



LEAN CONTROL SYSTEM

NATURAL HEALTH & WEIGHT MANAGEMENT NUTRITIONAL SUPPLEMENTS

SYS·TEM \ˈsys-təm\ *n* [LL *systemat-*, *systema*]

1: a regularly interacting or interdependent group of items forming a unified whole.

Make Life Better.

Weight management can be achieved by utilizing the body's natural Cleanse, Burn, and Build functions. Our philosophy is simple: enhance the body's natural processes by providing a balanced nutrition regimen to sustain a new, healthy lifestyle that includes exercise and a healthy diet. It's not a fad, it's a philosophy.™

Problem: Before you begin any weight management program, it's important to cleanse your digestive tract so your body can properly process nutrients.

Solution: The Lean Control System provides gentle herbs and other natural ingredients that help the digestive tract more efficiently remove wastes, including toxins that may have accumulated over time.*

Problem: Even with regular exercise, most people find it difficult to burn enough calories to make a lasting difference in their weight-management efforts.

Solution: The Lean Control System features natural stimulants, such as yerba maté, that help speed up your body's calorie-burning metabolism.*

Problem: Losing weight requires reducing calorie intake, but most people find it impossible to completely avoid foods high in dietary fat and carbohydrates.

Solution: The Lean Control System includes several innovative ingredients that help move fat and carbohydrates through your digestive tract with less absorption.*

UNIQUE BENEFITS

Unicity has developed an advanced weight management system that is based upon the body's natural Cleanse, Burn, and Build processes. Our system philosophy is simple: enhance the body's natural processes by providing a balanced nutrition regimen to sustain a new, and healthy lifestyle.

Natural supplements provide nutrients to enhance the body's ability to cleanse itself, burn calories, and build a lean body, thus improving vitality, stamina, and overall health.

Losing weight and maintaining an ideal physique are not easy. Fad diets and mystery pills may offer deceptive results, but long-term weight management and fitness are founded upon the principles of smart lifestyle choices, including a healthy diet, regular exercise, and nutritional supplements to aid the body in maximizing your natural Cleanse, Burn, and Build processes.

UNIQUE PRODUCTS

Our LEAN CONTROL SYSTEM products include the following:

Cleanse Tea™ – Digestive Cleansing Herbal Tea

ChitoRich® – Natural absorption of fat calories

EquaLean® – Natural absorption of carbohydrate calories

PowerBurn™ – Increases metabolism, – calorie burning, and fat burning

Lean Complete – Meal replacement drink with over 20 vitamins, minerals, and nutrients.

Additional products that support the Lean Control System include:

LifeHealth System – 39 vitamins, minerals, nutrients, including extracts from 24 fruits & vegetables, and a patented cholesterol lowering fiber drink. The most important system of your life.

Digestive Health – Advanced digestive cleansing, nourishing, replenishing products, which including Paraway Pack, Nature's Tea, Aloe Vera and more.

Xtra Fitness – Next generation nutritional fitness products that enhance lean body mass and exercise/conditioning regimes.

Why we are unique?

- ▶ Highest Standard Quality and Ingredients
- ▶ Products Backed by Science, Research, and Medical Endorsements
- ▶ We are NOT a fad diet or miracle pill diet program.
- ▶ All products scientifically designed and formulated to work together.
- ▶ Clinical proof of the effectiveness of the products.
- ▶ Targeting all proven weight loss mechanisms.

* 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. This product can contribute to weight loss when used in conjunction with a healthy diet and exercise program.



Cleanse Tea

Relax with our soothing, aromatic blend of ginger, lemongrass, and licorice. Cleanse Tea cleanses your body by gently supporting the natural removal of waste and excess water. Enjoy hot or iced.*

Item 19329



ChitoRich®

Natural ingredients such as desert cactus, ocean crustaceans, and aloe vera combine in this powerful supplement to reduce the absorption of fat calories.*

Item 18910

Cleanse

We live in a world of toxins, contaminants, excess carbohydrates, and saturated fats that store up in our body systems. These affect how the body functions and inhibit the body's natural way of cleansing itself. Our products offer balanced blends of natural herbs and nutrients that allow the body to remove unwanted impurities and cleanse the digestive system.

CLEANSE TEA

Benefits:

1. Gently cleanses the digestive tract to remove toxins and waste products and enables the digestive tract to better absorb nutrients, remove excess water retention, and improve energy of the body.
 - ▶ Ginger
 - ▶ Lemongrass
 - ▶ Licorice
 - ▶ Dandelion Root
 - ▶ Red Clover Blossoms

Science & Nutritional Facts:

1. Herbal Ingredients
 - ▶ The herbal extracts present in this tea are rich in anthraquinones. These ingredients gently stimulate the peristaltic movement of the intestines, promote the smooth laxative effect.

