS & LIVER SUPPORT

## NON-STIMULANT FAT LOSS AID



### Goal

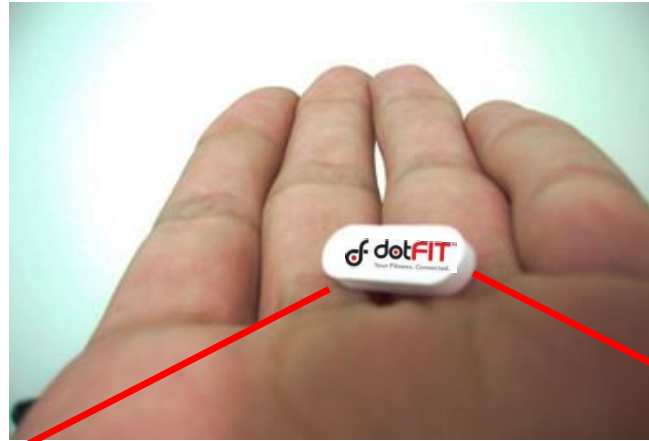
- Deliver natural substances known to support appetite and the health and proper functioning of the liver, especially when unwanted fat accumulates as a result of weight gain, which may subsequently lead to non-alcoholic fatty liver disease (NAFLD), which affects 40-90% of overweight individuals (27-34% general population).<sup>1,2</sup>

### Rationale

- Weight gain and/or poor eating habits often lead to a fatty liver, which increases the oxidative stress on this vital organ and compromises its overall functioning including inhibiting the body's ability to control proper usage/burning of sugar and fat <sup>1,2,10-13</sup>
- Included is Epigallocatechin gallate (EGCG) from green tea for its potential in fat metabolism and hepatic protection including antioxidant properties<sup>5-7,32,44-58</sup>
- *Irvingia gabonensis* (African Mango) for its potential to improve weight loss results thru appetite control and related metabolic outcomes<sup>8,59-62</sup>

# WEIGHT LOSS & LIVER SUPPORT

## NON-STIMULANT FAT LOSS AID



### Enhance Liver Function:

**Choline:** Lipotropic shown to increase the removal of fat from the liver.<sup>14-27</sup>

**Milk Thistle:** Enhances the liver by improving circulation, maintaining integrity of liver cell membranes while increasing liver's regenerative ability & formation of new cells.<sup>28-39</sup>

**N-Acetyl Cysteine:** Acts as an antioxidant to combat oxidative stress (including what is brought on by accumulating fat in the liver).<sup>40-43</sup>

**EGCG** (From Green Tea): liver protection including antioxidant properties<sup>5,32,44,45,</sup>

### Enhance sugar/fat metabolism & appetite control :

**EGCG:** Increase energy expenditure, fat oxidation & fat cell death (270Mg)<sup>47-55</sup>

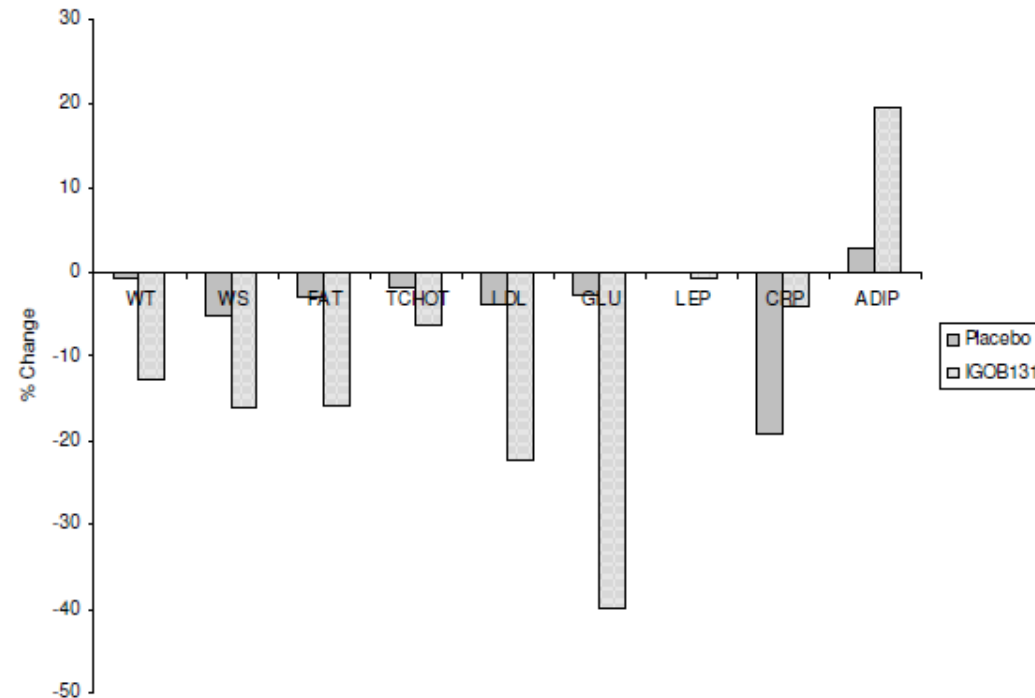
**African Mango:** positive effects on hormones adiponectin (fatty acid storage/breakdown & glucose metabolism) and leptin (appetite) while inhibiting formation of fat cells<sup>8,59-62</sup>

# Irvingia Gabonensis Preliminary Clinical Research<sup>61</sup>

150 mg twice daily for 10 weeks reduced weight by 28 LB, compared to 1.5 LB in overweight patients taking placebo.<sup>9</sup> In this study, overweight patients taking Irvingia gabonensis (IG) consumed an average of 2767 kcal/day compared to 3156 kcal/day in the placebo group suggesting favorable effects on appetite. The IG group also decreased total and LDL cholesterol levels by 26% and 27% respectively, compared with 2% and 5% with placebo

*Lipids in Health and Disease* 2009, **8**:7

<http://www.lipidworld.com/content/8/1/7>



**Figure 3**  
Percentage decrease in body weight (WT), Waist size (WS), Fat (FAT), Total Cholesterol (TCHOL), LDL cholesterol (LDL), Glucose (GLU), Leptin (LEP), C-reactive protein (CRP) and Adiponectin (ADIP) after 10 weeks of use of extract IGO131.

