

A GUIDE TO THE *Lean-30* Diet



Lean-30

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Overview of the Powermax Lean-30 Diet

*3 Oral Doses of 10-20 Lean-30 drops are taken daily. (approximately 1.5ml total for the day)

*During the 1st two days of taking Lean-30, you need to eat foods rich in fats and sugars and carbohydrates. These are the fat loading days.

*On the 3rd day, the 1000-calorie diet begins and is to be continued until 72 hours after the last oral treatment.

*Once the course is completed, the diet for the next 3 weeks includes all foods except starch and sugar in any form (careful with very sweet fruit).

*After 3 weeks, very gradually add starch in small quantities, always monitored by morning weighing.

The Lean-30 drops are to be taken orally under your tongue. It is NOT to be injected. DO NOT EVER INJECT LEAN-30 INTO YOUR BODY.

The Lean-30 product is taken three times a day. We recommend 10-20 drops for each dose (or to be more precise you may measure 0.5ml with an oral syringe for each dose. Put it under your tongue and leave it there for 2 minutes and then swallow. Taking 3 oral doses of .50ml each day is the same amount as if you were taking the daily 1 injection of 125 I.U.'s.



Lean-30 Important Fact Sheet

- During the first 3 days of treatment you must eat to capacity with fattening foods including sugars and carbohydrates until you have finished the 3rd Oral Treatment. **On the beginning of the 4th day the 1000-calorie diet begins.**
- For Women: During menstruation no oral treatments are taken, but the diet is continued. Once menstruation is over, you will become extremely hungry unless you resume the oral treatments.
- Treatment should begin for women the day after the last day of their menstrual cycle, or you at least need to be on the treatment for 10 days before the beginning of your period.
- If exercising throughout the treatment, you still follow the 1000 calorie diet and DO NOT increase your calories.
- No cosmetics including lotion other than lipstick, eyebrow pencil and powder may be used. Mineral Makeup is approved for use.
- Tea, coffee, plain water, or mineral water are the only drinks allowed, and they may be taken in any quantity at all times.
- 2 liters of these fluids should be consumed per day.
- No Massages of ANY type during treatment. (Massage Oil)
- After the last oral treatment you should continue the 1000 calorie diet for a full 3 days without taking any of the drops.
- It takes approximately 3 weeks before the weight reached at the end of the treatment becomes stable. During the 3 weeks after treatment you need to avoid sugars and starches.
- Drops may be stored in the refrigerator but it is not necessary.



Average Days of Treatment Needed

If your goal is to lose 15 pounds or Less = 26 Days of Treatment with 23 Days of Drops. During the last 3 days you will continue the 1000-calorie diet for 3 days after the last drop treatment. **This is extremely important.** If there is even a trace of Lean-30 in the body and you start eating normally then you will put on an alarmingly amount of weight.

If your goal is to lose more than 15 pounds= The maximum given in a single course is 40 oral treatments,

As a rule you are not to lose more than 34 lbs. (15 Kg.) at a time. The treatment is stopped when either 34 lbs. have been lost or 40 oral treatments have been given.

**Treatments should never last less than 26 days, even in people needing to lose only 5 pounds. It seems that even in the mildest cases of obesity the diencephalon requires about three weeks rest from the maximal exertion to which it has been previously subjected in order to regain fully its normal fat-banking capacity.

If your goal is to lose more than 34 lbs.= You must have a second or additional courses. A second course can be started after an interval of not less than six weeks, though the pause can be more than six weeks.

What are the typical results seen while taking Lean-30 drops?

We have seen equal, if not better weight loss results with the Lean-30 Hormone Free formula as with the HCG diet. Both formulas have produced roughly a 10-20 pound weight loss in an approximate one month period. Many people who have used both forms have reported less hunger and more energy on the Hormone Free formula drops than while on the HCG formula.

Lean-30 drops are manufactured in a U.S. federally registered laboratory in full compliance with FDA regulations governing supplement-manufacturing facilities and Good Manufacturing Practices.



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Is This HCG?