CHITORICH®

Benefits:

Reduces the body's excess fat absorption, while supporting healthy digestion. Acting as a "fat magnet", ChitoRich traps unwanted fat and passes it through the system.

- ▶ Patented product combining different fat-absorbing ingredients.
- ▶ Proven to absorb 20 grams of fat per daily dose.

Science & Nutritional Facts:

1. NeOpuntia
 - ▶ Studies in Numeco's patented gastro-intestinal model system prove that 20 grams of fat is absorbed per daily dose of ChitoRich.
 - ▶ 20 grams of fat corresponds to the fat present in e.g. 12 oz. of vanilla ice cream, or 28 potato chips, or 2 hamburgers.
 - ▶ Ingredient research on NeOpuntia done by TNO in the Netherlands shows that 2 grams of NeOpuntia absorb 28.3 % fat of a standard meal.
 - ▶ A pilot study showed that 1.6 g of NeOpuntia added to each meal, increased the lipid excretion by 27.4 %, compared to placebo.

EQUALEAN®

Benefits:

Reduces the digestion of starch carbohydrates – reducing the excess calories that are converted to fat – without sacrificing vital nutrients. EquaLean® inhibits the effect of x-amylase, the enzyme that breaks down starches into smaller carbohydrate units. The starchy carbohydrates are not ingested (taken into the blood stream), and the carbohydrates pass through the digestive system unabsorbed.

Science & Nutritional Facts:

1. EquaLean contains a patented combination of ingredients, including white kidney bean extract (Phase 2), citric acid, etc.
 - ▶ Studies in the patented gastro-intestinal model system by Numico showed that 55% of starch of a standard meal is prevented from being broken down. This amount represents about the starch present in 1.5 loaves of bread, or 6 cups of rice, or 100 French fries, or 10 doughnuts.
2. Studies on White Bean Extract
 - ▶ In a clinical study, volunteers who were given the white kidney bean extract found in EquaLean to take before their high starch meals 200% more weight than those on a placebo.
 - ▶ A different kind of study measuring the amount of starch being absorbed by volunteers taking the white kidney bean extract was also carried out. Volunteers took 1500 mg of the extract before eating starch and then had their blood glucose levels monitored. The result was that the blood glucose levels of the volunteers were, on average, 57% less than that of the placebo group. The lower the blood glucose level, the lower the chance of the body turning the glucose into fat and depositing the fat around the waist!



EquaLean®

White kidney beans, ginseng, and citric acid combine in this newly reformulated EquaLean to reduce the absorption of carbohydrate calories and energize your body.*

Item 18908

Additional cleansing and digestive health products that support the Lean Control System include:

Paraway Plus – Proprietary blend of herbs for removal of parasites and complete cleansing program.

LiFiber – Powerful soluble fiber drink to aid in the thorough cleansing of your colon and digestive track.

Nature's Tea™ – Chinese and American herbal tea ideal for detoxification and cleansing.

Aloe Vera – Digestive cleansing and nourishment to aid in absorption.

Burn

Burning calories and maximizing energy are vital functions that enable your body to increase its natural metabolism. Exercise is essential to aid in this natural calorie-burning process. When you combine exercise with nutrient-rich herbal formulations, your body responds with greater vitality, more energy and mental alertness. Our products offer the most effective, safe, balanced nutrients to stimulate your metabolism, increase your energy, and boost your natural calorie-burning processes.

POWER BURN™

Benefits:

1. Enhances body's natural metabolism and ability to burn calories and increase energy.
 - ▶ Unique Blend of Brazilian yerba mate, black tea, guarana, and chromium for maximum calorie burning.
 - ▶ Proprietary blend of cocoa and almond extracts to enhance body's natural metabolism.
 - ▶ Energy boost during the day.
 - ▶ Power Burn increases energy burning, predominantly from fat.



