

Lean Complete™

Supports Healthy Weight Loss*

*A convenient, healthy meal replacement shake designed to help you meet your weight loss goals.**



FEATURES AND BENEFITS

Contains a 100% of your recommended daily intake for many essential vitamins and minerals

A balanced meal-replacement shake that helps you adhere to 4-4-12™ and burn fat*

Provides 10 grams of high-quality protein to help keep you feeling full, build lean muscle mass, and provide energy without causing large spikes in insulin*

Contains 3.35 grams of fiber to help increase satiety*

Vanilla - Item# 25950

Serving Size: 2 Scoops
(18gms)

30 Servings per container

PRODUCT INFORMATION

Everyone knows that it's important to kick start your day with a healthy breakfast; you'll have more energy and studies show that those who eat breakfast lose more weight than those that don't.

However, many of us feel we are too busy to eat breakfast, and so skip it. We then eat a large lunch and an even larger dinner, and these meals are usually bereft of nutrients but loaded with fat and sugar. This leads to large blood glucose spikes during meal time and causes our body to store more food as fat. Stop the vicious cycle of adding fat, by starting your day off right with Lean Complete; a high-protein, low-carbohydrate breakfast that provides needed nutrients and helps to keep you full until your next meal.

It's crucial to a healthy weight-loss program that you avoid large amounts of high-glycemic foods such as rice, pasta, and sweets. Not only is Lean Complete a good substitute for sugary cereals, it tastes good too! Lean Complete has a rich vanilla flavor that helps to control your sweet tooth while providing the energy you need to make it through the day.*

Protein Matrix – Lean Complete contains over three types of protein; the importance of this being that different types of protein are absorbed at different times. These different absorption rates ensures that body receives a constant supply of high quality protein

– preventing the break down of your existing lean muscle mass. Studies have shown that those who ingest whey protein, the major source of protein in Lean Complete, eat less and feel fuller.⁷

Vitamin /Mineral Blend – Packed with essential vitamins, the Vitamin Blend in Lean Complete helps you to obtain the vitamins you need to keep your body working at peak performance.* Most Indians are deficient in important minerals.^{5,6} Minerals are important to enzymatic reactions in the body; reactions that include DNA synthesis, DNA repair, wound healing and more.

Today's breakfasts are loaded with fat, salt, sugar, and other unhealthy ingredients. Read the ingredient label the next time you're at your local fast food restaurant and you'll be shocked.

Followers of the 4-4-12 system that are looking to burn fat should substitute a healthy alternative for these diet-destroying meals. Lean Complete is an excellent alternative that is packed with vitamins, minerals, fiber, and protein.

A Lean Complete shake plus a glass of Bios Life S® is a great way to start your day off. You'll reduce cravings and put yourself in a fat-burning state until your next meal.

Studies have shown that eating meals regularly (e.g 4-4-12™) is healthier than infrequent meal times. Infrequent meal times may lead to an increase in LDL cholesterol, increase insulin resistance, and may lead to weight gain over time.

Lean Complete

FREQUENTLY ASKED QUESTIONS



- Q.** What is the recommended amount per day?
- A.** We recommend one serving (two scoops) once daily to maintain weight and to supplement your diet with fiber and protein. For those trying to lose weight, we recommend that you replace two meals with two servings of Lean Complete. When taking Lean Complete, supplement with Bios Life S® to help curb cravings and put your body in a fat-burning state.
- Q.** What is 4-4-12™?
- A.** 4-4-12™ is the scientifically-backed weight loss system that helps put your body in a fat-burning state. Space your meals 4, 4, and 12 hours apart, taking Slim before meals to normalize insulin levels and to increase fat metabolism:
- 1) Eat breakfast – wait 4 hours to eat lunch
 - 2) Eat lunch – wait 4 hours to eat dinner
 - 3) Eat dinner – wait 12 hours to eat breakfast
- Q.** Does Lean Complete contain any caffeine?
- A.** Lean Complete is stimulant free.

Unicity Health Pvt.Ltd.
Divyasree Chambers, 2nd
Floor, Wing A, 11,
O'Shaugnessy Road,
LangfordTown,
Bangalore 560 025
Phone: 1800 102 2467
Email: Unicityindia@unicity.net

*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.

SCIENCE

Carbohydrates

Carbohydrates serve many important roles in the body, including the storage of energy, as an important part of enzymatic reactions, and as the backbone of RNA and DNA. Because of its importance to the body, glucose levels are tightly regulated; low levels of glucose impair brain functioning and high levels can react with proteins in the body and create problems.

While essential to good health, carbohydrates can be bad for you in large amounts. When we eat a meal that is high in carbohydrates, our insulin levels spike, triggering our body to store anything in excess of what our body needs as fat. A bag of licorice that says "fat free" is somewhat misleading, because when you eat lots of sugar (like licorice) your body converts any excess sugar to fat.

When we avoid carbohydrates for a period of time (think 4-4-12™) our body senses the drop in glucose and triggers the pancreas to release glucagon. This hormone causes adipose tissue (fat cells) to release fat to be converted to glucose – thus putting your body into a fat burning zone.

REFERENCES

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Nutritional Information

Serving Size: 2 Scoops (18 g)
Servings Per Container: About 30

Amount Per Serving	
Energy	63.75 kcal
Protein	10.00 g
Fat	1.15 g
Carbohydrate	3.35 g
Sugar	0.34 g
Essential Vitamins	
Vitamin C	30.00 mg
Niacinamide	10.00 mg
Vitamin E	10.00 mg
Calcium D. Pantothenate	4.00 mg
Vitamin B1	1.00 mg
Vitamin B2	1.00 mg
Vitamin B6	1.00 mg
Vitamin A	578.00 mcg
Folic Acid	150.00 mcg
Biotin	100.00 mcg
Vitamin D	3.75 mcg
Vitamin B12	1.00 mcg
Essential Mineral	
Zinc Gluconate	2.30 mg