# WEIGHT LOSS & LIVER SUPPORT

## NON-STIMULANT FAT LOSS AID



### Summary of Unique/Key Points

- Non-stimulant body fat/weight reduction aid for overweight/obese people
- Supplies natural substances known to support fat metabolism and liver health especially in overweight people with extra liver fat
- Designed to work at many different levels within the body: antioxidant, appetite control, liver fat and sugar metabolism to support the loss of body fat and overall metabolism
- More important for very overweight or obese people (females >32% body fat and males >22%) to support liver health

# WEIGHT LOSS & LIVER SUPPORT

## NON-STIMULANT FAT LOSS AID



## Typical Use

- ✓ Non-stimulant fat-loss aid
- ✓ Overweight people to support a complete weight loss program & liver health
- ✓ Take 1-tab, 3 times daily, 30 min before meals
- ✓ Discontinue after reaching fat loss goal



# CARB REPEL



Decrease Calorie Absorption & Feel Satisfied Sooner and Longer

Inhibit the enzyme that absorbs carbs; lower glycemic index of high GI foods

## CarbRepel



dotFIT  
PURE PROMISE™

dotFIT uses only quality ingredients that undergo rigorous testing, supported by scientific fact, not marketing hype. Through our exclusive delivery systems, our products provide your body with the right nutrients at the right time for maximum benefit. For more information, visit [www.dotFIT.com](http://www.dotFIT.com)

We all enjoy eating carbohydrates. Starchy foods such as breads, potatoes, pasta and rice quickly convert to glucose, which is the body's primary source of fuel for everyday energy. Unfortunately for our waistlines, if the excess starchy foods are not used for energy through exercise or physical activity you'll quickly start to pile on unwanted pounds and stubborn fat stores.

Now you can take control with CarbRepel™. Each serving contains clinically tested Phase 2®, a proprietary standardized white kidney bean extract that works by blocking dietary starch from being absorbed. By working with the body's natural enzymes, Phase 2 blocks the action of the alpha amylase enzyme, which is responsible for breaking down starches into sugars.

CarbRepel is made from safe, yet powerful, natural ingredients including Citrus Pectin from fruits. It's stimulant free so you can use it at any time during the day, helping you control your hunger and feel fuller longer. CarbRepel reduces the absorption of carbohydrates, which promotes weight loss, helping you achieve a firmer, shapelier body.

weight loss dotFIT

## CarbRepel™ CARBOHYDRATE NEUTRALIZER

SUPPORTS  
WEIGHT LOSS &  
APPETITE CONTROL!  
FEEL FULLER  
LONGER†  
SUPPORTS  
CARBOHYDRATE  
CONTROL†  
WITH CLINICALLY TESTED  
PHASE 2®

DIETARY  
SUPPLEMENT  
120  
TABLETS



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**DIRECTIONS:** As a dietary supplement, take 2 tablets, twice daily approximately 30 minutes before your 2 largest meals with 8 oz. of water. Use in combination with a sensible diet and exercise program.

### Supplement Facts

Amount Per Serving	% DV
Serving Size: 2 Tablets Servings Per Container: 60	
Phase 2 Starch Neutralizer† White Kidney Bean Extract (Phaseolus vulgaris)	750mg *
Citrus Pectin	375 mg *
Pomegranate Fruit Extract (Total Polyphenols 116 mg, Ellagic Acid 55 mg)	1325 mg *

\*Daily Value not established.

Other Ingredients: Di-calcium phosphate, Cellulose, Cellulose gum, Stearic acid, Magnesium Stearate, Silica and Food Glaze

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanut, Soy or Gluten, No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

†The trademark Phase 2 Starch Neutralizer® is being used under license.

**WARNING:** Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a healthcare professional before beginning any supplement or exercise program. Do not use if safety seal under cap is broken or missing.

Store at 15-30°C (59-86°F). Protect from heat, light and moisture.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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# CARB REPEL



## Goal

- To reduce a significant percentage of carbohydrate calorie absorption to help maintain or accelerate weight loss, especially in people who tend to crave or overeat carbohydrates/sugars. Also may be used sporadically based upon days when carbohydrate intake may be unnecessarily high to help maintain or keep weight from rising

## Rationale

- Carbohydrate cravings important to early survival<sup>1</sup> has damaging consequences today<sup>2,3</sup>
  - ✓ Carbs (especially sweet) intake often leads to more, which desensitizes the brains reward system leading to the need for more to fully satisfy (explains the need for desert although full – i.e. “sweet tooth”).<sup>4-6</sup> CarbRepel (Phase 2) may assist by allowing reasonable carbohydrate intake to help satisfy cravings while preventing a portion of it from being absorbed, thus reducing calorie intake.<sup>8-13</sup>
- Secondly Phase 2 can reduce the Glycemic Index (GI) of foods including spikes in blood sugar<sup>8,18</sup>
  - ✓ Low Glycemic diets have been associated with healthier outcomes, including improved blood sugar control and insulin sensitivity, and a longer feeling of fullness<sup>2,3,15,16</sup>