Power Burn™

Energize your body and burn more calories with a powerful blend of Brazilian yerba maté, black tea, guarana, and chromium. This formula is proven to be effective.*

Item 19596

Science & Nutritional Facts:

1. Primary Clinical Studies
 - ▶ In a pilot trial Power Burn was proven to boost calorie burning by 17% or 270 k cal/day compared to placebo. Furthermore the extra calories burnt were coming from extra fat. The study has been repeated in another group of subjects with comparable results.
 - ▶ Van Gameraen, Y. et al, "Effects of a yerba maté based supplement on fasting and post-prandial energy expenditure," 9th ICO, São Paulo, Brazil
 - ▶ Verdegem, PJE. et al, "A novel nutritional supplement combining yerba maté, caffeine and black tea, increases energy expenditure," International Journal of Obesity (2004) 28, S150

Additional health products that support the BURN philosophy of the Lean Control System include:

ChromaTone® – Help convert sugar into energy.

JavaLean™ – Arabica coffee blended with thermogenic ingredients for energy.

Contouring Cream – Reduces cellulite appearance – quick absorbing cream.



LEAN CONTROL SYSTEM

Build

Providing your body with proper nutrients is essential to maintaining health and stamina for an active lifestyle. Vitamins, minerals, amino acids, natural fibers, and other nutrients combine to rejuvenate the body's building process and produce vital cell growth and energy. Our products deliver balanced blends of important nutrients to support a long-term, sustainable weight management approach.

LEAN COMPLETE™

Benefits:

1. Advanced Meal Replacement drink that provides over 18 grams of protein with only 1 gram of fat and over 20 vitamins, minerals, and nutrients.
 - ▶ 18 grams of High-quality protein source
 - ▶ Over 20 essential vitamins, minerals and nutrients
 - ▶ Delicious satisfying taste – Chocolate & Vanilla
 - ▶ 5 grams of fiber
 - ▶ Only 1 gram of total fat
 - ▶ Only 130 Calories

Science & Nutritional Facts:

1. Lean Complete can replace one of your daily meals by providing a well-nutritionally balanced drink, providing good sources of macronutrients, such as protein, fats and carbohydrates along with bio-available vitamins and minerals.
2. Results – See 100's of Testimonials
 - ▶ "I've tried a number of other diets and nothing was as easy as Lean Control. With Lean Control, I was finally counting the pounds I had lost instead of counting calories or counting carbs. Power Burn has helped reduce cravings and increase mental clarity, and the vanilla Lean Complete is absolutely delicious! When I lost the weight, nobody believed I would be able to keep the weight off. However, because Lean Control is so convenient and easy to use, I have successfully kept the weight off!"
Debbie Zamberlan – lost 70 lbs
 - ▶ "After three months, I lost a total of 40 pounds, 10 inches off my waist, and 6.25 inches off my hips. If I can do this, I know you can. My weight has been an issue for a number of years. With Lean Control Plus, I have the quality of life I've always wanted"
Diana Letourneau – lost 40 lbs



Lean Complete™

This deliciously satisfying meal replacement is available in rich chocolate or creamy vanilla. A smooth, high-protein shake, Lean Complete helps build a lean, healthy body with essential vitamins, minerals, and natural fibers. Two scoops mix easily with 8 oz of water, skim milk, or soymilk. Enjoy Lean Complete in place of one meal per day.*

Item 19563 Chocolate

Item 19557 Vanilla

Additional health products that support the BUILD philosophy of the Lean Control System include:

Max Protein Bar – Xtra Fitness System - 20 grams of protein plus vitamins, minerals and nutrients for an "on-the-go" meal replacement.

QuadPlex™ – Xtra Fitness System – 28 gram protein drink ideal for lean muscle mass and muscle replenishment.

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LEAN CONTROL SYSTEM

Cleanse Burn Build®

LEAN CONTROL PLUS™ WEIGHT MANAGEMENT SYSTEM

Featuring five products that work together synergistically, this 30-day program is simple and easy to follow. Convenient individual packets contain ChitoRich for reducing fat absorption, EquaLean for reducing carb absorption, and Power Burn for burning calories and boosting energy. Soothing Cleanse Tea gently eliminates waste and impurities in your digestive system. The Lean Complete Meal Replacement delivers a balanced, nutritionally rich source of necessary carbohydrates, proteins, and essential fats to build your body and ensure a long-term, sustainable weight management solution.



Lean Control Plus™ Weight Management System

For the average price of a fast-food lunch each day, you could be on your way to a leaner, healthier lifestyle. Based on our unique Cleanse Burn Build® approach to weight management, Lean Control Plus gives you the five tools you need to live a leaner and healthier life: Cleanse Tea, ChitoRich®, EquaLean®, Power Burn™, and Lean Complete™.*

Item 19570 *Chocolate*

Item 19571 *Vanilla*

Item 20104 *Chocolate/Vanilla*



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