

# Diet and Exercise Aside NOTHING Eliminates Fat Faster To Deliver Maximum Muscularity In Minimum Time

You don't need to be a bodybuilder to be serious about finding effective ways to get rid of body fat. But just like a bodybuilder, you know that cutting your body's fat percentages is hard work. If you're serious about finding an honest-to-goodness fat loss aid, (one that will give you every possible edge to help reach your fitness goals), then pay close attention to this, because we have redefined the fat loss process.

Here's a big promise. If you take action on what you are about to read, ALL your future dieting and training will produce results far more amazing than what you've previously achieved. Physically you can be dialed in tighter than a tick with lockjaw. Even if you never intend to compete, your process of losing fat and keeping muscle will never be the same. In fact, it'll be much, much better!



## A Decade Ago We Engineered A "Cutting Edge" Fat Eliminating Formula That Set a Safety and Effectiveness Standard All Others Aspire to Reach

Countless fat loss fads have come and gone in the last ten years. Yet long before many of them ever surfaced; we were already formulating a powerful alternative. It took us years before we finally got the formula exactly the way we wanted. It was worth all the time and effort we took in formulating "Lean Out", as we call it, because it has exceeded our expectations enormously. It can do much more than simply aid in fat loss!

Beverly's **Lean Out** formula is primarily composed of lipotropics, which have the ability to dissolve and metabolize fats. In essence, they emulsify stored fats and dump them into the blood stream to make them more available for your body to use as an energy source. With the lipotropics as the foundation, we added L-Carnitine, the amino acid that transports fatty acids right into the zillions of mitochondria in your body. The "mito's" are the little energy producing power plants in your cells. They suck up fat and incinerate it, producing massive amounts of energy AND L-Carnitine provides the "mighty mito's" with even more of your unwanted fat to burn! L-Carnitine also works synergistically with **Lean Out's** other ingredients (like CoQ 10) to increase the metabolism of carbohydrates, and protect your lean muscle tissue.

## Lean Out Makes It Easier To Look AND Feel Fantastic!

You may be familiar with another of **Lean Out's** powerful ingredients, (Chromium Picolinate). But what you may not know is that new research has proven this form of chromium to be the best absorbed and the most effective at managing blood sugar (i.e. glucose, your body's main source of energy) levels. When you eat your body releases insulin to help move the glucose from your bloodstream into your cells. If your insulin isn't performing properly, glucose that normally would have been burned by your cells, remains in your bloodstream, and gets stored as body fat. Chromium is one of the minerals that helps regulate insulin function, so it is an important addition, one that makes Beverly's **Lean Out** formula extremely effective. This form of chromium is a unique molecule that combines chromium with picolinic acid, which helps the body better absorb the chromium into your cells. In plain language, that means more of the carbs you take in are turned into energy, and less are available to turn into fat. Adults need at least 200 micrograms a day - that dosage not only allows you to feel more energetic - it can help optimize your metabolism.



The end result of **Lean Out**'s tune up for your cells is less fat, more energy, improved muscular hardness, even newly added muscle tissue! It works in a silent, almost humble manner on your fat cells, insulin and glucose regulators, and offers you extra benefits with its anticatabolic support, that helps with preserving lean tissue while it churns up fat for energy!

### What You Get and What It Does

Below we've detailed the amount and effect of each dose of the powerful and pure ingredients inside **Lean Out**:

- **L-Carnitine (600 mg):** Maximizes the retention of muscle tissue while dieting. Essential to convert stored fat into energy.
- **Methionine (1000 mg):** Speeds fat and cholesterol utilization, mobilizes fat from the liver to be released and used as energy.
- **Choline (1000 mg):** A special emulsifying nutrient that helps to break down cholesterol and prevents it from sticking to artery walls with Inositol to utilize fats.
- **Inositol (1000 mg):** Aids in fat transportation, metabolism, and redistribution of fat in the body.
- **Chromium Picolinate (200 mcg):** Aids sugar metabolism, improves blood lipid profile, helps fat burning and muscle gains. Moderates insulin release and keeps blood sugar levels stable.
- **CoQ 10 (10 mg):** Helps convert fats and sugar to energy in the cell, while protecting the heart.
- **Betaine HCl (100 mg) B-12 (100 mcg) and Biotin (450 mcg).** Vital factors in converting fat to energy.

### You Just Won't Find These One-Of-A-Kind Benefits In Anything Else

- Converts stored fat into energy – Burn more fat – Hold more Muscle!
- **Anti-Catabolic Effect:** Protects your lean muscle tissue – improves fat metabolism.
- **No stimulants, means you can still have a good nights sleep! And you STILL burn fat day and night.**
- Benefits your cardio-vascular system and blood profile by using cholesterol and lipids for energy.
- Processes carbohydrates better (improved insulin sensitivity and glucose utilization).
- **10 times the potency of other lipotropic products found on the market.**
- All known research shows **Lean Out** has ingredients in exact ratios and potency necessary for results.

### Ripped...Shredded...Sliced...

...these are just a few of the nicknames you may acquire once you add **Lean Out** to your regimen. With **Lean Out**, losing the fat you want is almost as easy as doing nothing extra at all. Adding **Lean Out** to your daily routine will almost instantly facilitate fat loss, but don't forget that it works with you to do that, (so you can't start pounding cheese cake as a midnight snack on your way to washboard abs). **Lean Out** works best when you are watching your diet and training smart.

### Whether You Simply Want A Bathing Suit Body or You're Going for Olympian Fame Lean Out IS The Champion Choice To Get Rid Of Fat

**Lean Out** is the one supplement that will make all your other efforts more effective! With **Lean Out** your stored fat gets burned NOT YOUR HARD-EARNED MUSCLE - plus the additional internal support it gives to your body can not be overlooked. It's the little white capsule with *presidential credentials* that delivers a host of health building benefits you wouldn't expect from a "fat burner"!

Promoting the body to burn the right calories (**fat, not muscle**), just makes good sense. Now that you know all this, there's no need to spend another day wrestling with unwanted fat. **Try Lean Out for yourself and experience the real joy of "less is more!"** Results guaranteed or we'll return every thin dime (no pun intended).

**Call us at 1-800-781-3475 and order yours now.**

### Look What's Inside Lean Out

#### Supplement Facts:

**Container Size:** 120 Capsules  
**Serving Size:** 4 Capsules  
**Servings Per Container:** 30

#### Amount Per Serving:

L-Carnitine	600mg
Choline	1000mg
Inositol	1000mg
Methionine	1000mg
Chromium Picolinate	200mcg
Coenzyme Q10	10mg
Betaine HCL	100mg
Biotin	450mcg
Vitamin B-12	100mcg

#### Suggested Use For general weight loss and metabolic support:

Take one capsule with each meal and one capsule prior to training or cardio. For advanced fat loss and competition preparation: take 2 capsules with each meal.

#### Two week fat loss blitz:

Take 2 Lean Out capsules with 1-2 Energy Reserve tablets and 2-3 GH Factor capsules 20-30 minutes prior to each meal.