

BEELEAN XTREME

Quick Reference Sheet

THE FACTS:

Thermogenic Layer 400MG Rapid Release

Acacia Rigidula Extract 150mg

Acacia Rigidula is a rare, natural compound that consists of several different alkaloids (active constituents). These alkaloids provide a source of norepinephrine (a neurotransmitter in your brain). The most powerful alkaloid in Acacia Rigidula and most important one is Phenylethylamine. Phenylethylamine is naturally found in chocolate and is responsible for its effects on mood, appetite and a sense of well being. Phenylethylamine is probably the cleanest stimulant known to man!! It has a unique ability to stimulate the central nervous system, especially the pleasure sensing areas of the brain without causing the jitters or nervousness and induces a sense of good feeling.

Moreover and most importantly the Phenylethylamine found in Acacia Rigidula has the ability to strongly increase the metabolic rate by stimulating your thyroid gland and inducing a powerful thermogenic effect through the conversion of fats into heat.

Acacia Rigidula can truly be considered a breakthrough compound in the complex world of fat burning

Ephedra Extract 25mg

Ephedra Extract is legal to sell in all 50 states and is not subject to the FDA final rule on dietary supplements containing ephedrine alkaloids.

BeeLean Xtreme will Detoxify and Cleanse the Body Naturally

The body is exposed to many harmful agents found in both the food we consume and the environment that encompasses our daily activities. We are constantly bombarded by certain toxins, chemicals, and free radicals that the body cannot properly assimilate. This can have devastating consequences on our bodies as a whole, even down to the tiniest of cells.

It is undeniable that the chemicals and toxins found in dietary food sources present the biggest challenge when working to ensure our overall health status. Foods leave behind plaque within the digestive tract; namely the small intestines, colon, kidneys, and liver. What's more, when our gastrointestinal tracts are inhibited with plaque, the digestive process fails to function at its optimal capacity. Research has proven that poor nutrient absorption often leads to lower energy levels, weight gain, as well as an increased chance of developing certain disease conditions. However, there are ways to regain digestive health, energy, weight control, and quality of life.

BeeLean Xtreme is designed to promote efficiency of digestion and elimination and has been specifically formulated to assist your body to cleanse the toxins from the digestive tract; thus helping you to regain the health and functionality of this critical body system and eliminating the increased production and accumulation of fat cells.

Theobroma Cocoa extract 60% 40mg

The last development in developments in cocoa/chocolate research, publish in the Journal of the American Medical Association, include two clinical studies which indicate the flavanols found in Cocoa are beneficial to vascular health. Chocolate contains chemical similar to those found in Red Wine, Grape seed, and Green Tea that can aid blood circulation, reduce blood pressure, and provide other benefits. Recent studies confirm flavonoids, such as those in cocoa, decrease oxidation of LDL cholesterol, decrease the body's inflammatory immune responses, facilitate the dilation of arteries, and inhibit the aggregation of platelets in the bloodstream.

Kola Nut 50%, 100% extract

Kola extract is a popular ingredient in fat-loss supplements due to its ability to stimulate the forebrain (thereby increasing focus), suppress hunger, aid in the digestion of food, and act as a diuretic.

Supplement Facts
<u>Thermogenic layer 400 MG Rapid release:</u> Acacia rigidula extract 150mg, <u>ephedra</u> extract 25 mg, Theobroma Cocoa extract 60% 40mg, Kola Nut 50% extract 100mg, citrus aurantium extract 30% 85mg
<u>Energy & thyroid stimulating layer delayed release:</u> 400MG Proprietary Blend of Green Tea extract, guggulsterones, bladderwrack, bee pollen, ginger root, gotu kola, siberian ginseng, white willow bark, royal jelly, L-Carnitine, licorice root, dandelion root, nettle leaf, vitamin E, Vitamin C, Magnesium, Zinc, chromium picolinate
<u>Fat Binding & appetite suppression sustained release layer:</u> 200mg proprietary blend of Cassia Nomame extract, hoodia gordonii extract, garcinia cambogia extract, white kidney bean extract

Kolas phenolics are also likely to act as antioxidants, thereby preventing free-radical damage.

