

# 2 - WEEK REGIMEN

## SMARTER WEIGHT LOSS STARTS HERE!

The 2-Week Regimen is a dynamic system designed to help you achieve rapid, sustainable weight loss — no stimulants, no injections, just results. This 2-week protocol is all about turning on your metabolism from morning to night using strategic, clinically supported ingredients. Each product in the regimen plays a specific role in helping you target stubborn belly fat, cut cravings, and keep your energy high so you can stay focused and consistent throughout your day.\*



What makes this system stand out is its foundation in GLP-1 activation — a cutting-edge, science-backed approach that supports natural appetite control, boosts thermogenesis (your body's calorie-burning process), and helps regulate blood sugar. Instead of relying on extreme measures, the 2-Week Regimen works with your body's natural rhythms to encourage efficient fat loss and overall wellness. It's a smarter, safer way to reboot your system and jumpstart your weight-loss journey with confidence.

## GLP-1: Your Body's Natural Fat-Burning Switch

GLP-1, short for Glucagon-Like Peptide-1, is a naturally occurring hormone released by the gut after you eat. It plays a major role in managing hunger, blood sugar, and how your body stores and burns fat - making it a key player in healthy weight loss and energy balance\*:

- **Appetite Control:** GLP-1 helps you feel satisfied longer, so you're less likely to reach for snacks or overeat.\*
- **Blood Sugar Balance:** It slows digestion and boosts insulin sensitivity, which helps keep blood sugar steady throughout the day.\*
- **Fat Burning:** GLP-1 encourages the body to burn fat by enhancing insulin activity and dialing down glucagon, the hormone that increases blood sugar.\*
- **Craving Tamer:** A balanced GLP-1 response can make it easier to resist emotional or stress-triggered eating habits.\*

Bottom line: GLP-1 helps regulate appetite, burn fat, and balance energy - supporting it naturally can lead to better hunger control and real weight loss results.\*

## What's Inside & How It Works

### SLIMMER PRO

A clinically formulated blend featuring five patented weight loss ingredients, Slimmer Pro helps activate fat burning, curb cravings, balance metabolism, and reduce stress-related weight gain for effective, natural weight management.\*



### BERBERINE ACV

A powerful fusion of berberine and apple cider vinegar, Berberine ACV supports healthy blood sugar, enhances insulin sensitivity, boosts metabolism, and aids in appetite control for effective, natural weight loss support.\*

### LEMON X MCT

Supports fat burning, boosts metabolism, and delivers clean, lasting energy while promoting liver health and metabolic efficiency.\*

# 2 - WEEK REGIMEN

We recommend using the 2-Week Regimen as your daily fat-burning routine to jumpstart metabolism, reduce cravings, and accelerate results - all without stimulants or injections. This powerful system works in sync to activate GLP-1, support blood sugar balance, and fire up fat-burning from morning to night. With consistent daily use, it helps shrink stubborn belly fat, promote clean energy, and keep your body in fat-burning mode around the clock - so you can stay motivated, feel in control, and hit your weight loss goals quickly and with confidence.\*



Berberine ACV is a powerful blend of berberine and apple cider vinegar that supports healthy metabolism, balances blood sugar levels, and aids digestion for improved overall wellness.\*

➔ Mix 1 scoop with 4 ounces of water before breakfast. Follow with 16 ounces of plain water.\*

**Bonus Tip:** Take your measurements before you start the 2-Week Regimen.\*



Slimmer Pro is a targeted blend of clinically proven, plant-based ingredients designed to support fat loss, curb cravings, and naturally boost metabolism without stimulants or crashes.\*

➔ Mix 2 scoops into 16 ounces of water twice per day, ideally 30 minutes before meals.\*

**Bonus Tip:** Drink at least 64 ounces of water per day to ensure proper hydration.\*



Lemon X MCT is a refreshing, citrus-infused formula that combines fast-absorbing MCT oil with the patented ingredient Xanthigen® to naturally support fat burning, boost metabolism, and deliver clean, lasting energy.\*