# CARB REPEL



## Mechanism of Action

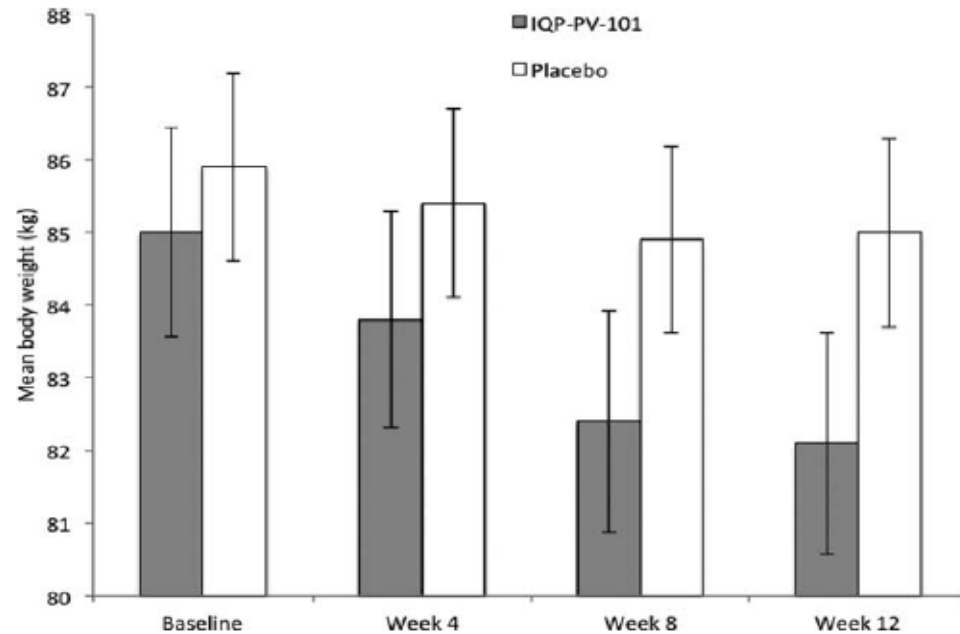
- The common white bean, *Phaseolus vulgaris* (PV), produces an alpha-amylase enzyme inhibitor (the enzyme that breaks down carbohydrates and allows them to be absorbed into your body).<sup>7</sup> Therefore proper ingestion of Phase 2 before meals may help reduce a significant portion of calories from carbohydrates from entering the body and assists in weight loss<sup>8-13</sup> including appetite control.<sup>8,18</sup>

## Phase 2<sup>®</sup> Carb Controller

- Proprietary extract of PV has demonstrated the ability to enhance weight loss when compared to placebo by blocking the action of alpha amylase.<sup>8-13</sup>
- Phase 2 has also been shown to produce superior results when compared with other starch/carbohydrate blockers with anti-amylase activity.<sup>9</sup>

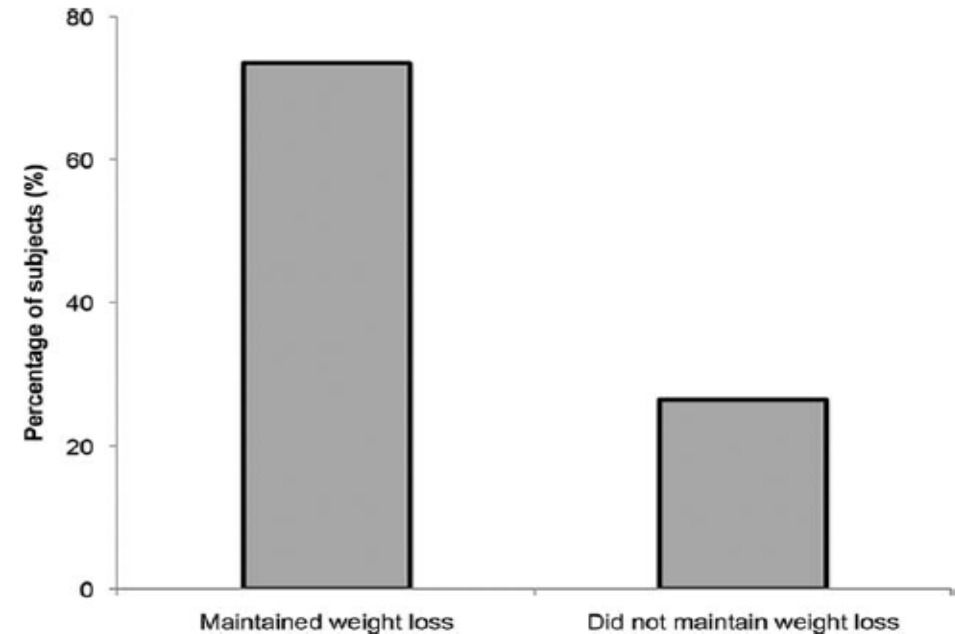
# CarbRepel Phase-2 Clinical Evaluation

## Enhanced Weight Loss vs Placebo



**FIGURE 2** Weight reduction from baseline to week 12 for the WL study. Error bars show one standard error of mean.

## Better Maintenance in Free Living Conditions



**FIGURE 3** Proportion of subjects who maintained and did not maintain weight in the WM study.

In a randomized placebo controlled study, the safety and efficacy of Phaseolus vulgaris (Phase 2), on weight management in two phases was evaluated. The weight loss (WL) phase (~500 calorie daily deficit) was conducted over 12 weeks and the weight maintenance (WM) phase lasted 24 weeks with no diet restrictions, so it mimicked free living. The dosage was 1,000 mg taken 3 times daily before meals for both studies. **At the end of the WL study, the Phaseolus vulgaris (PV) group lost a mean of 6.4 lbs in body weight compared with 2.0 lbs in the placebo group. During the WM phase, 36 out of 49 subjects (73.5%) were able to maintain their weight, even without dietary restrictions.** No serious or related adverse events were reported over the combined period of 36 weeks. Participants during the WL phase reported no hunger differences during diet compared to normal living. The conclusions were that PV/Phase 2 is safe and effective for weight loss and maintenance

# CARB REPEL

FEEL SATISFIED SOONER AND LONGER



## Summary of Key Points:

- ***Extrapolated from all current data: when 1,000 mg is ingested before a meal containing typical "Western diet" amounts (>30%) of carbohydrates, Phase 2 appears to be safe and effective compared to placebo for improving:***
  - ✓ ***Weight/BMI reduction dieting outcomes***
  - ✓ ***Maintenance of weight loss including appetite support***
  - ✓ ***Lower high GI foods effects***

# CARB REPEL

FEEL SATISFIED SOONER AND LONGER



## Typical Use

- Non-stimulant fat-loss and appetite aid for those who tend to enjoy or overeat carbohydrates
- Anyone seeking to enhance body-fat reduction without affecting the central nervous system
- Discontinue after reaching fat loss goal or until lifestyle helps maintain desired progress
- Take two tablets, twice daily, 30 minutes before your largest carbohydrate-containing meals or snacks

# THERMACCEL

BALANCED ENERGY OR BETTER STIMULANT EFFECT



## ThermAccel 4<sup>th</sup> Edition

**dotFIT PURE PROMISE™**

dotFIT uses only quality ingredients that undergo rigorous testing, supported by scientific fact, not marketing hype. Through our exclusive delivery systems, our products provide your body with the right nutrients at the right time for maximum benefit. For more information, visit [www.dotFIT.com](http://www.dotFIT.com)

ThermAccel delivers a powerful assault on unwanted fat stores with a combination of maximum strength thermogenic agents and a patented, clinically proven complex of plant-based polysaccharides and esterified fatty acids. This natural compound works through unique body fat regulation pathways, to regulate body fat and activate more weight loss. ThermAccel ingredients promotes optimal lean to muscle fat ratio, preserving hard earned muscle and creating awe inspiring muscle definition.

