

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 20 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 four grams of fiber to help increase satiety*

Vanilla - Item# 23981
Serving Size: 2 Scoops
30 Servings per container

Chocolate - Item# 19563
Serving Size: 2 Scoops
15 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.^{1,4}

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 chocolate/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 six 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 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.*

Mineral Blend – Many Americans 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 Slim® 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.*^{1,2,3}

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 Slim® 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 International, Inc.
 1201 North 800 East, Orem, Utah 84097
 Customer Care: 801-226-2600
 Order Entry: 800-UNICITY
 www.unicity.net
 ©2010 Unicity International, Inc.
 All Rights Reserved.

*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

Sierra-Johnson J, et al. Eating meals irregularly: a novel environmental risk factor for the metabolic syndrome. *Obesity*. 2008;16(6):1302-1307.

Farshchi H, et al. Decreased thermic effect of food after an irregular compared with a regular meal pattern in healthy lean women. *Int J Obs*. 2004;28:653-660.

Farshchi H, et al. Regular meal frequency creates [...] *Eur J Clin Nutr*. 2004;58:1071-1077.

Rigamonti A, et al. Changes in plasma levels of ghrelin, leptin, and other hormonal... *J Endocrinol Invest*. 2010 Mar 25. Epub ahead of print.

Food and Nutrition Board, Institute of Medicine. Magnesium. *Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington D.C.: National Academy Press; 1997:190-249.

Institute of Medicine. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride and Sulfate*. National Academy of Sciences. 2004; 5: 186-254.

Pal S, et al. The acute effects of four protein meals on insulin, glucose, appetite, and energy intake in lean men. *Br J Nutr*. 2010;11:1-8.

Food and Nutrition Board (2002/2005). *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, D.C.: The National Academies Press. Page 769.

Nutrition Facts	
Serving Size 2 Level Scoops (36.8 g)	
Servings Per Container About 30	
Amount Per Serving	
Calories	140
	Calories from Fat 35
% Daily Value*	
Total Fat	4 g 6%
Saturated fat	1 g 6%
Trans fat	0 g
Cholesterol	45 mg 15%
Sodium	280 mg 11%
Potassium	320 mg 9%
Total Carbohydrate	8 g 3%
Dietary Fibers	4 g 16%
Soluble Fiber	3 g
Insoluble Fiber	1 g
Sugars	3 g
Protein	20 g
Vitamin A	100%
Calcium	35%
Vitamin D	100%
Thiamin	100%
Niacin	100%
Folic Acid	100%
Biotin	100%
Phosphorus	100%
Magnesium	35%
Copper	100%
Chromium	100%
Vitamin C	100%
Iron	100%
Vitamin E	100%
Riboflavin	100%
Vitamin B-5	100%
Vitamin B-12	100%
Pantothenic Acid	100%
Iodine	100%
Zinc	100%
Manganese	100%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg
Total Carbohydrate	300 g
Dietary Fiber	25 g 30 g

Nutrition Facts	
Serving Size 2 Level Scoops (36.8 g)	
Servings Per Container About 15	
Amount Per Serving	
Calories	110
	Calories from Fat 15
% Daily Value*	
Total Fat	2 g 3%
Saturated fat	0 g 0%
Trans fat	0 g
Cholesterol	5 mg 1%
Sodium	300 mg 12%
Potassium	1060 mg 30%
Total Carbohydrate	11 g 4%
Dietary Fibers	5 g 21%
Soluble Fiber	4 g
Insoluble Fiber	1 g
Sugars	3 g
Protein	18 g
Vitamin A	45%
Calcium	50%
Vitamin D	45%
Thiamin	160%
Niacin	45%
Folate	120%
Biotin	45%
Phosphorus	50%
Magnesium	35%
Copper	50%
Chromium	4%
Vitamin C	120%
Iron	20%
Vitamin E	60%
Riboflavin	130%
Vitamin B-6	120%
Vitamin B-12	140%
Pantothenic Acid	45%
Iodine	40%
Zinc	25%
Manganese	40%
Selenium	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g