

A SIMPLE WAY OF LIVING THAT HELPS THE BODY FEEL BETTER AND LOSE WEIGHT NATURALLY!

#### What People Notice When They Begin Drink to Drop

**Day 1:** Calmer energy. Less bloating. A lighter feeling overall.

**Day 3:** Cravings soften. Digestion feels steadier. Mood improves.

**By the end of the first week:** Better sleep, less puffiness, and visible changes in how the body feels and often, the numbers on the scale.

# Drink To Drop



Simple daily drinks designed to reduce bloating, support metabolism, and help the body feel lighter, healthier and more regulated.

Calm the nervous system. Clear emotional noise. Support natural appetite signals. Fuel the body with clean, fast metabolic energy. When stress is lower and signals are clearer, weight loss becomes easier.

Drink to Drop is a daily, drink-based protocol designed to support weight loss by calming stress signals, steadying emotions, and supplying clean metabolic fuel. This is not a diet. This is not a cleanse. It is a simple daily rhythm your body can respond to. Most weight-loss plans rely on control and willpower. Drink to Drop focuses on signals.

When the nervous system is under stress, the body seeks quick energy, appetite feels louder, and fat is stored more easily. When the body feels calm and supported, appetite awareness improves naturally, and weight loss begins to feel easier and more consistent.

Drink to Drop works with your body - not against it.\*

## WHAT'S INSIDE DRINK TO DROP

### TULSI TRIM TEA

A daily herbal tea designed to support digestion, elimination, and internal balance while helping calm stress signals. Encourages a lighter, more comfortable digestive rhythm so the body does not feel heavy or backed up.

#### Ingredient Highlights

- Holy Basil (Tulsi) supports a calm stress response and emotional steadiness, helping reduce tension that can interfere with digestion and appetite awareness.
- Marshmallow Root soothes the digestive tract and supports gentle elimination.
- Ginger Root encourages digestive flow and internal comfort.
- Papaya Fruit Extract supports natural enzyme activity and regularity.

Together, these botanicals support a lighter digestive rhythm while helping calm stress-related signals in the body.

### LEMON X MCT

A clean, fast-acting fat that provides immediate metabolic fuel once the body is out of stress mode. Supports fat utilization, metabolic efficiency, and cellular resilience while promoting a clear, energized sense of well-being.

#### Ingredient Highlights

- Medium-Chain Triglycerides provide fast, clean fuel the body can use efficiently.
- Xanthigen® supports cellular resilience and oxidative balance during metabolic activity.
- Lemon Essential Oil supports digestive comfort and a clean, refreshing sensory experience.



### JAVA SLIM COFFEE

A thoughtfully crafted Arabica coffee blend designed to support appetite awareness, metabolic efficiency, and steady energy without overstimulation. Helps reduce stress-driven cravings while supporting smoother hunger signals throughout the day.

#### Ingredient Highlights

- Micro-ground Organic Arabica Coffee provides smooth, familiar energy without harsh spikes.
- Green Coffee Bean Extract supports metabolic activity and fat utilization.
- Garcinia Cambogia supports appetite regulation and healthier cravings.
- Irish Sea Moss & Blue Agave Inulin support satiety and digestive comfort.
- Sensoril® Ashwagandha supports stress response and emotional steadiness.
- Cromine® 3+ Chromium supports healthy blood sugar signaling and appetite regulation.

This blend energizes the body while helping appetite feel calmer, steadier, and more predictable.

**These ingredients work together to support metabolic efficiency without overstimulation.**



## STAY CALM. DRINK JAVA SLIM + TULSI TRIM + LEMON X MCT

Rise and shine with Java Slim Coffee, a thoughtfully crafted Arabica coffee designed to deliver smooth, steady energy without overstimulation. Tulsi Trim helps the body manage stress and support digestion, while Lemon X MCT supports appetite awareness and metabolic efficiency. Together, this trio promotes calm, focused energy so you start the day feeling clear, steady, and in control.

Drink To Drop works best when followed in a simple, repeatable order. Each step supports a different part of the day and helps the body stay calm, regulated, and well-fueled so weight loss feels easier to maintain.