The key ingredients in ThermAccel have been shown to inhibit catechol-O-methyl-transferase (COMT) and increase levels of norepinephrine, one of the body's major fat burning hormones, by as much as 40%, igniting a cascade of reactions to aggressively promote fat oxidation and extreme calorie burning.

Each fat seeking ingredient is delivered via a special ThermAccel sustained released formula. Each Thermo-tab slowly releases key ingredients for enhanced alertness, intense energy and stimulation, turning your body into a all-day fat burning powerhouse from the very first dose.

**weight loss dotFIT**

**ThermAccel™**  
MAXIMUM STRENGTH THERMOGENIC

**PROMOTES FAT LOSS**  
**SUPPORTS LEAN MUSCLE TISSUE**  
**SUPPORTS APPETITE CONTROL**

DIETARY SUPPLEMENT  
**120**

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**DIRECTIONS:** As a dietary supplement, take 2 tablets with 8 oz. of water up to 2 times daily, approximately 30 minutes before breakfast or lunch. Do not consume within 5 hours of bedtime. Use in combination with a sensible diet and exercise program.

Supplement Facts	
Serving Size: 2 Tablets	Amount Per Serving
Servings Per Container: 60	% DV
Caralluma Powder	520 mg *
dotFIT™ Proprietary Lepticare™ <sup>1</sup> (Proprietary Blend: Gum Arabic (Gum arabic), Guar gum (Karanj gum), Hydroxytyrosol, Lactitol (non-gum), Inulin (chicory root), Inositol (non-gum), Polydextrose, Polyethylene glycol, Blue Cross algae, Hydroxytyrosol (non-gum), Citric acid and butylated hydroxytoluene)	310 mg *
L-leucine	300 mg *
ThermAccel™ Thermogenic Complex Green Tea Extract (providing 270 mg EGCG), Caffeine (providing 150 mg of caffeine), Yerba Mate, Peppermint, Guarana Seed Powder and Cayenne Fruit (standardized for 150,000 total units)	1,000 mg *

\*% Daily Values not established.

Other Ingredients: Dicalcium phosphate, Cellulose, Xanthan gum, Stearic Acid, Magnesium Stearate, Silica and Food Glue.

Contains No Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten, No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.

Lepticare™ is a trademark of Gateway Health Alliance, Inc. Protected by US patents 6,899,892 and patents pending.

**WARNING:** Not intended for individuals under the age of 18. Do not use this product if you are pregnant, nursing, or contemplating pregnancy. Consult your physician if you are taking any over-the-counter or prescription medications. Seek the advice of a health-care professional before beginning any supplement or exercise program. This product contains caffeine and should not be taken by those wishing to eliminate caffeine from their diets. Do not exceed recommended daily intake. Improper use of this product will not improve results and is not advised. Do not use if safety seal under cap is broken or missing. Store in a cool, dry place. **KEEP OUT OF REACH OF CHILDREN.**

<sup>1</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Controlled Stimulant Formula to Increase Metabolism & Daily Activities + Support Appetite**



Your Fitness. Connected.

dotFIT™

# New formula

## Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 60

**DIRECTIONS:** As a dietary supplement, take 2 tablets with 8 oz. of water up to 2 times daily, approximately 30 minutes before breakfast or lunch. Do not consume within 5 hours of bedtime. Use in combination with a sensible diet and exercise program.

Ingredient	Amount Per Serving
Caralluma Fimbriata Powder	520 mg
Sinetrol™ (Mediterranean Citrus Extract)	600 mg
L-Theanine	100 mg
ThermAccel™ Thermogenic Complex	931 mg
[Caffeine Anhydrous (providing 200 mg of caffeine), Green Tea Leaf (providing 270 mg EGCG), Yerba Mate, Guarana Seed Extract and, Cayenne Fruit]	





## Goal

- Increase daily calorie burn without forcing more work, reduce diet induced appetite increases and avoid plateaus\*

## Rationale<sup>2-33</sup>

- In order to continue weight/fat loss when natural/adaptive plateaus occur\* and diet is generally healthy, more deliberate work and/or less food, which in turn causes increased hunger, is the only remedy unless:
  - ✓ 1) **calories burned can be increased without adding more exercise or the needed added work is involuntary/spontaneous** because of increased energy levels and/or
  - ✓ 2) **appetite can be controlled** during further caloric restriction.
  - ✓ Thermogenic blends have demonstrated the ability to accomplish #s 1 & 2 and few natural plant extracts have had success for #2
- These combined and potentially additive effects should ease the workload and mitigate hunger to allow continued weight reduction with less hardship

**\*You burn 100-150 calories/day less at 10% weight loss**

# THERMACCEL

## 3- PRONG APPROACH OVERVIEW



- Thermogenic complex with caffeine, yerba mate,\* guarana,\* green tea extract polyphenol (EGCG) and capsaicin that have independently and combined demonstrated total daily energy expenditure (TDEE) enhancements and fat oxidation increases compared to placebo<sup>20-22,34-43</sup>
- Sinetrol (polyphenols), which is a combination of non-stimulant polyphenols that also contributes, but through different mechanisms, to increases in fat oxidation - i.e. partitioning energy usage<sup>32</sup>
- Caralluma fimbriata, a plant-based appetite suppressor shown to have mild effects on weight loss<sup>25,33</sup>