Citrus Aurantium extract 30%, 85mg

synepherine, or Zhi shi as it is called in China, is as effective as ephedrine or more effective in some circumstances. The best thing to come along as an effective replacement to ephedrine, it has minimal side effects. The most dominate side effect was a slight raise in metabolic rate in some individuals.

Energy & Thyroid Stimulating Layer – Delayed and Sustained Release Proprietary Blend

BeeLean Xtreme has Bee Pollen - Studies show Bee Pollen

- * assists fertility
- * provides anti oxidants that scavenge free radicals
- * strengthens the immune system
- * enhances vitality and length of life
- * significantly reduces side effects (nausea, sleep disorders) of radiotherapy during uterine cancer treatment
- * counteracts the effects of the two most severe immune stressors - radiation and chemical toxins from environmental pollution
- * enhances sports performance and accelerates recovery rates.
- * reduces cholesterol levels
- * assists with prostate problems.
- * benefits people with glycohaemia, low hemoglobin and bleeding ulcers
- * assists those with allergies and hay fever. (Quercetin in bee pollen inhibits the release of histamine resulting in decreased allergic responses.

Beelean Xtreme has Chromium Picolinate

is an essential trace mineral that aids in glucose metabolism, regulation of insulin levels, and maintenance of healthy blood levels of cholesterol and other lipids. Chromium forms part of a compound in the body known as glucose tolerance factor (GTF), which is involved in regulating the actions of insulin in maintaining blood sugar levels and, possibly, in helping to control appetite.

- * Lowers blood sugar
- * Increases insulin sensitivity
- * Reduces body fat
- * Controls hunger / suppresses appetite
- * Reduces cholesterol and triglyceride levels
- * Increases lean body mass / muscle mass

Beelean Xtreme has Royal Jelly

Royal Jelly has been used as an all natural energy boost and alternative medicine. As far as nutrition goes, it is packed full of a wide spectrum of vitamins, minerals and amino acids that have been shown to increase energy, reduce stress and boost the immune system.

- * More energy
- * Healthier skin and hair, more youthful appearance
- * Strengthened immune system, more resilience to colds/flu and other* illnesses that attack the immune system
- * Reduced feelings of stress or reaction to stress

Beelean has Hoodia Cactus

Hoodia Gordonii cactus is the plant with the new wonder ingredient that curbs one's appetite and helps one to slim. Hoodia Gordonii is actually a succulent plant from the Kalahari desert. The San People have been using the Hoodia Gordonii succulent for centuries to stave off hunger during their long and arduous hunting trips in the harsh South African wild. The discovery of the active ingredient in the Hoodia Gordonii plant is proven with clinical research to suppress one's appetite by up to 2000 calories a day. This amazing and all natural and organic ingredient is the result of 30 years of research by the CSIR (Council for Scientific and Industrial Research) in South Africa.

- * Enhances physical and mental performance
- * Promotes weight loss
- * Suppresses appetite

Beelean has White Willow Bark

The use of willow bark dates back to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. Willow bark has been used throughout the centuries in China and Europe, and continues to be used today for the treatment of pain (particularly low back pain and osteoarthritis), headache, and inflammatory conditions such as bursitis and tendonitis. The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid) and is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb. In fact, in the 1800s, salicin was used to develop aspirin. White willow appears to be slower than aspirin to achieve any effects, but those effects may last longer.

- * Pain reliever (headaches, arthritis, minor injuries)
- * Fever reducer

- * Anti-inflammatory
- * Enhances weight loss (in combination with other ingredients)

Beelean has Green Tea

The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. Green Tea has been used as a medicine in China for at least 4,000 years.

