



*Presents for your consideration:*

# UltraLean™ Body Composition Food

(A Glucose Stabilizing Formula)

(Three flavors – Chocolate, Vanilla, and Berry!)

**\*Now Available in Rice Protein (Berry & Vanilla!)**

- ◆ **Vitamin/Mineral Supplementation**
- ◆ **Fortified with essential nutrients**
- ◆ **Mitochondrial Support.**
- ◆ **Helps enhance fat metabolism and blood sugar balance**
- ◆ **Meal replacement**
- ◆ **Promotes lean body composition**
- ◆ **High in isoflavones**
- ◆ **Hypoallergenic, no wheat, dairy, casein, corn, or other additives**

Can your patient benefit from a comprehensive blood sugar stabilizing and weight loss program? UltraLean™ Body Composition Food is designed to enhance fat loss while preserving lean tissue. In this way your patient's body composition will be enhanced as they follow the UltraLean™ program. *To get the most out of the UltraLean™ program patients should use the UltraLean™ products, follow the eating guidelines in UltraLean™'s BioBalance diet and begin and continue on an exercise program approved by you, the health care provider.*

## UltraLean™ Body Composition Food's unique ingredients are designed to enhance fat burning safely!

No stimulants such as Ephedra, Mau Haung, caffeine, garauna, etc., are used. Instead UltraLean™ Body Composition Food uses nutrients that act to enhance fat cell metabolism only. That's right, no jitters, no rapid heart rates, no insomnia, no heart palpitations, no prostate swelling or urinary retention! UltraLean™ Body Composition Food is designed to be safe *and* effective.

UltraLean™ Body Composition Food	Amounts per serving/% of RDA
Serving size	1 1/2 scoops (42 g.)
Number of servings per container	14
Calories	130
Protein	14 g.
Carbohydrates	17 g.
Dietary Fiber	2 g.
Sugars	15 g.
Fat	1 g.
Sodium	244 mg.
Cholesterol	0 mg.
<b>Vitamins</b>	
Vitamin A (palmitate)	50%
Vitamin C (ascorbic acid)	50%
Vitamin D (cholecalciferol)	50%
Vitamin E (alpha tocopherol acetate)	50%
Thiamine (thiamin monocitrate)	50%
Riboflavin	50%
Niacin (niacinamide)	50%
Vitamin B6 (pyridoxine HCL)	50%
Folic Acid	50%
Vitamin B12 (cyanocobalamin)	50%
Biotin	50%
Pantothenic Acid (calcium pantothenate)	50%
<b>Minerals</b>	
Calcium carbonate	35%
Magnesium	33%
Potassium	5%
Zinc	50%
Iodine (potassium iodide)	50%
Selenium (sodium selenite)	50%
Copper (gluconate)	50%
Manganese (gluconate)	50%
Chromium (nicotinate)	50%
Molybdenum (sodium molybdate)	50%
Phosphorus	12%
Iron	10%
<b>Accessory Nutrients</b>	
Creatine monohydrate	500 mg.
(-)Hydroxycitric acid (from 420 mg. Garcinia cambogia fruit extract)	250 mg.
<b>Suggested Dose:</b> Take 1 serving (1 1/2 scoops) per day with or between meals as part of an overall weight management program. Individual applications may vary. Consult your health care practitioner for an individualized program to suit your specific needs.	

**Caloric Distribution (Chocolate)**

Protein	41.3% of calories
Carbohydrate	52.4% of calories
Fat	6.2% of calories

**Nutrients for science based weight loss and blood sugar stability**

UltraLean™ Body Composition Food is a balanced high protein, low carbohydrate, low fat, multivitamin/mineral, specialty nutrient beverage that can be used indefinitely along with a balanced diet and exercise program to achieve desired body composition goals. People 'on the go' will love UltraLean™ Body Composition Food. They just mix up the UltraLean™ powder in water, juice, cow's or goat's milk, rice or soy milk and instantly have a meal on the go! UltraLean™ can be mixed in a thermos or container to be carried for convenience or it can be taken in a zip lock baggie. In this way, they will have a complete meal replacement accessible when needed.

