



HEALTHY WEIGHT IT

A DIETARY SUPPLEMENT TO SUPPORT
WEIGHT MANAGEMENT AND HEALTH
CORTISOL FUNCTION†

A Vegetarian Dietary Supplement to Support Appetite Control and Healthy Cortisol Function.*

Healthy Weight It is designed to address those factors that may contribute to weight gain, such as energy level, hormone balance, slow fat burning and stress.*

Healthy Weight It helps to balance Cortisol levels.* Cortisol is the body's main stress hormone. In excess, it can cause weight gain especially around the waist and face.

Healthy Weight It SUPPORTS:

- Thermogenesis, an increased metabolic rate and energy production*
- Proper fat metabolism and development of lean body mass*
- Maintenance of Cortisol and blood sugar levels within normal range*
- Appetite control and hunger management*

Fat Burning Support*

- Green Tea, Metabromine, Guarana Seed, and Black Pepper support thermogenesis and fat metabolism.* They work together to increase calorie burning and support lean muscle mass within the body.*
- Metabromine, Eleutherococcus senticosus, Guarana Seed, and Black Pepper support energy production and offer metabolism supportive effects.*

Stress Management & Appetite Control*

- Eleutherococcus senticosus and L-Theanine support stress management.* This stress-free state of mind may help to balance Cortisol levels and support weight loss.*
- Hoodia, Guarana Seed and Banaba Leaf Extract support appetite control and maintenance of blood sugar levels within normal range.* They act as appetite suppressants to reduce cravings and lower caloric intake.*
- Banaba Leaf, L-Theanine and Chromium support hormone balance and maintenance of Cortisol levels within normal ranges.* Balanced Cortisol supports healthy weight management.*

Nutrients

- Banaba leaf extract contains corosolic acid, which maintains blood sugar levels within normal ranges.*
- Hoodia Gordonii acts on nerve cells in the brain that sense glucose levels and activates them, making the body feel full.*
- Metabromine® by Benchmark® Botanicals, provides a pleasant feeling of "Chocolate euphoria" without the calories to make dieting more satisfying.* Both Metabromine® and Benchmark® Botanicals are trademarks of Triarco Industries.

- Suntheanine® brand L-Theanine has extensive research and documentation with over 45 studies in the areas of stress management, good mood and energy levels.* Research also shows that L-Theanine helps to counteract negative effects of Caffeine like nervousness and jitters. Suntheanine® L-Theanine is patented and licensed by Taiyo International, Inc.
- Guarana seed naturally contains caffeine, which supports appetite control, thermogenesis, energy production and calorie burning.*
- Green Tea has a high yield of epigallocatechin-3-gallate (EGCG), which supports metabolism, thermogenesis, appetite control and the maintenance of glucose levels within normal ranges.*
- Chromium supports glucose levels within normal ranges and supports metabolism of lipids in the body.*
- Black Pepper Seed Extract & Eleutherococcus senticosus support energy production and helps the body to adapt to stress.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving	
Chromium (as Cr. Polynicotinate)	50 mcg
A proprietary blend of Green Tea (Camellia sinensis L.) Leaf Extract, Theobroma Cacao whole fruit (Metabromine® brand), Hoodia Gordonii (aerial stem), Eleutherococcus senticosus (Root)	
Yielding: EGCG	375 mg
Theobromine	105 mg
Caffeine	6 mg
Guarana Seed Extract	1.5 mg
Yielding: Caffeine	100 mg
L-Theanine (Suntheanine® brand)	4 mg
Banaba (Lagerstroemia speciosa L.) Leaf Extract	25 mg
Yielding: Corosolic Acid	10 mg
Black Pepper (Piper nigrum) Seed Extract	0.1 mg
	5 mg

Other ingredients: vegetable cellulose (capsule), rice flour, vegetarian leucine.

Warning: Do not take this product if you are pregnant, nursing, have fibrocystic breast disease, high blood pressure, or if you're taking MAOI or SSRI drugs or antihypertensive medications.

- **Caution:** This product naturally contains caffeine. Do not take if you are caffeine sensitive.
- **Suggested Use:** As a dietary supplement, take 1 capsule, 3 times daily, 30 minutes before each meal, or as directed by your healthcare practitioner.

Distributed by
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02GP105.090

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.

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