University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

- * Anti-atherogenic / Reduces cholesterol & triglycerides
- * Reduces blood clotting
- * Enhances immune function
- * Enhances weight loss

Beelean has Cassia Nomame extract

This is an upright plant with compound leaves in groupings of six. Bears 20-cm pods which contain many cylindrical seeds. In addition to being used as medicinal herbs, the seeds are also used as a mordant in dyeing. They can also be roasted and ground, used as a coffee substitute. Cultivation of the plant is easy. Sow seed in the greenhouse in very early spring for a head start, or sow directly in the garden after the soil has warmed up. Thin or transplant to 60 cm apart. Flowers to 1.5 m tall. In China, this herb is produced in such provinces as Anhui, Guangxi, Sichuan, Guangdong, etc., and cultivated everywhere in the south and north of China. It is picked and reaped in autumn, dried in the sun with the seed threshed off for use when raw or after being fried.

- * Boosts the immune system
- * Detoxifies the liver
- * Aids in digestion
- * Anti-inflammatory
- * Increases energy levels

Beelean Xtreme has Ginger Root

Valued primarily for the distinctive tang it lends to cuisine, Ginger Root also has proven medicinal effects. In one recent clinical trial among surgery patients, it proved more effective than the prescription drug Reglan in preventing postoperative nausea and vomiting. It has been shown to stimulate the intestines and promote production of saliva, digestive juices, and bile. It also tends to boost the pumping action of the heart, prevent the formation of clots, reduce cholesterol levels, and fight inflammation. It may even have a stimulative effect on the immune system. Native to south east Asia, Ginger was brought to Spain, and then America, by the Spanish in the 15th and 16th centuries. It is now commercially cultivated in tropical regions of the United States, India, China, and the West Indies. The plant is a creeping perennial that spreads underground. Only the root is medicinal.

- * Prevents postoperative nausea and vomiting
- * Stimulates the intestines
- * Boost pumping action of the heart
- * Prevents the formation of clots
- * Reduces cholesterol levels
- * Fight's inflammation

Beelean Xtreme has Garcinia Cambogia Extract Fruit

Garcinia, *Garcinia Cambogia* Besr. and other *Garcinia* species [Fam. Rutaceae] is a citrus tree that bears small, sweet, purple fruit, also called the Malabar tamarind. It is one of the main ingredients of south East Indian food preparation and was valued traditionally for its dried rind, which possesses marked antiseptic properties. The fruit is a common article of commerce in the dry state. It was used in the Bombay army as an antiscorbutic in 1799 to prevent scurvy. Historically, it was also valued as a condiment for flavoring curries in place of tamarind or lime. In Ceylon, the fruits were picked under-ripe, the thick pericarp cut into sections and dried in the sun for use with salt in the curing of fish. A decoction of the fruit rind was traditionally used for treating rheumatism and bowel complaints and the resin was used as a purgative. For cattle it is used as a wash in mouth diseases.

- * Appetite Suppressant
- * Supports Bone and Joint Disorders
- * Constipation
- * Digestive Disorders
- * Weight loss
- * Rheumatism
- * Scurvy
- * Vitamin C Deficiency

Beelean Xtreme has Guggulsterones

Supports Cholesterol Wellness!

Guggulsterones Enhance maintain cholesterol levels already in the normal range, by acting at the farnesoid X receptor (FXR) to promote the conversion of cholesterol into bile. They also boost thyroid activity, which supports cholesterol regulation by the liver. Guggulsterones shows their beneficial effect in maintaining the cholesterol level in their normal limits. It also enhances the formation of bile juice which play their beneficial role in digestion.

Bladderwrack kelp

Bladderwrack, or kelp, is useful in the treatment of under active thyroid glands. People who are overweight due to thyroid trouble may benefit from this herb by reducing their weight. The iodine in the kelp helps maintain a healthy thyroid, and the nutrients and oxygen increase the body's ability to burn fat when exercising. Bladderwrack is rich in the constituent's algin, mannitol, carotene, zeaxanthin, iodine and bromine. It is reputed to have a beneficial effect for relief of rheumatism and rheumatoid arthritis (internally and externally applied to inflamed joints).