➔ Shake well before use. Take 1 dropper in 4 ounces of water before bed.\*

**Bonus Tip:** Sleep is vital for weight loss; aim for 6 to 8 hours per night.\*

## Fuel Your Forward Motion

To elevate your 2-Week Regimen and unlock real transformation, focus on small, daily actions that reinforce your progress from the inside out. You don't need to overhaul your life - just keep showing up with purpose. Progress is built on consistency, not perfection.\*

Try integrating these fresh strategies to keep your momentum strong:

- **Start Grounded:** Begin your day with deep breaths or journaling to set a clear, calm tone.\*
- **Add Color:** Fill your plate with vibrant veggies and fruits to fuel metabolism and curb cravings.\*
- **Eat Earlier:** Wrap up meals 2 to 3 hours before bed to support digestion and sleep.\*
- **Get Spicy:** Add cinnamon, ginger, or cayenne to boost fat-burning and balance blood sugar.\*

This isn't a short-term fix - it's a kickstart toward sustainable vitality. Every aligned action tells your body it's safe to thrive. You're not just resetting - you're reclaiming your energy, clarity, and strength.\*

# Slimmer Pro

maximum glp-1 activator formula

**HBN**naturals  
PRODUCT INFORMATION PAGE

Slimmer Pro is a powerful, plant-based supplement designed to support healthy weight loss, curb cravings, and boost metabolism - naturally and without the crash. Featuring five clinically studied, patented ingredients - DygloFit®, LeptiCore®, Slendacor®, Sensoril®, and Cissus CQR-300® - this advanced formula works synergistically to promote fat burning, appetite control, and metabolic balance.\* It also supports digestion, blood sugar stability, and energy levels, making it a smart solution for those looking to manage weight, feel better in their body, and maintain long-term wellness.\*



## DIRECTIONS

- Mix 1 scoop of SLIMMER into 8 ounces of water, ideally 30 minutes before meals. SLIMMER can be taken up to 3 times per day.\*

Nutrition Facts		Serving Size: 1 scoop (2.25g)		Servings per container: 30	
Amount per serving		Amount per serving		% Daily Value*	
<b>Calories 20</b>		<b>Adipose Fat Burner Blend</b>		<b>1150mg</b> *	
		Slendacor® (Blend of Moringa [Moringa oleifera] Leaf Extract; Curry [Murraya koenigii] Leaf Extract; Turmeric [Curcuma longa] Root Extract)		900mg	
		Green Coffee Bean Extract; Organic Siberian Ginseng [Eleutherococcus senticosus] Root Powder; Organic Panax Ginseng Root Extract [2% Ginsenosides]		250mg	
		<b>AMPK Metabolic Activator Blend</b>		<b>500mg</b> *	
		Dyglol® [Dichrostachys glomerata] Fruit Extract Powder		400mg	
		Turmeric [Curcuma longa] Root Powder; Mango [Mangifera indica] Fruit Powder; Beet [Beta vulgaris] Root Powder; Sea Buckthorn [Hippophae rhamnoides] Fruit Powder; Garcinia Cambogia [Garcinia gummi-gutta] Fruit Powder		100mg	
		<b>GLP-1 Blood Sugar Support Blend</b>		<b>450mg</b> *	
		Organic Lemon [Citrus limon] Powder; Organic Mulberry [Morus alba] Leaf Extract Powder; Organic Agave [Agave tequilana] Inulin		150mg	
		LeptiCore® [Gum Arabic [Acacia Arabica]; Guar Gum [Cyamopsis tetragonoloba]; Locust Bean Gum [Ceratonia Siliqua]; Pomegranate [Punica Granatum] Extract; Blue Green Algae [Aphanizomenon Flos-agueae] Extract; and Beta-Carotene]		150mg	
		Cissus CQR-300® [Cissus quadrangularis] extract (stems and leaf) [Standardized for min 2.5% Total Phylogenetic ketosterones (3.75mg)]		150mg	
		<b>Be Happy Hydration &amp; Energy Blend</b>		<b>150mg</b> *	
		Sensoril® Ashwagandha [Withania somnifera] Root and Leaf Extract [10% Withanolides]		100mg	
		Coconut [Cocos nucifera] Water Powder; Irish Sea Moss [Chondrus crispus] Powder; Chamomile [Matricaria chamomilla] Flower Powder; Fulvic Acid Mineral Powder; Organic Maca [Lepidium meyenii] Root Powder; Organic Goji [Lycium barbarum] Juice Powder; Organic Cordyceps [Ophiocordyceps sinensis] Mushroom Powder; Organic Lion's Mane [Hericium erinaceus] Mushroom Powder; Organic Astragalus [Astragalus membranaceus] Root Extract [10:1]; Organic Reishi [Ganoderma lucidum] Mushroom Powder; Organic Amla [Phyllanthus emblica] Fruit Powder		50mg	
*Daily Value not established. The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
<b>Caution:</b> This product may lower blood glucose. Consult your healthcare provider before use if taking blood sugar-lowering medication.					
<b>Allergen Information:</b> This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.					
<b>Important Information:</b> This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.					
<b>These statements have not been evaluated by the Food &amp; Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</b>					