### MORNING: JAVA SLIM COFFEE

**How to Use:** Prepare as your morning coffee. Add 1 scoop to hot water. Stir and enjoy.

Start your day by supporting appetite awareness and metabolic signaling. Java Slim provides smooth, steady energy while helping reduce stress-driven cravings and overeating later in the day. When hunger signals feel clearer in the morning, food choices tend to feel calmer and more controlled throughout the day.

1. Hydrate upon waking with plain water or water enhanced with Fulvic Minerals and/or Ocean Vitality (warm water is best), then follow with Java Slim to support gentle energy and appetite awareness.
2. Eat only if hungry. Simple options include Drink to Drop Soup, oatmeal, eggs, or fruit.
3. Gentle movement like a short walk, stretching, or light movement wake the body naturally.

**Why this matters:** Hydration and a calm start support digestion and help regulate hunger signals for the day.



### BEFORE DINNER: TULSI TRIM TEA

**How to Use:** Prepare and enjoy one additional cup before dinner.

A second cup before dinner helps keep digestion moving and supports a calmer relationship with evening meals. Many people find their appetite cues feel clearer and more balanced at this time of day.

1. Have your second cup of Tulsi Trim before your evening meal.
2. Dinner options include Drink to Drop Soup (unlimited) and protein with cooked vegetables (baked potato & steamed broccoli for instance). Avoid heavy or raw foods at night when digestion naturally slows.
3. Gentle movement like a relaxed walk.

**Why this matters:** Supporting digestion in the evening helps curb nighttime cravings and promotes more restful sleep.



### MID-DAY: TULSI TRIM TEA

**How to Use:** Mix one scoop with hot or cold water and enjoy mid-day.

Mid-day is when stress and digestion often compete for attention. Tulsi Trim supports digestive comfort while helping calm stress signals so the body does not feel heavy, bloated, or reactive around food.

1. Drink your first cup of Tulsi Trim Tea before lunch.
2. Simple lunch options include Drink to Drop Soup (unlimited), cooked vegetables (unlimited), and a mindful serving of protein if desired.
3. Eat slowly, and stop when comfortably full.

**Why this matters:** Midday support helps reduce bloating, steady appetite, and prevent afternoon crashes or cravings.



### BEDTIME: LEMON X MCT

**How to Use:** Shake well. Take as directed, straight or mixed with water.

Taken at night, Lemon X MCT provides clean, fast-acting fats without stimulation. This supports metabolic efficiency while the body is at rest. Xanthigen® has been clinically studied for weight management and body composition support, making bedtime a supportive window for use.

1. Lemon X MCT, as directed, before bedtime.
2. Optional bedtime snack of plain Greek yogurt if needed. Greek yogurt provides protein that helps stabilize blood sugar overnight and supports more restful sleep.

**Why this matters:** Better sleep supports stress balance and helps the body release weight more easily. Xanthigen® is a patented, non-stimulant blend shown to support fat metabolism and resting energy use, helping the body burn fat during sleep without interfering with rest.

## Important Notes

- Individual results may vary and are not guaranteed. This protocol supports normal physiological function. Always listen to your body and adjust as needed.
- Lemon X MCT and Java Slim may lower blood glucose. Consult your healthcare provider before use if taking medications that affect blood sugar.
- These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, cure, or prevent any disease.



## SIMPLE NOURISHMENT, REAL SUPPORT

The Drink To Drop Soup supports fullness and digestion, helping appetite cues feel clearer and making it easier to eat less without feeling deprived.

### DRINK TO DROP MASTER SOUP GUIDE

#### DRINK TO DROP BASE SOUP (NEUTRAL + CRAVABLE)

Keep this base neutral. Add ONE flavor profile at a time (Italian, Greek, or Ginger Scallion).  
Makes approximately 2–3 servings (6–7 cups)

##### Base Ingredients

- 6–7 cups clean vegetable broth
- 1 tbsp olive oil
- ½ medium onion, thinly sliced
- 2 cloves garlic, minced
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 cup green cabbage, chopped
- ½ cup mushrooms, sliced
- ¾ tsp sea salt (adjust to taste)
- ¼ tsp black pepper

##### Base Directions (stovetop)

- Warm olive oil in a pot over medium heat.
- Add onion + garlic.
- Cook 5–7 minutes until soft and fragrant.
- Add celery + carrots. Cook 2–3 minutes.
- Add broth + cabbage + mushrooms.
- Bring to a gentle simmer
- Cook 20–25 minutes until vegetables are very soft.
- Season with salt + pepper.