# THERMACCEL

## INGREDIENTS & MECHANISM'S OF ACTION



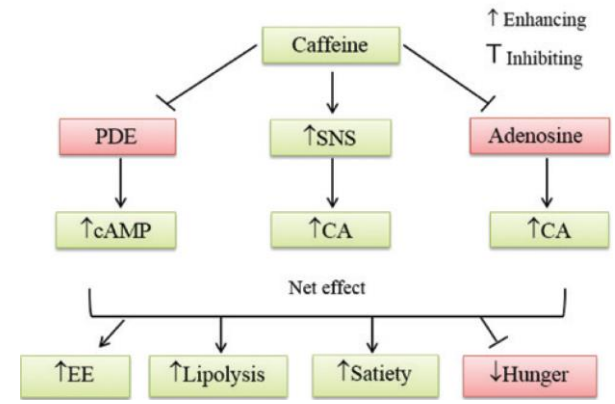
### Thermogenic Blend - Max Daily Dose of 2-tabs, twice daily

#### 2-tabs contain:

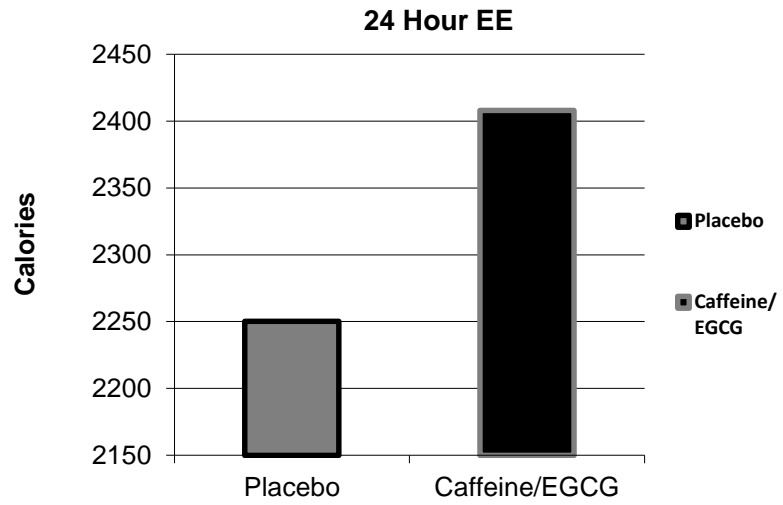
- **Caffeine (200 mg):** increases metabolic rate and fat oxidation through: 1) sympathetic activation of the CNS; 2) inhibition of phosphodiesterase (PDE) to maintain higher cAMP leading to increase lipolysis, heat production and liver satiety signals; 3) stimulation of adenosine receptors, (a blockade that may also increase dopamine levels) causing a buildup of cAMP with increased cell activities<sup>20,26,38-41,48-76</sup>
- **Green tea extract (270 mg EGCG):** Increases EE and fat oxidation via inhibiting the enzyme COMT\* (degrades epinephrine and norepinephrine while caffeine stimulates both); 2) activation of AMPK through affecting the ratios of AMP/ADP/ATP (suppressing gluconeogenesis and lipogenesis and enhancing lipolysis) and signaling the gene expression of proteins that play a role in thermogenesis and beta-oxidation<sup>29,41,53,68,75,82-84,86-95,99-111,115,116,119</sup>

\*Catechol-O-methyltransferase participates in the degradation catecholamine transmitters

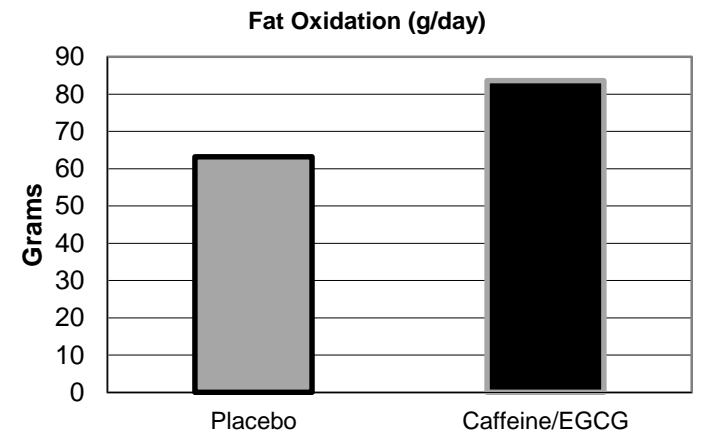
# Caffeine & EGCG Additive Effects<sup>20,31,40,84,65,124-126</sup>



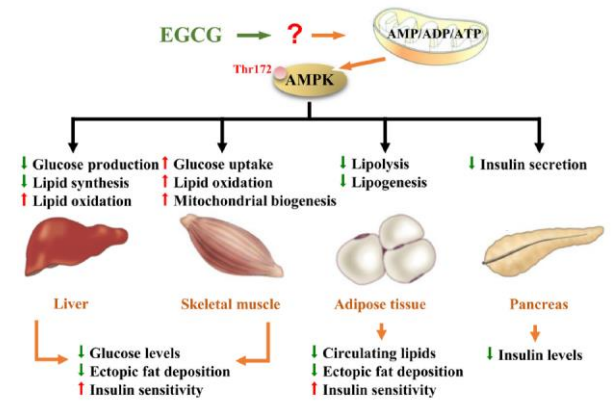
**Figure 1**  
**Caffeine Targets in Supporting Weight Loss**  
 PDE- phosphodiesterase  
 SNS- sympathetic nervous system  
 cAMP- 3,5-cyclic-adenosine monophosphate  
 CA- catecholamines  
 EE- energy expenditure



**Figure 2:** Dullo et al. showed at least a 10% increase in 24-hour EE or equivalent to 157 more calories burned in the caffeine/EGCG group (Average subject's weight was 173 lbs).<sup>53</sup>



**Figure 3:** In the same study, approximately 20 more grams of fat was oxidized daily by the supplemented group.<sup>53</sup>



**Figure 4: Yang et al. hypothesis on the role of AMPK in metabolic regulation by EGCG.<sup>88</sup>**  
 "EGCG is proposed to activate AMPK through affecting the ratios of AMP/ADP/ATP. The activated (phosphorylated) AMPK regulates metabolism in different organs toward the direction of reducing (↓) gluconeogenesis, fatty acid synthesis, insulin secretion and ectopic fat deposition in muscle and liver. These are accompanied by increased (↑) insulin sensitivity and the oxidation of glucose and fatty acids". The lower part of the figure was modified from Long et al.<sup>89</sup>