No. Lean-30 is hormone-free. Lean-30 is taken orally under your tongue. It is NOT to be injected. NEVER inject this LEAN-30 into your body. You must follow the entire Lean-30 Diet Protocol including, but not limited to, the 1000-calorie diet. This protocol is very strict. IF YOU DO NOT FOLLOW THIS PROTOCOL (including the 1000 calorie diet and the other stipulations including no lotions, no oil-based make-up etc.) YOU MAY STALL OR EVEN GAIN WEIGHT. Lean-30 is ONLY effective for weight loss if it is taken while strictly following Powermax's Lean-30 1000 calorie Diet Protocol.

Benefits of Lean-30 Drops

- NO painful injections!
- NO refrigeration needed
- EASY to take with no mess or stress
- MORE energy reported by participants that have tried the injections and switched to the drops
- LESS hunger reported by participants that have tried the injections and switched to the drops
- EASY and convenient-easy to travel with
- NO alcohol pads
- NO expiration dates



Recommended Daily Eating Schedule:

1. Weigh Yourself: Wake up, urinate, weigh yourself and track it on your tracking sheet. This is **EXTREMELY** important to your success! Weigh and track everyday!
2. Take 1st Oral Dose of LEAN-30: First thing in the morning take 10-20 drops of LEAN-30 under your tongue and leave it there for 2 minutes and then swallow. DO NOT drink or eat anything 20 minutes before you take LEAN-30 or 20 minutes after taking LEAN-30.
3. Breakfast: Herbal tea, black tea, and coffee are allowed but **NO** sweeteners except Stevia. See details below under “Your Food Choices”.
4. Eat 1 Serving of Fruit: Eat fruit around 10 am. See the list below of choices. (If you don't want to eat a snack, the fruit may be eaten with the Lunch and/or Dinner. If you prefer the fruit serving with your lunch and dinner then you do not eat this fruit serving at 10 am or 1 fruit in the afternoon. ONLY 2 fruit servings total are to be eaten in a day.)
5. Eat Lunch: Around 12:00 pm. See lunch selections below. (**1 of each**: protein, veggie, and starch) Fruit may be added to lunch and dinner but you must take out the serving at 10 am and 2 pm. Only 2 fruit servings in 1 day.
6. Eat 1 Serving of Fruit: Eat the second fruit in the afternoon. Suggested between 2 pm and 3 pm.
7. Take 2nd Oral Dose of LEAN-30: Same dosage and instructions as the 1st dosage. Suggested time is around 4 pm but you can also take it later after dinner as well. Just remember to not eat or drink 20 minutes before or after.
8. Eat Dinner: Between 5-7 pm. See selection below. (1 of each: protein, veggie, and starch) Same rule about fruit also applies to dinner. See #4.



Your Food Choice's

Breakfast: Herb tea in any quantity without sugar. Black tea and coffee are also permitted. You may sweeten these teas with Stevia, a natural sweetener which is available at health food stores. Do not use aspartame, Nutrisweet, acesulfame, sucralose, Splenda, or any other chemicalized sugars. Diabetics may eat 1 protein item each morning to control blood sugar.

Lunch and Dinner: Any meat is 1 item: 7 ounces (or 200 grams) of beef, veal, chicken breast, fresh white fish, lobster, crab or shrimp. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. Make sure that the meat is very lean with no fat. All visible fat must be removed before cooking. All meat must be weighed uncooked. A food scale will assist in getting weight correct. The meats can be cooked by broiling, grilling or boiling with no additional fat or oils. A George Foreman Grill works great. White albacore tuna packed in water may be used.

Fruits and Vegetables: Fruits and vegetables from the following lists can be used. No more than two servings of vegetables with a meal.

Fruit = 1 item

One apple (not two small apples), One orange, Handful of strawberries, 1/2 grapefruit, 1/2 fresh peach, 2 plums (regular size), 1/2 Cup cherries and 1/2 cup dried apricots.

Vegetables x 2 = 1 item.

(Portions are in 1 Cup unless specified. Pick two from list below for lunch and dinner).

Broccoli, Celery fennel, Cabbage, Cucumbers, Green or red peppers, Spinach, Green beans, Cauliflower, 1/2 cup radishes, 1/2 cup zucchini, 1/2 cup mushrooms, Onions/garlic, Lettuce chard, Asparagus, 1/2 cup eggplant and Tomatoes.