**Use UltraLean™ Body Composition Food as a meal replacement, between meals (for blood sugar balance) or with a small well balanced meal to achieve weight loss goals.**

**Therapeutic Level B vitamins** take part in numerous chemical processes including maintenance of blood sugar balance and assisting in normal fat metabolism.

**Selected Citrate and Malate mineral chelates** are critical to health and to the body's ability to properly maintain stable blood sugar levels. However, for minerals to be of any therapeutic benefit the body must absorb them! Selected minerals in UltraLean™ are presented as citrates and malates to support the cells' metabolic and enzymatic efficiency.

**Specialty Nutrients**

UltraLean™ provides clinically relevant levels of: L-carnitine, Hydroxycitric acid, Chromium, and L-Carnitine (UltraLean™ capsules), to enhance fat burning and blood sugar balance. Each of these nutrients has been shown to specifically bind to and stimulate directly the fat cells. All this happens without feeling jittery, anxious, nervous, shaky, lightheaded, heart irregularity, or palpitations!

**Garcinia cambogia** contains Hydroxycitric acid, which has been used for centuries and is better known as Tamarind. Again, here is a safe fat

burner. Garcinia extracts stimulate only the fat cell to burn fat!

**Chromium** helps regulate insulin output and glucose burning. Excessive insulin can trigger a condition known as Syndrome X, where blood sugar, glucose, is stored in your fat cells as triglycerides. Chromium helps the body use glucose without conversion into fat (triglycerides). In fact, the fat we burn when we lose weight is triglycerides stored in the white fat cells.

**L-carnitine** is another nutrient specifically shown to enhance fat cell metabolism. L-carnitine revs up the fat cell, stimulating it to burn its fat reserves.

***All of the ingredients in UltraLean™ Body Composition Food are safe and effective in stimulating fat metabolism or reducing fat absorption.***

**Contraindications:** A history of previous sensitivity to any of the product's ingredients. Any condition for which any of the ingredients in this product are adverse or contraindicated. Any disease state managed by pharmacotherapy for which alterations of serum drug levels secondary to changes in hepatic metabolism could be life threatening.

**Caution:** Excessive vitamin A intake may be toxic. Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU per day of pre-formed vitamin A. UltraLean™ has not been tested in pregnancy, in breastfeeding women, or in studies with children and, therefore, cannot be recommended for use with these patients.

**Ingredients (Chocolate):**

Non GMO soy protein isolate (with less than 2% lecithin), fructose, cocoa powder (with less than 2% lecithin), tapioca maltodextrin, natural flavors, magnesium malate, calcium carbonate, glycine, apple pectin, xanthan gum, creatine monohydrate, Garcinia cambogia extract, sodium chloride, ascorbic acid, zinc citrate, alpha tocopherol acetate, niacinamide, manganese gluconate, copper gluconate, calcium

pantothenate, vitamin A palmitate, cholecalciferol, pyridoxine HCl, thiamine mononitrate, riboflavin, chromium nicotinate, folic acid, biotin, potassium iodide, sodium selenite, sodium molybdate, cyanocobalamin.

**Recommended Foundational Support:**

**UltraGenesis Multivitamin/Mineral Complex (with or without iron):** It is recommended that all your patients be on a therapeutic balanced multivitamin/mineral supplement. With this in mind, we recommend UltraGenesis. This multivitamin/mineral is rich in antioxidants, coenzyme B vitamins, macro and micro minerals chelated to the best mineral transporters for ease of absorption.

**Precautions:** UltraLean™ should not be consumed if you are allergic to one or more of its ingredients, including shellfish.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

***For Quality and Value without Compromise***



***Is the logical choice!***

# BioBalance Diet Plan

**Highlights:** Each meal consists of a balance of Protein, Fat, and Carbohydrates. Choose 1 serving from each category to compose your meal. 1 protein, 1 carbohydrate, 1 fat.

You may combine partial servings to equal 1 serving, such as two 1/2 protein servings or 1/2 grain + 1/2 vegetable serving to = 1 carbo serving, etc.

If you are losing weight too rapidly, increase your servings to 2 servings from each group. 2 protein, 2 carbohydrate, 2 fat servings per meal for 3-4 meals per day.