AMP-activated protein kinase (AMPK) plays a key role as a master regulator of cellular energy homeostasis

# THERMACCEL

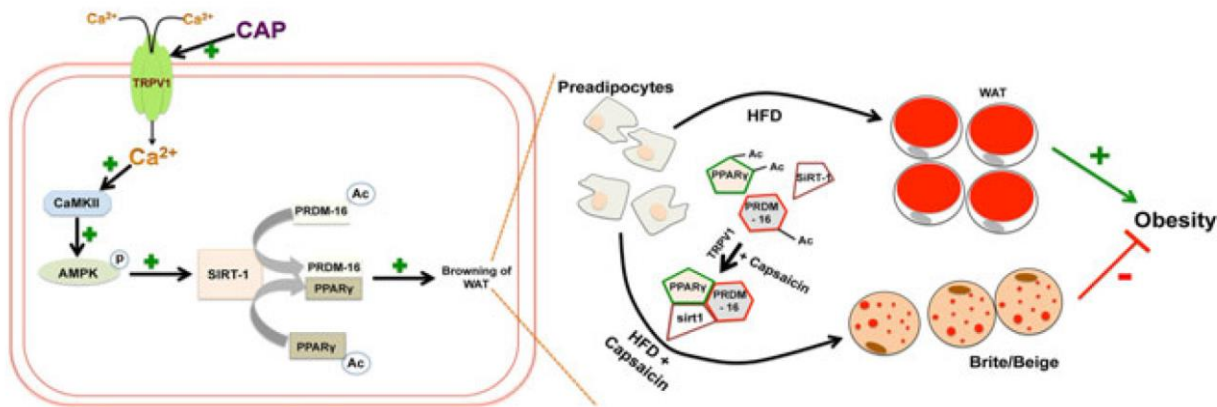
## INGREDIENTS & MECHANISM'S OF ACTION



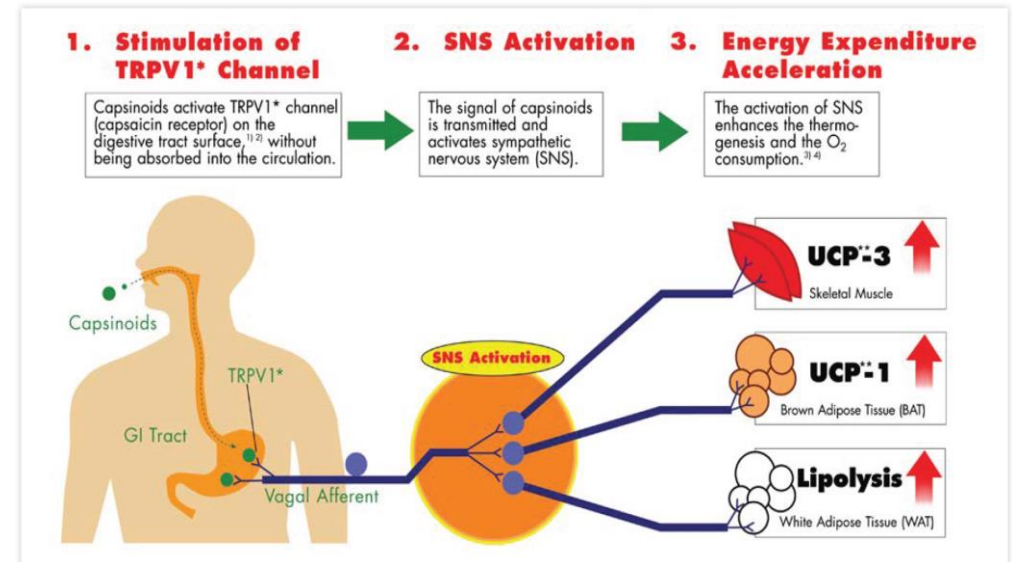
### 2-tabs contain:

- **Capsaicin (17 mg):** increases EE and lipid oxidation, and reduces appetite by increasing thermogenesis through 1) stimulation of transient receptor potential (TRP) channels enhancing BAT, which by activation of the SNS increases calorie burning to produce heat through the uncoupling of oxidative phosphorylation mediated by UCP1, and 2) improves lipid metabolism<sup>30,34,127-132,135-153</sup>

### Browning of white adipose tissue



Model describing the mechanism of action of capsaicin (CAP). Intracellular Ca<sup>2+</sup> rise via TRPV1 channels stimulated by CAP activates CaMKII/AMPK, which phosphorylate and activate SIRT-1. This causes deacetylation of PPARγ and PRDM-16 and facilitates their interaction to promote browning of WAT. From P. Baskaran et al.<sup>148</sup>



Mechanism of Action by which Capsinoids Accelerate Energy Expenditure<sup>141</sup>

# THERMACCEL

## INGREDIENTS & MECHANISM'S OF ACTION



### 2-tabs contain:

- **L-Theanine(100 mg):** increases GABA\* levels to deliver anti-stress effects including balancing caffeine stimulation<sup>200-213</sup>
  - ✓ Study reviews show caffeine combine with L-theanine had the greatest positive effect on outcome measures (cognitive and mood)<sup>214-222</sup> – “due to balancing caffeine’s overstimulation”
- **Caralluma Fimbriata (500 mg):** appetite support through 1) hypothalamic/nootropic actions including SSRI\*\* activity and 2) ability to inhibit activity of enzymes involved in carbohydrate digestion/absorption<sup>23-25,179-199</sup>
- **Sinetrol (600 mg):** improve overall lipolytic activity via inhibiting cAMP-PDE (maintaining higher levels of cAMP) and enhancing fat oxidation and related gene expression (favorable energy partitioning)<sup>32,155-178</sup>