**Add one seasoning profile just before serving.**

### HOW TO USE THE DRINK TO DROP SOUP

These options for the Drink to Drop soup are designed to support fullness, digestion, and nourishment while the Drink to Drop products support hydration, stress response, and appetite awareness - together creating an environment where hunger becomes clearer, overeating decreases naturally, and weight loss feels easier and more sustainable.

#### OPTION 1: SOUP + PROTEIN (MOST COMMON)

Add a protein to make a complete Zone meal.

##### Examples

- Soup + eggs
- Soup + chicken, beef, or turkey
- Soup + fish

**Finish with a healthy fat like olive oil, butter, ghee, or avocado.**

#### OPTION 2: SOUP AS A LIGHT MEAL

When appetite is low, the soup can stand alone.

##### Best Times

- Evening meals
- Between heavier meals
- During resets or ease-in days

**Soup as a meal is still Zone friendly and especially calming to digestion.**

#### DRINK TO DROP ITALIAN HERB SOUP

Warm • Savory • Comforting

- **Add to one pot of Base Soup**
- 1 tsp Italian seasoning
- ½ tsp sea salt (adjust to taste)
- ¼ tsp black pepper
- Optional: 1 tsp fresh parsley (stir in at the end)

**Note:** If you're seasoning per bowl use about 1/3 tsp Italian seasoning per bowl.

#### DRINK TO DROP GREEK LEMON SOUP

Bright • Clean • Light

- **Add to one pot of Base Soup**
- ¾ tsp dried oregano
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 tbsp fresh lemon juice (add after cooking / off heat)
- Optional: fresh parsley or dill

**Note:** Add Lemon **after** cooking so it stays bright and gentle.

#### DRINK TO DROP GINGER SCALLION SOUP

Warming • Digestion-Friendly

- **Add to one pot of Base Soup**
- 1 tsp fresh grated ginger
- 1 scallion, thinly sliced
- 1 clove garlic, minced
- Optional: ½ tsp coconut aminos or tamari (max)

#### OPTION 3: SOUP + STARCH (INTENTIONAL USE)

Add a small starch when energy demands are higher.

##### Examples

- Soup + rice
- Soup + lentils
- Soup + potatoes
- Soup + beef or turkey

**Always add a healthy fat for balance.**

#### Why Soup Helps With Weight Loss

Soup increases fullness without stressing digestion or blood sugar. Because of this, many people notice:

- Reduced cravings
- Smaller portions later in the day
- Fewer snacks without trying
- A calmer relationship with food

# Java Slim®

## Fat-Burning Arabica Coffee

**FB**Naturals  
PRODUCT INFORMATION PAGE

Java Slim is a thoughtfully formulated Arabica coffee designed to support appetite awareness, metabolic efficiency, and healthy blood sugar signaling as part of a daily weight-support routine. Coffee is one of the most widely consumed beverages in the world, and when formulated correctly, it can do more than provide energy - it can help guide appetite, metabolism, and stress response throughout the day.

At its core, Java Slim combines organic Arabica coffee with botanical extracts, soluble fibers, and patented functional ingredients that work together to support fat metabolism, satiety, and calm, steady energy. By supporting glucose balance and reducing stress-driven cravings, Java Slim helps create a more regulated internal environment where appetite feels clearer and food decisions feel easier and more natural.

This layered blend goes beyond stimulation. Green coffee bean extract and garcinia cambogia support metabolic activity and appetite control, while Irish sea moss and blue agave inulin provide minerals and prebiotic fibers that support satiety and digestive comfort. Sensoril® Ashwagandha supports a balanced stress response, and Crominex® 3+ Chromium helps maintain healthy blood sugar signaling - a key factor in appetite regulation and weight management. Used consistently, Java Slim supports smoother hunger cues, steadier energy, and a calmer relationship with food as part of a daily wellness rhythm.\*



### DIRECTIONS

- Mix one scoop with hot water. Enjoy once daily in the morning, or as advised by your healthcare professional. May be taken black or with preferred additions.\*



### KEY BENEFITS

- Supports appetite awareness and satiety\*
- Promotes metabolic efficiency and fat utilization\*
- Helps stabilize blood sugar signaling\*
- Provides smooth, steady energy without harsh stimulation\*
- Supports stress response and emotional steadiness\*
- Encourages a calmer, more regulated relationship with food\*

### CAUTIONS

- Java Slim may support lower blood glucose levels.
- Consult a healthcare professional before use if you have a medical condition or are taking medications that affect blood sugar.
- If pregnant, nursing, or under medical supervision, consult your healthcare provider prior to use.
- Keep out of reach of children.