Starches = 1 item: The following crackers are allowed: 2 Ryvita Crispbread, 8 Stone Ground wheat thins, 2 melba toast, 2 Kavli Crispbread, 8 soda crackers, or Grissinis.

Substitutions: 3/4 cup non-fat yogurt sweetened with stevia may be eaten in place of one of the fruit or vegetables once per day. You may use 3 eggs (1 whole plus 2 whites) or 1/2 cup fat free cottage cheese occasionally as your protein.



Seasonings: With each meal the juice of one lemon or lime is allowed. Salt, pepper, vinegar, mustard powder, sweet basil, parsley, thyme, marjoram, and most other herbs and spices are fine to use as seasonings. No oil, butter or dressings of any kind can be used.

The 8 items allowed per day may be eaten in 2 meals (1 of each: protein, veggie, fruit, starch) or spread out through the day. But 2 of the same items (i.e., 2 fruits or 2 proteins) may not be eaten together at the same time.

****Remember only 8 items may be eaten each day****

Plateau Breakers

- Increase water intake to 2 - 3 quarts per day.
- Try increasing your protein by .5 ounces.
- Eat only 6 apples in 1 day.
- Cut American beef down or completely out.
- Check all condiments for any form of sugar. 'Garlic Salt' may list sugar as an ingredient.
- Any seasoning salt or seasoning product must be carefully checked.
- Avoid mixing vegetables.
- Make sure there are no additives in chicken or other protein sources – many times these are injected with some form of sugar even in the grocery store.
- Have you reached your ideal weight? Are you in the suggested weight range for your height and build? Are you also hungry and not feeling as good, etc.? It may be time to stop losing. See the manuscript for details on reaching your goal during a cycle.
- For women, your menstrual cycle may be coming in to play -- review Dr. Simeons' manuscript.
- Have you changed or started one or more medications? The change may just cause a few days of delay as your body adjusts, but you may want to consult with your physician to possibly change again or go back to the previous medication if the plateau continues and all plateau breaking methods fail.
- Review the manuscript for serious plateaus (5 days or longer). While the manuscript



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reports 'apple days' as purely psychological, many participants report a loss of 2 pounds the day after an apple day.

- Since the protocol says you are not required to eat all the food each day, you may consider dropping one or both of the 'breads' and/or one of your fruits, etc.
- Some people are not very hungry at all while on Lean-30 and like to do a 'mini steak day' occasionally. If you are familiar with the manuscript, a 'steak day' refers to a routine you follow after you have completed the shot phase and are weighing daily. During this time, if your morning weight is 2 pounds over your last shot weight, you have a 'steak day'. A 'steak day' means you drink water, tea, and coffee when you want and in whatever quantity you want, but you do not eat anything until dinner. For dinner you have a large steak and either a tomato or an apple. So for a 'mini steak day', you can drink allowable drinks, and have a 100 gram steak serving with an apple for dinner. That's it until the next day when you return to the normal 1000 calorie diet. Again, you may do this when weight loss is stalled and you simply don't feel hungry.
- Consider adding a brisk walk, yoga, or any type of 15 minute activity to your day several times per week. This includes any activity that raises the heart rate throughout the day. The activity increases your metabolism and may increase your rate of loss. Exercise is barely mentioned in the protocol. Our interpretation is that exercise is good for everyone; however, it is simply not required to successfully lose weight on this protocol. With that being said, we have observed people who have had a physically active job, such as a waitress, where they seemed to maintain a slightly higher daily average weight loss than those who did absolutely no physical activity.
- Make sure you are getting enough sleep. Some individuals have reported being up late and getting up early and the scale reflecting little to no weight loss. However, simply weighing again an hour or so later (without eating or drinking anything) reveals a drop on the scale of up to 2 pounds. This suggests that routine and adequate sleep can effect what the scale registers. While this probably doesn't actually affect the rate of loss, it can cause discouragement and, therefore, routine and exceptions such as being "up late and getting up early", should be kept in mind.
- Try including 2 Tbsp of apple cider vinegar (ACV) to your daily regimen. Some resources recommend that you take the ACV diluted with water or juice, but not to spread out throughout the entire day as this has been shown to have negative effects on teeth enamel. Many resources claim extensive benefits due to (ACV) intake, particularly increased weight loss; however ACV may cause discomfort if you digest the vinegar without diluting.

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.