Gotu Kola

wound healing, better circulation, memory enhancement, cancer, vitality, general tonic, respiratory ailments, detoxifying the body, treatment of skin disorders (such as psoriasis and eczema), revitalizing connective tissue, burn and scar treatment, clearing up skin infections, slimming and edema, arthritis, rheumatism, treatment of liver and kidneys, periodontal disease, strengthening of veins (varicose veins), blood purifier, high blood pressure, sedative, anti-stress, anti-anxiety, an aphrodisiac, immune booster, anabolic and adaptogen etc.

Siberian ginseng

Siberian ginseng is a distinct plant with different active chemical components. Prized for its ability to restore vigor, increase longevity, enhance overall health, and stimulate both a healthy appetite and a good memory, it is widely used in Russia to help the body adapt to stressful conditions and to enhance productivity.

In Chinese medicine, it is valued for its beneficial effects on "qi" and its ability to treat "yang" deficiency in the spleen and kidney. Like *Panax ginseng*, Siberian ginseng is considered to be an adaptogen. This means it helps in stressful circumstances and also helps return the body to a normal balance. For example, an adaptogen might lower blood pressure in someone who has high blood pressure, but it might raise blood pressure in someone who has low blood pressure. The active ingredients in Siberian ginseng, called eleutherosides, are thought to increase stamina and to stimulate the immune system.

L-Carnitine

L-Carnitine is a naturally occurring amino acid which plays a vital role in the metabolism of fat. It functions as a transporter of fatty acids into the mitochondria, the metabolic furnace of the cell.

L-carnitine was discovered in Russia, and one year later in Germany. The proper name, Carnitine, refers to the Latin origin, (*carno, caris*). Its structural formula was decoded in 1927, and its physiological significance was understood by the 1960's. L-Carnitine is synthesized in the liver and kidneys, from two essential amino acids, lysine and methionine. This synthesis requires the presence of vitamins niacin, B6, and iron. Most (98%) of the Carnitine supply resides in the body's muscle tissue. Approximately 80% of the amino acids our bodies need is endogenously synthesized, the remaining 20% are referred to as the essential amino acids. The supply of such aminos, like l-carnitine, must be supplemented exogenously. L-carnitine is available in the following food sources: red meat, dairy products, avocado, and tempeh. Although a well balanced diet can provide approximately 75% of what the body is lacking, often conditions arise that make it difficult to obtain the entire carnitine one needs. It has been established that an adequate supply of l-carnitine is necessary for the maintenance of good health. L-carnitine transports long-chain fatty acids across the mitochondrial membrane to be metabolized. L-carnitine aids in the release of stored body fat, triglycerides, into the bloodstream for energy. Triglycerides are the major source for the production of energy in the heart and skeletal muscles. Access to l-carnitine is believed to increase energy levels for long-term aerobic activity. L-carnitine is also responsible for muscle contraction, regulation of protein balance and maintenance of a healthy heart. Research also suggests that an adequate supply of l-carnitine could be instrumental in the treatment of diabetes, chronic fatigue syndrome, kidney and liver disease.

Licorice Root

The first significant report of the medicinal use of Glycyrrhiza comes from the Greeks, who recommended it for the treatment of gastric and peptic ulcers. Later, in Arab physicians used Licorice to relieve coughs and side effects associated with laxatives. Licorice producers in Asia and Europe use the extract for the treatment of psoriasis, a skin disease. Other uses of the plant include the treatment of sex-hormone imbalances and menopausal symptoms in women.

Dandelion Root

In traditional medicine, dandelion roots and leaves were used to treat liver problems. Native Americans also used dandelion decoctions to treat kidney disease, swelling, skin problems, heartburn, and stomach upset. Chinese medicinal practitioners traditionally used dandelion to treat digestive disorders, appendicitis, and breast problems (such as inflammation or lack of milk flow). In Europe, herbalists incorporated it into remedies for fever, boils, eye problems, diabetes, and diarrhea.

Today, dandelion roots are mainly used as an appetite stimulant, digestive aid, and for liver and gallbladder function. Dandelion leaves are used as a diuretic to stimulate the excretion of urine.