Nutrition Facts		
Serving Size: 1 scoop		Servings per container: 30
Amount per serving		
<b>Calories</b>	<b>5</b>	
		100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.
<b>Total Fat</b>	<b>0g</b>	<b>0%</b>
Calories From Fat	0	
Saturated Fat	0g	
Trans Fat	0mg	**
<b>Cholesterol</b>	<b>0g</b>	<b>0%</b>
<b>Sodium</b>	<b>7mg</b>	<b>.003%</b>
<b>Total Carbohydrate</b>	<b>.8g</b>	<b>0%</b>
Dietary Fiber	.2g	0%
Sugars	.6g	
Added Sugars	0g	
<b>Protein</b>	<b>0g</b>	
Iron	1.3mg	7%
Potassium	25.78mg	1%
Caffeine	62.8mg	**
Ingredients: Organic Micro-ground Instant Arabica Coffee, Organic Freeze Dried Coconut (Cocos Nucifera) Water, Organic Irish (Chondrus crispus) Moss, Organic Blue Agave Inulin (Agave Tequilana) Plant, Sumac (Rhus) Leaf, Organic Luo Han Guo (Siraitia grosvenorii) Fruit, Chromium (as Crominex® 3+ chromium stabilized with Capros® amla extract (fruit) and PrimaVie® Shilajit), Sensoril® Trim Ashwagandha (Withania somnifera) Root and Leaf Extract (10% Withanolides), Garcinia Cambogia (Garcinia gummi-gutta) Fruit (with 50% HCA) Extract, Green Coffee (Coffea arabica L., Rubiaceae) Bean (50% chlorogenic acid and less than 2% natural caffeine) Extract Trademark Declarations: Sensoril®, Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc., used under license. <b>Sensoril® Crominex® 3+</b>		
Allergen Information: 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.		
Important Information: 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.		
*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.		
**Daily Value not established.		
These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.		

# Java Slim®

## Fat-Burning Arabica Coffee

**ABN**naturals  
PRODUCT INFORMATION PAGE

### FUNCTIONAL CONSTITUENTS

#### ORGANIC ARABICA COFFEE

- **Natural caffeine & polyphenols:** Provide smooth, familiar energy and antioxidant support without harsh spikes.\*
- Supports alertness, metabolic activity, and daily energy rhythm.\*

##### Clinical studies for Arabica Coffee:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7501436/>
- <https://pubmed.ncbi.nlm.nih.gov/36014363/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10867520/>

#### GREEN COFFEE BEAN EXTRACT

- **Chlorogenic acids:** Support fat metabolism and glucose regulation.\*
- Helps reduce glucose absorption and support metabolic efficiency.\*

##### Clinical studies for Green Coffee Bean:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7983441/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10503105/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10503105/>

#### GARCINIA CAMBOGIA

- **Hydroxycitric Acid (HCA):** Supports appetite control and healthier craving patterns.\*
- Helps reduce stress-driven overeating.\*

##### Clinical studies for Garcinia Cambogia:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC3010674/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11811849/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9332841/>

#### IRISH SEA MOSS

- **Minerals & polysaccharides:** Support satiety, digestive comfort, and mineral replenishment.\*
- Contributes to fullness and internal nourishment.\*

##### Clinical studies for Irish Sea Moss:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8232781/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10817618/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4413210/>

#### BLUE AGAVE INULIN

- **Prebiotic soluble fiber:** Supports gut health and appetite signaling.\*
- Helps promote fullness and digestive balance.\*

##### Clinical studies for Blue Agave Inulin:

- <https://pubmed.ncbi.nlm.nih.gov/26203099/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4463010/>