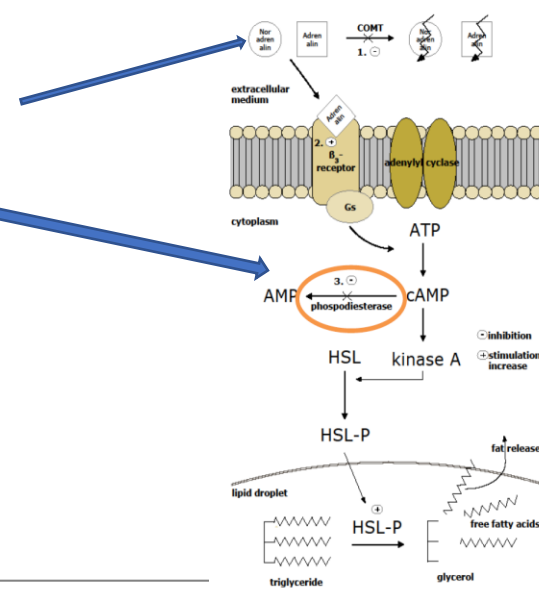
\*Gamma-Aminobutyric acid

\*\* Selective serotonin reuptake inhibitors: class of drugs used as antidepressants in treatment of depressive disorder/anxiety disorders



# Sinetrol (Bioactive flavonoids Naringenin & Neohesperidin)

Works through inhibition of PDE and stimulation of fat oxidation genes and other genes/areas shown to enhance lipid metabolism including related apoptosis, energy partitioning & hormone sensitive lipase<sup>32,155,156,166</sup>



## Inhibition of Phosphodiesterase [PDE-4]

- Catabolism of triglycerides into Free fatty acids (FFA) + Glycerol
- Release of FFA + Glycerol in the bloodstream

→ Direct fat burning action

## Sinetrol vs Placebo

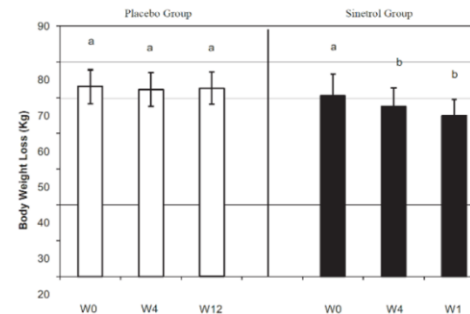
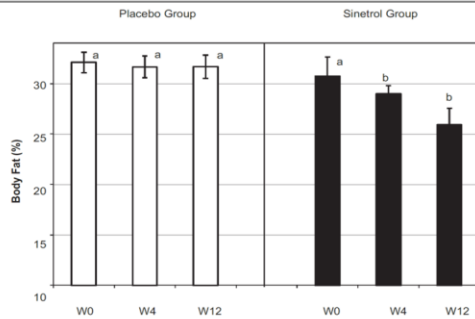


Table 1. Effect of placebo and SINETROL on BMI, body weight & body fat in 20 volunteers after 4 & 12 weeks of treatment<sup>155</sup>

Groups	BMI		Body weight evolution (kg)			Body fat evolution (%)		
	Initial	Variation (%) after 12 weeks	Initial 0 weeks (W0)	After 4 weeks (W4)	After 12 weeks (W12)	Initial 0 weeks (W0)	After 4 weeks (W4)	After 12 weeks (W12)
Placebo	28.57	0.7 <sup>a</sup>	73.07	74.8 <sup>a</sup>	72.67	32.07	31.67	31.67
SINETROL <sup>S</sup>	28.17	2.45 <sup>a</sup>	70.57	67.57 <sup>b</sup>	64.97	30.77	29.07 <sup>b</sup>	25.97 <sup>b</sup>

Measuring free fatty acid release from adipocytes, the researchers found that SINETROL significantly stimulated lipolytic activity via the polyphenols inhibition actions on cAMP-phosphodiesterase (PDE) in a range of 6-fold greater than the placebo.

As shown in Table 1, the treatment subjects, compared to placebo, body fat significantly decreased with a difference of 2.53% and 5.6% after 4 and 12 weeks, respectively. Additionally, the body weight decreased with a significant difference of 6.6LB and 12.3 LB after 4 and 12 weeks, respectively.<sup>155</sup>

# THERMACCEL USAGE



## Typical Use

- Anyone without adverse events to stimulants and seeking to accelerate weight loss, avoid plateaus and ease the journey, including helping control appetite
- People who need a serious multiple pronged approach to weight control including a strong but controlled stimulatory effect to help increase metabolism
- Do not use if taking heart medications
- Do not use with other stimulants. Keep a minimum of 4-hours between other stimulants including caffeine
- Discontinue after reaching body fat reduction goal or when lifestyle is under control to continue to the desired body composition goal without assistance
- Maximum dose: take four (4) tablets daily, two (2) at breakfast and two (2) with lunch with at least eight (8) ounces of fluids.
  - ✓ If sensitive to caffeine, start with 2-tabs daily in 1-tab doses and move to 2-tab max dose twice daily if comfortable





## Summary of Unique/Key Points

- *The combined ingredients of ThermAccel have the ability to significantly increase metabolic rate and potentially daily activities (total calorie burn) while balancing the stimulatory effects of caffeine related herbs, and suppress appetite through multiple mechanisms.*
  - ✓ *i.e. ingredients may have additive effects in mutual and exclusive pathways*
- *This combination may allow the user to avoid or overcome typical plateaus related to early weight loss without the normal obligatory increase in activity or decrease in food intake required to continue desired weight/fat reduction.*
- *With weight loss prescription drugs being deemed to have too many negative side effects (including being pulled off the market<sup>223</sup>) with minimal results,<sup>15,224,225</sup> there is high interest in products like ThermAccel and other natural sources for assisting in weight management<sup>15,124,129,149,152,226-228</sup>*

# LEAN PAK 90 - OR WHATEVER



## You get:

- Weight Loss & Liver Support
- CarbRepel
- ThermAccel
- Quick Start Card
- MR Weight Loss data
- Weight loss planner



## Complete planner

- Goal setting
- Goal Adjustments
- Menus
- Progress log
- Food log
- Calorie burn calculator
- Step calculator
- Daily tracker

**Use as directed or all together if time is important**



# LEAN PAK 90 OR WHATEVER



## Original Purpose

- Complete program for non-program users
  - ✓ Menus, exercise, supps & self promoting with brand connection
- Rationale for cycling
  - ✓ Marketing: psychological timeline & financially palatable
  - ✓ Efficacy: 1) Liver support first when at heaviest; 2) different appetite support targets at all phases to overcome adaptation; 3) most aggressive product (ThermAccel) at final phase as natural plateaus are more common