Nettle Leaf

Many remarkable healing properties are attributed to nettle and the leaf is utilized for different problems than the root. The leaf is used here as a diuretic, for arthritis, prostatitis, rheumatism, rheumatoid arthritis, high blood pressure and allergic rhinitis. The root is recommended as a diuretic, for relief of benign prostatic hyperplasia (BPH) and other prostate problems, and as a natural remedy to treat or prevent baldness.

Vitamin E

Antioxidants such as vitamin E act to protect your cells against the effects of free radicals, which are potentially damaging by-products of energy metabolism. Free radicals can damage cells and may contribute to the development of cardiovascular disease and cancer. Studies are underway to determine whether vitamin E, through its ability to limit production of free radicals, might help prevent or delay the development of those chronic diseases. Vitamin E has also been shown to play a role in immune function, in DNA repair, and other metabolic processes

Vitamin C

Vitamin C is required for the synthesis of collagen, an important structural component of blood vessels, tendons, ligaments, and bone. Vitamin C also plays an important role in the synthesis of the neurotransmitter, norepinephrine. Neurotransmitters are critical to brain function and are known to affect mood. In addition, vitamin C is required for the synthesis of carnitine, a small molecule that is essential for the transport of fat to cellular organelles called mitochondria, for conversion to energy (1). Recent research also suggests that vitamin C is involved in the metabolism of cholesterol to bile acids, which may have implications for blood cholesterol levels and the incidence of gallstones (2).

Vitamin C is also a highly effective antioxidant. Even in small amounts vitamin C can protect indispensable molecules in the body, such as proteins, lipids (fats), carbohydrates, and nucleic acids (DNA and RNA) from damage by free radicals and reactive oxygen species that can be generated during normal metabolism as well as through exposure to toxins and pollutants (e.g. smoking). Vitamin C may also be able to regenerate other antioxidants such as vitamin E (1).

Magnesium

Magnesium is a must. The diets of all Americans are likely to be deficient.....Even a mild deficiency causes sensitiveness to noise, nervousness, irritability, mental depression, confusion, twitching, trembling, apprehension, insomnia, muscle weakness and cramps in the toes, feet, legs, or fingers.

Magnesium (Mg) is a trace mineral that is known to be required for several hundred different functions in the body. A significant portion of the symptoms of many chronic disorders are identical to symptoms of magnesium deficiency. Studies show many people in the U.S. today do not consume the daily recommended amounts of Mg. A lack of this important nutrient may be a major factor in many common health problems in industrialized countries. Common conditions such as mitral valve prolapse, migraines, attention deficit disorder, fibromyalgia, asthma and allergies have all been linked to a Mg deficiency. Perhaps not coincidentally, these conditions also tend to occur in clusters together within the same individual. A magnesium deficiency as a root cause would provide a logical explanation of why some people suffer from a constellation of these types of problems.

Zinc

Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body. Zinc supports a healthy immune system, is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.

White Kidney Bean Extract

The ordinary bean is one of the oldest foods known to man with evidence of bean cultivation close to 6,000 BCE having been excavated in Peru. The white kidney bean comes to us from Mexico and Guatemala, dispersed worldwide by Spanish and Portuguese explorers. How the white kidney bean extract helps you lose weight. Let's use a nice starchy potato for an example. You eat the potato. Your digestive juices break down the big starch molecules using alpha amylase, an enzyme produced by the pancreas. This converts the starch to more readily absorbable--i.e., smaller--sugar molecules and shoots them into the bloodstream for energy. However, if you don't do something to use all that energy, the body hauls them out of the bloodstream and socks away this extra sugar into storage cells for future use. That's how you get fat. White kidney bean extract, however, will stop that from happening!

There is a property of white kidney bean extract which stops the alpha amylase enzyme from doing its job of breaking down the carbohydrates into sugars. Very simply, the starches can't get absorbed! The result is that the starch just continues down your intestines and excretes them as waste.