#### SENSORIL®

- **Withanolides:** A patented ashwagandha root and leaf extract, Sensoril® is standardized for withanolides, the primary bioactive compounds responsible for ashwagandha's stress-modulating and cognitive benefits. Clinically studied for stress resilience, mental clarity, and sleep support, Sensoril® has been shown in research to significantly reduce everyday stress, including up to a 62% reduction in chronically stressed adults.\*

##### Clinical studies for Sensoril:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3897003/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11085552/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8762185/>

#### CROMINEX® 3+ CHROMIUM

(STABILIZED WITH CAPROS® AMLA EXTRACT & PRIMAVIE® SHILAJIT)

- **Chromium:** Supports healthy blood sugar signaling and insulin sensitivity.\*
- Helps regulate appetite and reduce sugar cravings.\*

##### Clinical studies for Crominex®:

- <https://pubmed.ncbi.nlm.nih.gov/30723735/>
- <https://pubmed.ncbi.nlm.nih.gov/33760862/>

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# Tulsi Trim Tea

## Original Holy Basil Detox Tea

**ABN**naturals  
PRODUCT INFORMATION PAGE

Tulsi Trim is a thoughtfully formulated herbal tea designed to support digestion, gentle detoxification, and the body's natural stress response. At its core is Holy Basil (Tulsi), an adaptogenic herb traditionally used to help the body adapt to physical and emotional stress. By supporting nervous system balance, Tulsi Trim helps calm stress-related digestive disruption - often a contributing factor in bloating, irregular elimination, and metabolic imbalance - creating a more stable internal environment and a stronger foundation for daily wellness.

This layered blend combines Tulsi with soothing and digestive botanicals that work together to promote gut comfort and natural elimination without harsh stimulation. Marshmallow root and chamomile help soothe and protect the digestive lining, while ginger and papaya support digestion, enzymatic activity, and nutrient breakdown. Blessed thistle and licorice root contribute to liver and digestive function, supporting the body's natural detox pathways and metabolic processes. Rich in antioxidants, Tulsi Trim supports balance, digestive clarity, and overall vitality when used consistently as part of a daily wellness routine.\*



### DIRECTIONS

- Mix one scoop with up to 8 ounces of water or your favorite beverage, once or twice daily, or as advised by your healthcare professional.\*

### KEY BENEFITS

- Supports gentle detoxification and daily elimination\*
- Promotes digestive balance and gut comfort\*
- Helps improve nutrient absorption and utilization\*
- Supports healthy liver detox pathways\*
- Eases bloating and supports digestive regularity\*

Nutrition Facts		
Serving Size: 1 scoop (1.125 grams)    Servings per container: 60		
Amount per serving		
<b>Calories</b>	<b>13</b>	
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>0g</b>	
Calories From Fat	0	
Saturated Fat	0g	*
Trans Fat	0mg	
<b>Cholesterol</b>	<b>0g</b>	<b>0%</b>
<b>Sodium</b>	<b>0mg</b>	<b>0%</b>
<b>Total Carbohydrate</b>	<b>2g</b>	<b>1%</b>
Dietary Fiber	0g	0%
Sugars	0g	
Added Sugars	0g	
Protein	0g	
Vitamin D	0mcg	0%
Calcium	51.5g	4%
Iron	3.5mg	16%
Potassium	79.5mg	3%

100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.

**Ingredients:** Organic Ocimum tenuiflorum (Holy Basil), Organic Althaea officinalis (Marshmallow) Root, Organic Cnicus benedictus (Blessed Thistle), Organic Cassia angustifolia (Senna) Leaf, Organic Carica papaya (Papaya) Fruit Extract, Organic Zingiber officinale (Ginger) Root, Organic Matricaria recutita (Chamomile) Flower, Organic Glycyrrhiza glabra (Licorice) Root

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.

\*Daily Value not established.

**Important Information:** 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.

**Allergen Information:** 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.

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

### CAUTIONS

- Holy Basil (Tulsi) Tea may modify glucose regulation. Consult with a physician before use if you have a serious medical condition or use prescription medications. A doctor's advice should be sought before using this and any supplemental dietary product.