## Current use

- Same as above
- May use as directed or all together
  - ✓ Use each product as needed: TA daily, WLLS daily, CR with higher carbohydrate meals
- Common, easy and complete product to sell at challenges

# RESULTS SUMMARY

## Weight/Body Fat Loss



## PRACTITIONER PRODUCT RESULTS

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### Documented Weight Loss Increases (PDSRG)

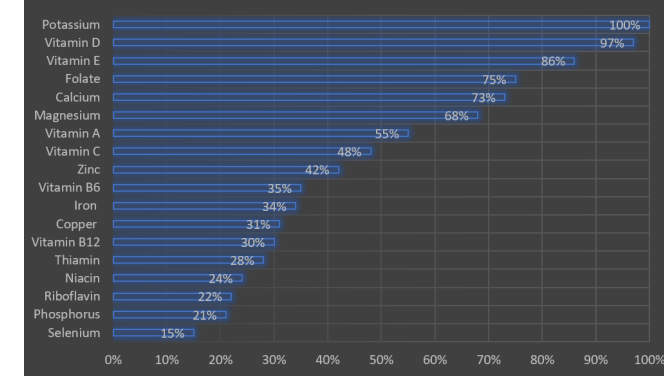
#### ***Better than restricted calorie diets alone or diet & drug therapies***

- Specific supplement programs based on individuals can safely accelerate results while lessening the effort, workload, and pain of achieving sustained weight loss:
  - Increase/maintain LBM & metabolism(maintain/improve structural & functional integrity)
  - 2-3xs more weight loss
  - Up to a 9-fold better chance of maintaining
  - Less cravings, more energy and mood/stress improvement
  - Avoid Plateaus
  - **Faster continuing results = higher motivation to finish**

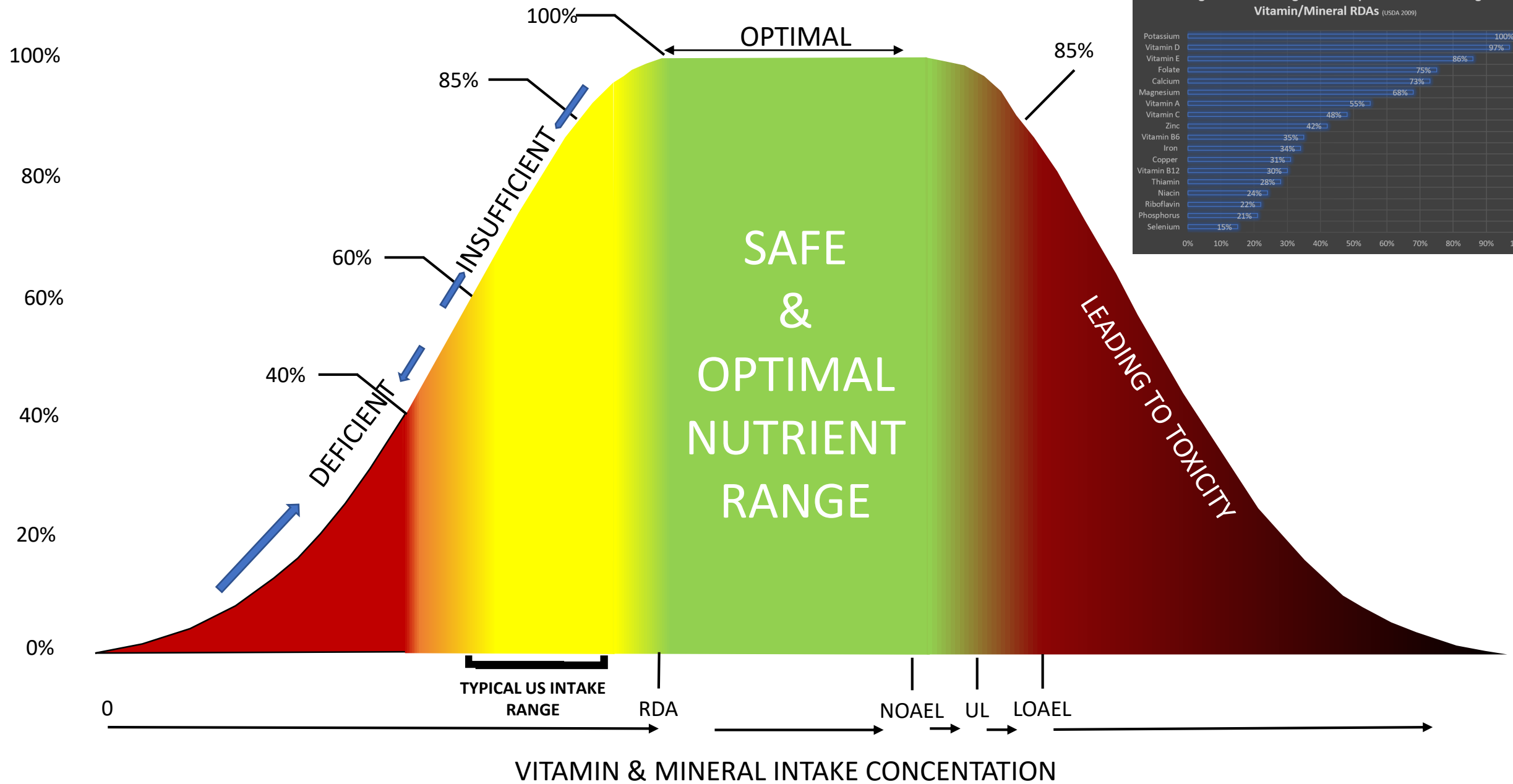
*\*All increases are when compared to not using supplements and all else equal*

# UPDATED 2015-2020 DGA Report

Figure 2 - Percentage of U.S Population NOT Meeting Vitamin/Mineral RDAs (USDA 2009)



% OF VITAMIN & MINERAL BENEFITS/ACTIVITY



VITAMIN & MINERAL INTAKE CONCENTRATION