Slendacor® is a registered trademark of PLT Health Solutions, used under license.  
Cissus quadrangularis CQR-300® is a registered trademark of Gateway Health Alliances, Inc. US PATENT 8,318,213.  
LeptiCore® is a proprietary pre-mix and is a registered trademark of Gateway Health Alliances, Inc. US PATENT 10,279,001.  
Dyglol® is a registered trademark of Gateway Health Alliances, Inc.  
Sensoril® is a registered trademark of Kerry Company, used under license.

## CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.\*
- This product may lower blood glucose. Consult your healthcare provider before use if taking blood sugar-lowering medication.
- Keep out of reach of children.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

# Slimmer Pro

maximum glp-1 activator formula



## MEDICINAL CONSTITUENTS

### SLENDACOR®

- **Curcuminoids:** The active compounds in turmeric, they are known for their powerful anti-inflammatory and antioxidant properties. Research suggests they may help combat obesity by improving insulin sensitivity, reducing fat tissue growth, and supporting healthy metabolism. Curcuminoids also aid in reducing inflammation linked to weight gain and metabolic dysfunction, making them a valuable nutrient for weight management and overall wellness.\*
- **Phenolic Acids:** These powerful plant compounds are known for their antioxidant and anti-inflammatory properties, which play a key role in supporting weight management and metabolic health. They help protect cells from oxidative stress, regulate blood sugar levels, and reduce inflammation linked to obesity. By promoting healthier fat metabolism and supporting liver function, phenolic acids contribute to overall wellness and a more balanced metabolic state.\*

#### Clinical studies for Slendacor:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7455912/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7886504/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4104627/>

### DYGLOFIT®

- **Flavonoids:** These plant-based compounds with strong antioxidant and anti-inflammatory effects, have been shown to support weight management and metabolic health. They help regulate fat metabolism, improve insulin sensitivity, and reduce inflammation often associated with obesity. By protecting cells from oxidative stress and supporting healthy blood sugar levels, flavonoids play a key role in maintaining a balanced metabolism and promoting long-term wellness.\*

#### Clinical studies for DygloFit:

- <https://pubmed.ncbi.nlm.nih.gov/39313865/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC9143725/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7281205/>

### LEPTICORE®

- **Polysaccharides:** Complex carbohydrates found in plants that offer a range of health benefits, especially in supporting balanced blood sugar levels and healthy weight management. These natural compounds slow the absorption of glucose in the bloodstream, helping to prevent blood sugar spikes and crashes. Additionally, they promote satiety and support gut health, both of which play a key role in appetite control and metabolic balance.\*

