

LifeVantage®

# PHYSIQ™

## FAT BURN



## The *Smart Way* to Burn Stubborn Fat Now

Lose weight, look good, and feel excited about being you again without starving yourself or taking dangerous stimulants. PhysIQ™ Fat Burn is a long-term weight management solution that wakes up your body's fat metabolism to help melt unwanted inches from your waist. Adding the patented fat-burning power of naturally derived Sinetrol® and Svetol® to your diet and exercise program with PhysIQ Fat Burn is the smart way to help your body shed stubborn fat.

### You're Carrying Unhealthy Weight

As we age, our metabolism slows down, but our eating habits don't change and we don't get as much exercise as we did when we were young. This slowly grows into big problems—added inches to your waist and a bloated belly—problems that threaten your health. It might feel impossible to lose this dangerous fat—but thanks to science, you can do it without taking drastic measures.

### Starving Yourself & Overexertion Aren't Smart

Diet and exercise are necessary parts of any weight loss program, but many of us take them too far. Fad diets sacrifice your natural ability to burn fat for superficial water weight loss and extreme exercises

cause more damage than they're worth. Luckily, there are proven supplements that fire up your fat metabolism and support a more intelligent journey to a healthier weight.

### Lose Inches from Your Waist Safely—The Smart Way

PhysIQ Fat Burn from LifeVantage uses proven Sinetrol® and Svetol® to help wake up your body's fat metabolism and the energy you need to meet your weight management goals. Combining PhysIQ Fat Burn with a balanced diet and exercise program is the smart way to melt unhealthy inches from your waist for long-term health.

## PhysIQ Fat Burn—The Smart Way to Burn Fat

Starting the day you take it, you'll feel the energizing effects of PhysIQ Fat Burn's active ingredients—Sinetrol® and Svetol®. They use naturally derived fat burners—like citrus and green coffee bean extract—to stimulate the breakdown of abdominal fat and support long-term weight management. Combined with exercise and a healthy diet, you can burn stubborn fat and uncover a body you love.

### FAT BURN BENEFITS

- Increases fat burning by using stubborn fat cells as energy
- Reduces abdominal fat, waist size and hip circumference
- Helps you feel more energized
- Helps maintain balanced blood sugar levels already within healthy range
- Supports weight management

### The Science Behind the Burn

PhysIQ Fat Burn uses smart ingredients to burn fat safely and naturally. Sinetrol® is formulated from natural Mediterranean citrus—like sweet orange, blood orange, and grapefruit—to stimulate Lipolysis, the natural breakdown of fat. It gets its energizing lift from natural caffeine from guarana. Supported by Svetol®, the other natural fat-burning powerhouse, PhysIQ Fat Burn combines the wisdom of nature with the reliability of science to help your body shed unhealthy pounds.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.*



#### DIRECTIONS FOR USE:

Take 2 capsules with two main meals and a glass of water for a total of 4 capsules per day. (e.g. breakfast and lunch)

**WARNINGS:** Not for use by individuals under the age of 18 years. Do not use if pregnant or nursing.

**Note:** Green coffee and guarana extracts contain naturally occurring caffeine (less than 22 mg per serving)

## PROVEN FAT-BURNING INGREDIENTS

**Sinetrol®**—Using bioactive polyphenols to support healthy weight management and the breakdown of fat, Sinetrol® is clinically shown to reduce abdominal fat and reduce unhealthy inches on your waist.

### *Sinetrol® Study Results<sup>01</sup>*

To further investigate the efficacy and safety of Sinetrol® for body weight management and improvement of metabolic disturbances with reduction in oxidative stress, a second clinical study was performed using Sinetrol® Xpur. The results show a reduction in abdominal fat, reduction in waist size, reduction of hip size, and increase in FFA release, encouraging Lipolysis (the natural breakdown of fat).

#### REDUCTION OF ABDOMINAL FAT p<0.0001

*Placebo*

*Sinetrol®* 254% greater reduction over placebo

#### REDUCTION OF WAIST SIZE p<0.0001

*Placebo*

*Sinetrol®* 263% greater over placebo

#### REDUCTION OF HIP SIZE p<0.0001

*Placebo*

*Sinetrol®* 262% greater over placebo

#### LIPOLYTIC EFFECT: FFA RELEASE p<0.0001

*Placebo*

*Sinetrol®* 964% greater release over placebo

01. The clinical study of Sinetrol® included 95 subjects with a BMI greater than 27. This study was conducted over 12 weeks. Subjects were instructed to consume no more than 1800-2000 calories (women) and 2000-2500 calories (men). Subjects were also instructed to take 3 ten minute walks per week.

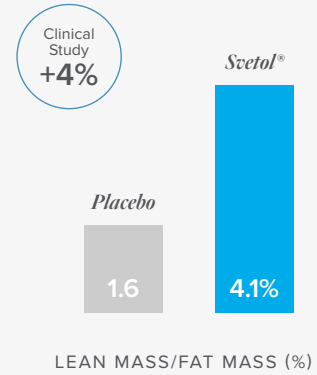
**Svetol®**—This natural green coffee bean extract is proven to help reduce weight and body mass index, helps maintain blood sugar levels after meals, and target the burning of fat—so you don't just lose water weight or waste healthy muscle.

### *Svetol® Study Results<sup>02</sup>*

#### 01

##### Body Toning

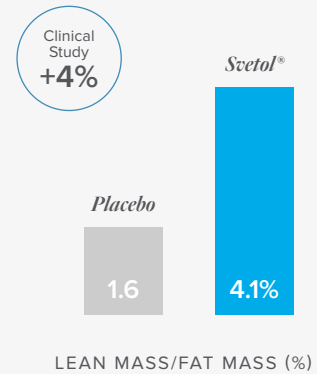
Lean mass to fat mass ratio was increased in the Svetol® group compared to the placebo: +4.1 +/- 0.7% vs. +1.6 +/- 0.6 respectively (<0.01)



#### 02

##### Fat Burning Effect

Study demonstrates Svetol®'s benefits on fat mass reduction. The clinical study demonstrates that Svetol® is an effective weight loss solution: you don't lose water or muscle, it makes you lose fat!



02. The clinical study of Svetol® included 50 subjects with a BMI greater than 25. This study was conducted over 60 days. Subjects were instructed to consume no more than 1500-2000 calories per day.