Always compose each meal with a balance from each food group! This will aid in better blood sugar control and effective weight control. Three to four meals are recommended per day. You should discuss this with your physician. Exercise is also very important and should be individually tailored to your tolerance. Once again, seek your physician's advice concerning your specific exercise program.

- **Protein: 3 - 4 servings per day (Meat, fish, and poultry should be grilled, baked, poached or roasted)**

Each serving equals approximately 150 calories. Choices include: BioLean or BioCleanse nutrition drinks 1 serving. 2 whole eggs or 3 egg whites or 2/3 cup egg substitute. 1 cup (8oz) of nonfat or low fat yogurt. 1 cup of low or nonfat cottage cheese. 1 cup of nonfat or 1% milk or buttermilk. 1 cup of soy milk. 1/2 cup or Ricotta (skim or nonfat). 2 oz or 1/2 cup shredded Mozzarella (skim or nonfat) cheese. 4 Tablespoons grated Parmesan cheese. 3 oz Fish/shellfish (occasional shell fish is allowed but not recommended on a regular basis). 3/4 cup canned Fish (water packed). 3 oz of Chicken, Turkey. Venison, elk, lamb or buffalo. Beef should be only the leanest cuts and limited to 1x per week. Hamburger is allowed 1-2 times per month (broiled only) 1 cup of Tofu. 3 oz of Tempeh. Eat free range, antibiotic meat when possible.

- **Carbohydrates: Fruits: 2-3 servings per day (low glycemic fruits only)**

**Vegetables: Low glycemic – unlimited servings per day**

**High glycemic – 1 serving per day**

**Grains: Preferably whole grains. 1 serving per day**

**Legumes: 1-2 servings per day**

**Fruits:** Each serving equals approximately 80 calories. 1 medium Apple. 3 med. Apricots. 1 cup Blackberries or Blueberries. 1 1/2 cup raspberries, strawberries or watermelon. 1/2 cup cherries, grapes loganberries, mulberries. 1 whole Grapefruit, Cantaloupe, Orange (large), Guava, Mango, Lemon (large), Lime (large), Nectarine (medium), Papaya, Peach, Plum (medium), Tangerine (medium), or Pear (medium). Limit or avoid Bananas, figs, prunes or any dried fruit. Eat organic fruit when possible.

**Vegetables: Low glycemic:** 1/2cup serving equals approximately 10-25 calories. Eat fresh, steamed or juiced. Asparagus, Bean sprouts, Artichokes, Bamboo shoots, Bell peppers, Beet greens, Bok Choy, Broccoli, String Beans, Beets, Brussel Sprouts, Cauliflower, Chives, Celery, Swiss Chard, Collards, Cucumber, Dill Pickles, Eggplant, Parsley, Onions, Leeks, Garlic, Cabbage (any type), Lettuce (all types), Spinach, Radish, Watercress, Kale, Kohlrabi, Mushrooms, Okra, Snow Peas, Sprouts, Tomatoes (technically a fruit), Salsa (sugar free), Squash: zucchini, yellow, summer or spaghetti. Kelps (all types: dulce, wakami, nori, etc.) Eat organic vegetables when possible.

**Vegetables: High glycemic:** Each serving (1/2 cup) equals approximately 45 calories. Squash: winter, acorn, butternut. Potatoes: Sweet or Yams, russet, white, red, etc. Carrots, 1/2 cup cooked or 2 med. Raw or 12 baby. Eat organic vegetables when possible.

**Grains: Preferably whole unrefined grains:** Each 1/2 cup serving equals approximately 75-100 calories after cooking. Amaranth, teff, quinoa, rice (basmati, brown or wild), barley, buckwheat groats, millet, cracked bulgur wheat, whole wheat, spelt, kamut, pasta: whole wheat, spelt or kamut. Cereals: Whole oats raw 1/3 cup, oatmeal cooked 1/2cup. Crackers: 3 Rye crackers. Breads: 1 slice whole grain wheat or whole mixed grains, or rye. Tortilla or Pita breads: 1/2 slice.

**Legumes:** Each 1/2 cup serving equals approximately 110 calories. Split peas, sweet green peas, lentils, garbanzo beans, pinto beans, kidney beans, black beans, lima beans, navy beans, mung beans, 1/4 cup Hummus, 3/4cup Bean soups.