#### Clinical studies for LeptiCore:

- <https://pubmed.ncbi.nlm.nih.gov/20170522/>
- <https://pubmed.ncbi.nlm.nih.gov/26742071/>
- <https://pubmed.ncbi.nlm.nih.gov/23684435/>

### CISSUS CQR-300®

- **Quercetin:** A powerful antioxidant and flavonoid known for its anti-inflammatory and blood sugar-regulating properties. It helps improve insulin sensitivity, reduce oxidative stress, and support glucose metabolism, making it beneficial for maintaining healthy blood sugar levels. Quercetin may also protect pancreatic cells, reduce sugar absorption in the gut, and support overall metabolic health, making it a valuable nutrient for blood sugar controls.\*

#### Clinical studies for Cissus CQR-300®:

- <https://pubmed.ncbi.nlm.nih.gov/17274828/>
- <https://pubmed.ncbi.nlm.nih.gov/16948861/>
- <https://pubmed.ncbi.nlm.nih.gov/29912570/>

### SENSORIL®

- **Withanolides:** These active compounds found in ashwagandha are known for their adaptogenic, anti-inflammatory, and antioxidant properties. They help reduce stress-related weight gain by lowering cortisol levels, supporting balanced energy, and improving metabolic function. Withanolides also aid in regulating blood sugar and reducing inflammation, making them valuable for managing weight and promoting overall metabolic and hormonal health.\*

#### Clinical studies for Sensoril:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6266766/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6438434/>

### SIBERIAN GINSENG

- **Eleutherosides:** These active compounds are known for their adaptogenic properties that help the body manage stress and maintain energy balance. They support weight management by reducing stress-induced cravings, promoting fat metabolism, and enhancing physical stamina. Eleutherosides also help regulate blood sugar and support adrenal and liver function, making them beneficial for overall metabolic health and resilience.\*

#### Clinical studies for Ginseng:

- <https://pubmed.ncbi.nlm.nih.gov/14971626/>
- <https://pubmed.ncbi.nlm.nih.gov/15207399/>
- <https://pubmed.ncbi.nlm.nih.gov/18607235/>

### AGAVE INULIN

- **Fructan:** A type of prebiotic fiber known for powerful health benefits - especially when it comes to digestion, weight management, and blood sugar control. By feeding beneficial gut bacteria, fructans help improve gut health and support a healthy inflammatory response. They also slow carbohydrate absorption, promoting more stable blood sugar levels and reducing cravings.\*

#### Clinical studies for Inulin:

- <https://pubmed.ncbi.nlm.nih.gov/37101209/>
- <https://pubmed.ncbi.nlm.nih.gov/35381290/>
- <https://www.mdpi.com/2072-6643/16/17/2935>

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# Berberine ACV

advanced wellness support

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Lemon (Citrus Limon) Powder, Organic Apple Cider Vinegar (Malus domestica, fruit), Organic Barberry (Berberis vulgaris) Root, Organic Turmeric (Curcuma longa), Organic Ginger (Zingiber officinale), Organic Ashwagandha (Withania somnifera), Organic Fermented Nutritional Yeast (Saccharomyces cerevisiae), Wild Atlantic Kombu (Laminaria digitata), Organic Cayenne Pepper (Capsicum annum)

## suggested use

- Start with ½ scoop in up to four ounces of water once per day. Follow with 16 ounces of water. Slowly build up to the suggested serving size of 1 scoop per day.