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# Tulsi Trim Tea

Original Holy Basil Detox Tea



## FUNCTIONAL CONSTITUENTS

### HOLY BASIL (TULSI)

- **Eugenol:** A natural compound that offers anti-inflammatory, antioxidant, and antimicrobial benefits, supporting immunity, reducing inflammation, and promoting oral health.\*
- **Ursolic acid:** A natural compound known for its powerful health benefits, including reducing inflammation, fighting tumors, and combating viruses.\*
- **Saponins:** Possess properties that help lower cholesterol levels, reduce blood pressure, and support heart health.\*
- **Vitamin C, calcium, iron, zinc, and chlorophyll:** Essential nutrients which support immunity, bone health, oxygen circulation, and detoxification.\*

#### Clinical studies for Holy Basil:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4296439/>
- <https://pubmed.ncbi.nlm.nih.gov/36770859/>

### BLESSED THISTLE

- **Cnicin:** The main compound in Blessed Thistle, cnicin gives the plant its bitter taste and supports digestion by stimulating saliva and gastric acid production.\*
- **Polyacetylenes:** Natural compounds known for their potential to help the body fight bacterial infections. Additionally, these compounds may support the immune system, reduce inflammation, and promote overall health.\*

#### Clinical studies for Blessed Thistle:

- <https://pubmed.ncbi.nlm.nih.gov/12677537/>
- <https://pubmed.ncbi.nlm.nih.gov/38718639/>

### SENNA LEAF

- **Sennosides:** The primary chemical constituents of senna leaves are anthraquinone glycosides, specifically known as sennosides (sennosides A and B), which are responsible for its laxative effect; these are derived from the anthraquinone aglycones rhein and aloe-emodin.\*

#### Clinical studies for Senna Leaf:

- <https://pubmed.ncbi.nlm.nih.gov/36644449/>
- <https://pubmed.ncbi.nlm.nih.gov/36080355/>

### GINGER

- **Enzymes:** Gingerols and shogaols are the main bioactive compounds in ginger, contributing to its medicinal properties.\*
- **Volatile Oils:** Ginger also contains volatile oils including zingiberene, which contributes to its distinct aroma.\*

#### Clinical studies for Ginger:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9779757/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7866215/>
- <https://pubmed.ncbi.nlm.nih.gov/22494376/>

### PAPAYA

- **Enzymes:** The key chemical component is papain, a proteolytic enzyme found in unripe papaya, which aids in protein digestion.\*
- **Carotenoids:** Beta-carotene and beta-cryptoxanthin are powerful antioxidants that support eye health, strengthen the immune system, and promote radiant, healthy skin.\*

#### Clinical studies for Papaya:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8066973/>
- <https://pubmed.ncbi.nlm.nih.gov/31315213/>

### MARSHMALLOW ROOT

- **Mucilage:** A sticky, gel-like substance that forms a protective coating on mucous membranes, providing soothing relief to irritated tissues.\*
- **Polysaccharides:** These complex carbohydrates make up the majority of the mucilage and include components like galacturonic acid, rhamnose, and galactose.\*
- **Flavonoids:** Antioxidants like isoquercitrin and hypolaetin glycosides which contribute to the plant's potential anti-inflammatory effects.\*

#### Clinical studies for Marshmallow Root:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6912529/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10420783/>

### CHAMOMILE

- **Flavonoids:** Antioxidants that protect cells, reduce inflammation, and support heart health. Found in plants, they boost immunity, promote circulation, and enhance overall wellness.\*
- **Carotenoids:** Natural compounds with anti-inflammatory, antioxidant, and antimicrobial properties. They support immune function, promote respiratory health, and aid in stress relief.\*

#### Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9822300/>
- <https://pubmed.ncbi.nlm.nih.gov/36297396/>

### LICORICE ROOT

- **Glycyrrhizin:** Supports immune function, reduces inflammation, and promotes liver and respiratory health.\*
- **Flavonoids:** Powerful antioxidant and anti-inflammatory compounds, supporting immune function, protecting liver health, and promoting respiratory wellness.\*

#### Clinical studies for Chamomile:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7123875/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7175350/>

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# Lemon X MCT

xanthigen® infused mct oil

HBNatural  
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.\*

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# Lemon X MCT

xanthigen® infused mct oil



## FUNCTIONAL 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/>

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