- **Fats/Oils/Nuts and Seeds: Fats/Oils: 4-6 servings per day**

**Nuts and Seeds: 1 serving per day**

**Fats/Oils:** Each 1 tsp serving equals approximately 40 calories. Use only cold processed oils. Keep oils refrigerated. Olive oil (extra virgin), canola, sesame oil. Non-cooking oils, apply on food cold: flax, pumpkin, walnut. 1 tbsp Avocado, 1 tbsp Egg less Mayonnaise, 1 tsp butter, 8-10 medium ripe or green olives.

**Nuts and Seeds:** Each 1 tbsp nut/seed butter serving equals approximately 100 calories. 10-12 whole Almonds, hazelnuts. 7-8 Walnut or pecan halves. 9 Peanuts, 2 tbsp Pistachios, sunflower, pumpkin, sesame seeds.

- **Beverages: Unlimited:** Decaffeinated Teas (herbal, green), Decaffeinated Coffee, Purified Water, Mineral Water (flavored unsweetened or plain). **Condiments: Unlimited:** Cinnamon, mustard, tamari soy sauce, tumeric, ginger, vinegar, lime, lemon, Extracts of vanilla, almond, etc. Herbs and spices. Stevia noncaloric sweetener.

## UltraLean™ Sample Meals

### Sample Breakfasts:

- ◆ 2 whole eggs or 3 egg whites or 2/3 cup egg substitute  
1/2 grapefruit  
1/2 slice whole grain bread  
1 tsp. butter  
Decaffeinated water-processed organic coffee
- ◆ 1 cup (8 oz) nonfat or low fat yogurt  
1 medium apple  
10-12 almonds  
Flavored unsweetened mineral water
- ◆ 1 cup low or nonfat cottage cheese  
1/2 cup raspberries or strawberries  
2 rye crackers  
Tsp. avocado or 1 tsp. butter  
Decaffeinated green tea
- ◆ BioLean™ Medical Food  
1/4 cup cherries  
1/3 cup oatmeal or multigrain hot cereal  
7-8 walnut halves

### Sample Lunches/Dinners:

- ◆ 1 can water packed tuna  
1/2 cup low glycemic vegetables (raw, steamed, or salad)  
3 rye crackers  
1 tsp. Olive oil + Condiments (for vegetables)  
Herbal Tea
- ◆ 3 ounces of Chicken (baked or broiled)  
1/2 cup blueberries or raspberries (blended and cooked as sauce for chicken)  
1/4 cup low glycemic vegetables (raw, steamed or as salad)  
1 tsp olive oil + condiments (for veggies and/or chicken)  
Decaffeinated Green Tea
- ◆ 1 cup Tofu (stir fried or steamed)

1/4 cup low glycemic vegetables  
1/2 cup basmati or brown rice (steamed)  
1 tsp. Sesame oil + Condiments  
Decaffeinated Green Tea

### **Sample Lunches/Dinners (cont.):**

- ◆ UltraLean™ Medical Food Drink  
1 medium apple  
10-12 almonds
  
- ◆ 3 ounces of Turkey (baked or broiled or 99% fat free slices)  
1 slice whole grain bread  
Lettuce, 1 slice of Tomato  
1 tsp. Egg less mayonnaise  
Condiments: mustard  
Herbal Tea (unsweetened)
  
- ◆ 3 ounces of Fresh Fish (baked or broiled or poached)  
1/2 lemon  
1/4 cup low glycemic vegetables  
1/4 cup legumes  
1 tsp. Olive oil  
Condiments  
Decaffeinated Green Tea

### **Sample Snacks:**

- ◆ UltraLean™ Gluco-Balance Bar
- ◆ Low glycemic raw vegetable sticks
- ◆ 1 apple or pear
- ◆ 5-6 almonds or other nuts
- ◆ 1 stick of low fat string cheese
- ◆ Pure water (6-8 glasses per day)

**For further food choices consult the UltraLean™ Balance Diet Plan Handout. For a list of ‘low glycemic vegetables’ consult the UltraLean™ Balance Diet Plan handout.**

**Note: The UltraLean™ Body Composition Food and UltraLean™ Gluco-Balance Bar can be used alone or in combination for a healthy meal replacement when it is inconvenient to prepare a meal.**