**Caution:** Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication.

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Berberine ACV is a proprietary plant-based blend to assist with natural energy, healthy weight management, reducing inflammation, stabilizing blood glucose levels, eliminating cravings, boosting metabolism, improving gut health, and more! It is an all-natural source of minerals, vitamins, and iodine, from whole food sources.\*

Berberine is a potent compound found in barberry and well-known for its exceptional health benefits. Berberine has been used for centuries in Chinese, Ayurvedic, and folk medicine for its versatile therapeutic benefits. It has been shown in studies to decrease body weight, regulate metabolism, inhibit "fat synthesizing" enzymes, improve insulin sensitivity, promote glucose uptake in cells, and to positively impact appetite-regulating hormones leptin and ghrelin.\*

Experience the power of Berberine, combined with Apple Cider Vinegar and a total of 9 superfoods, to supercharge your wellness in one convenient daily dose!\*

## ingredient highlights

- **Barberry Root:** Shown in studies to have numerous health benefits including anti-inflammatory ones due to the active ingredient berberine. Has been used for thousands of years to treat digestive issues, infections, skin conditions, and to promote vigor and an overall sense of well-being.\*
- **Apple Cider Vinegar:** Research suggests that apple cider vinegar may have beneficial health properties, including antimicrobial and antioxidant effects. It can reduce inflammation, support healthy digestion and gut health, help regulate blood sugar levels, assist weight management, and contribute to health by helping to lower cholesterol and blood pressure.\*
- **Lemon:** This limonene-rich source of vitamin C and powerful antioxidants can support the immune system, provide anti-inflammatory benefits, promote healthy digestion, help increase energy levels, and may assist in weight reduction and management.\*
- **Curcumin (Turmeric):** A powerful antioxidant and anti-inflammatory shown in many high-quality studies to have major benefits for the body and brain.\*
- **Ashwagandha:** Helps reduce stress and anxiety, supports adrenal health and hormone balance, enhances cognitive function, boosts immune function, improves sleep quality, supports thyroid health and metabolism regulation, helps regulate blood sugar levels.\*

# Lemon X MCT

xanthigen® infused mct oil

HBNaturals  
PRODUCT INFORMATION PAGE

Lemon X MCT is a clinical-strength formula powered by Xanthigen® - a patented blend of brown seaweed and pomegranate seed oil clinically shown to support weight loss, enhance fat metabolism, and promote liver health. Combined with fast-absorbing MCT oil for clean, sustained energy, this advanced formula helps your body burn fat more efficiently while supporting healthy liver function and natural detoxification. Designed to promote metabolic balance and make weight management more sustainable, it also helps boost mental clarity, focus, and daily stamina. With a light citrus flavor and versatile use in smoothies, coffee, or meals, Lemon X MCT makes it easy to fuel your health goals every day.\*



## DIRECTIONS

- Shake well. Take ½ dropper up to 2x daily, straight or mixed with up to 8 ounces of water or your favorite beverage. Use as directed by a health professional.\*

**Bonus Tip:** Take before bed as a night-time fat burner and lose weight while you sleep!

Supplement Facts		
Serving Size: 800 mg (Approximately 1/2 dropper)    Servings Per Container: Approximately 30		
	Amount Per Serving	% Daily Value
<b>LEMON X MCT</b>	<b>800mg</b>	*
Xanthigen® (Wakame Seaweed Extract (Undaria pinnatifida) and Pomegranate Seed Oil) (providing 1,275 mcg Fucoxanthin)	600mg	*
Medium Chain Triglyceride (MCT) Oil; Lemon (Citrus limon) Peel Oil; Peppermint (Mentha piperita) Oil; Lemongrass (Cymbopogon flexuosus) Oil; Grapefruit (Citrus paradisi) Peel Oil; Ginger (Zingiber officinale) Root Oil	200mg	*
Does not contain Wheat, Gluten, Soy, Fish, Shellfish, Peanuts, Egg, Milk, Artificial Flavors, Artificial Colors, Artificial Sweeteners, or Preservatives.		
This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.		

Xanthigen® is a registered trademark of PLT Health Solutions, used under license.

## CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.\*
- This product may lower blood glucose. Consult your healthcare provider before use if taking blood sugar-lowering medication.
- Keep out of reach of children.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

# Lemon X MCT

xanthigen® infused mct oil



## MEDICINAL CONSTITUENTS

### XANTHIGEN®

- **Fucoxanthin:** Fucoxanthin is a powerful carotenoid found in brown seaweed, recognized for its ability to support fat burning, boost metabolism, and aid in healthy weight management. It also promotes liver health by supporting natural detoxification processes and reducing inflammation. With antioxidant properties, fucoxanthin helps protect cells from oxidative stress, making it a valuable nutrient for overall metabolic and cellular wellness.\*
- **Punicic Acid:** This rare omega-5 fatty acid found in pomegranate seed oil is known for its powerful anti-inflammatory and antioxidant properties. It supports healthy weight management by enhancing fat metabolism and reducing fat accumulation. Punicic acid also promotes liver health by helping to reduce oxidative stress and support natural detoxification, making it a valuable nutrient for metabolic and overall wellness.\*

#### Clinical studies for Xanthigen®:

- <https://pubmed.ncbi.nlm.nih.gov/19840063/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4951448/>
- <https://link.springer.com/article/10.1007/s10068-014-0125-1>

### MCT OIL

- **Caprylic Acid:** A medium-chain fatty acid found in coconut oil, known for its ability to support fat metabolism, energy production, and gut health. It plays a role in healthy weight management by promoting the efficient breakdown and use of fats for fuel. Caprylic acid also supports liver function by easing the liver's detox load and helping maintain a balanced gut microbiome, which is closely linked to metabolic and liver health.\*
- **Capric Acid:** Another medium-chain fatty acid found in coconut oil that supports weight management by promoting fat metabolism and providing quick, sustained energy. It helps the body convert fat into fuel more efficiently, which can aid in reducing body fat over time. Capric acid also supports liver health by reducing the liver's workload in processing fats and assisting in natural detoxification, making it a valuable nutrient for metabolic balance and overall wellness.\*

#### Clinical studies for MCTs:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8919247/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9941952/>
- <https://doi.org/10.1016/j.clnu.2024.06.016>

### LEMON

- **Limonene:** This natural compound found in citrus peel is known for its antioxidant, anti-inflammatory, and detoxifying properties. It supports weight management by promoting fat metabolism and curbing appetite, while also enhancing liver function and aiding in the body's natural detox processes. Limonene's ability to protect liver cells and support metabolic balance makes it a valuable nutrient for overall wellness.\*

#### Clinical studies for Lemon:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC2581754/>
- <https://pubmed.ncbi.nlm.nih.gov/32182635/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11666827/>

### PEPPERMINT

- **Menthol:** This natural compound found in mint, supports weight management by enhancing thermogenesis, which helps the body burn fat more efficiently. It also promotes liver health by aiding in detoxification and reducing inflammation within the liver. Menthol's soothing properties support digestive health, further contributing to metabolic balance and overall wellness, making it a valuable addition to any wellness routine.\*

#### Clinical studies for Peppermint:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11020615/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8584325/>

### LEMONGRASS

- **Citral:** This compound found in citrus fruits and lemongrass, supports weight management by boosting metabolism and promoting fat burning. It also aids liver health by enhancing detoxification processes and reducing oxidative stress. Known for its anti-inflammatory and antioxidant properties, citral helps support overall metabolic function and liver wellness, contributing to a balanced and healthy lifestyle.\*

#### Clinical studies for Lemongrass:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10892616/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3217679/>

### GRAPEFRUIT

- **Flavonoids:** These naturally occurring compounds found in fruits, vegetables, and herbs, support weight management by enhancing fat metabolism and reducing inflammation linked to weight gain. They also promote liver health by protecting liver cells from oxidative stress and supporting natural detoxification processes. With powerful antioxidant and anti-inflammatory effects, flavonoids play a key role in maintaining metabolic balance and overall wellness.\*

#### Clinical studies for Grapefruit:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4016745/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11902153/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9604264/>

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*