



BE LEANACTIVE 2

Why weight? If your weight loss has hit a plateau, Enerex's specialized **Be Leanactive 2** formula combines 100% natural energy-boosting and metabolism-boosting supplements that work with your healthy eating plan to show noticeable results. Ingredients including Green Coffee and Green Tea, Chromium, Panax Ginseng, Cayenne and Kelp help reduce the glycemic index of foods, block absorption of simple carbohydrates, and burn calories with their thermogenic (heat-producing) effects. Gluten Free and Vegan (capsules).

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OVERVIEW

The secret to slimming is that there is no secret. All diets have the same objectives: to get your body to burn extra fat for energy and prevent storage of additional fat. Whether diets try to achieve these by limiting calories or eliminating certain foods, many fail because they are unhealthily restrictive.

But you can lose those extra pounds with a common sense approach to meals, regular exercise, and potent herbs that help jumpstart these objectives without deprivation.

Enerex Be Leanactive 2 features ingredients including Green Coffee and Green Tea, Chromium, Panax Ginseng, Cayenne, InSea2Kelp, Maca and Vitamin B6 help to reduce the glycemic index of foods, block absorption of simple carbohydrates, help the body adapt to stress, and burn calories with their thermogenic effects.

Be Leanactive 2's food and herbal ingredients help you to lose weight by:

- Blocking absorption of simple carbs from foods by using indigestible plant substances that stop the body's enzymes from breaking down carbs into sugars

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- Offering thermogenic (meaning heat-producing) effects which burn calories and make your metabolism increase to enable the body to produce this heat energy
- Increasing glucose metabolism meaning to help process sugars found in foods and help them to be used to produce energy
- Increasing metabolism (see "[What is metabolism?](#)")
- Reducing the glycemic index of foods, which means it lessens their effect on blood-sugar levels and the amount of sugar absorbed into the body

What is metabolism? Metabolism is like your body's engine; its chemical reactions inside your cells break down food (into carbohydrates, proteins and fats) and convert this "fuel" into the energy needed to power everything you do.

Metabolism:

1. Determines the amount of energy that is burned by the body to keep it going
2. Continuously burns calories whether you are sleeping, eating or working out
3. Uses this fuel to build and maintain body cells/tissue
4. Dictates how much fuel is stored (as fat) for use in the future

Boost and burn to lose weight.

Enerex Be Leanactive 2 has several ingredients which can help to boost your metabolism and burn calories.

Green Coffee, for example, which is coffee beans that have not been roasted, became popular for weight loss after it was promoted by Dr. Mehmet Oz in 2012 to "burn fat". (*The Dr. Oz Show*, April 25, 2012)

The chlorogenic acids in Green Coffee may affect how the body handles blood sugar and this affects metabolism. How? When your blood sugar gets too high, insulin is created, which signals your body to start storing fat. Green Coffee may help regulate your blood sugar levels, preventing increased insulin from being produced. This makes your body stay in fat-burning mode, instead of storing fat.

You probably know that caffeine can boost your metabolism, and there are healthy ways to get it that don't cause the jittery stimulating effects that regular coffee can produce.

Green coffee beans have some caffeine, although they have much less caffeine than roasted coffee (and when decaffeinated, like the Svetol® extract **Enerex Be Leanactive 2** uses, they have even less). Green Coffee beans don't raise your

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heart rate like roasted coffee. In fact, Green Coffee beans have been shown in studies to help lower blood pressure, while still boosting metabolism. (See FEATURES for more information about [Green Coffee](#).)

Green Tea, which has caffeine, is well-known for its scientifically proven calorie-burning and energy-boosting properties.

Several clinical studies show that Green Tea has a significant thermogenic effect (producing heat in the body) which increases calorie burning. Supplementing with Green Tea also causes fat to be metabolized and used by the body to produce energy so it's not stored.

Green Tea has a polyphenol (a type of powerful antioxidant) called EGCG (epigallocatechin gallate), which is well-known for its inflammation-reducing properties. Studies also show that when combined with Green Tea's EGCG, its caffeine's thermogenic properties are even greater. (Hsu CH, et al. "Supplementation with Green Tea extract improve insulin resistance in obese type 2 diabetics" randomized, double-blind clinical trial. *Altern Med Rev*. 2011 Jun;16(2):157-63.)

How much caffeine is in Green Tea? There are approximately 15 milligrams in a cup of Green Tea depending on how long you steep it (there are 30-100 mgs in a cup of coffee). Green Tea extract powder contains 5-20 mgs of caffeine per dose when used as a supplement. The caffeine found in Green Tea extracts is listed as part of the total polyphenols so you won't necessarily find caffeine listed by itself on the product's nutritional information. (See FEATURES for more information about [Green Tea](#).)

A major hurdle in weight loss is stress. Stress contributes to weight gain. A study by the Centers for Disease Control and Prevention connected stress to poor breakdown of stored fat. Other studies support this finding, and say it is due to increased cortisol.

The following studies showed that increased cortisol, the hormone released during stress, increases weight: (Andrews, R.C., et al. Abnormal cortisol metabolism and tissue sensitivity to cortisol in patients with glucose intolerance. *The Journal of Clinical Endocrinology* 87(12): 5587-5593, 2002.) & (Epel, E., et al. Stress may add bite to appetite in women: a laboratory study of stress-induced cortisol and eating behavior. *Psychoneuroendocrinology* 26: 37-49, 2001.)

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This speaks to the value and importance of stress-fighting foods and “adaptogens” in controlling weight.

What is an adaptogen? An adaptogen is a substance found in plants that helps the body adapt to changes and stress. The herb Maca is an adaptogen that has been used medicinally for centuries in South America.

Maca root supports vital glands in the body including the hypothalamus, pituitary and adrenal glands that influence levels of stress hormones in the body. And, subsequently, this affects fat metabolism — higher cortisol hormone levels are associated with weight gain, particularly fat around the midsection. Maca may also improve blood sugar levels and decrease cravings. (See More about [Maca](#) under FEATURES.)

Check your thyroid gland. Being overweight is often a sign of low thyroid function. To increase its function, this important gland needs proper nutrition. Certain types of ocean Kelp have been used for over 100 years as a remedy for obesity because they contain iodine, which can increase thyroid function. **Enerex Be Leanactive 2** contains a proprietary blend of Norwegian Kelp and Bladderwrack Kelp.

For more information on [InSea2 Kelp](#), see FEATURES. NOTE: If your doctor has tested your TSH, and it was normal, you may need FT3 and FT4 testing and/or more sensitive measurement methods completed by a naturopathic physician to reveal whether your thyroid is working correctly.

There is no quick fix or miracle cure for weight gain. But by choosing a healthy diet as a form of self-care rather than self-deprivation, exercising to gain energy rather than lose inches, and choosing natural supplements to help get you on track, you will win at losing!

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INGREDIENTS

EACH CAPSULE CONTAINS:

Medicinal Ingredients:

Green Coffee (<i>Coffea canephora</i> , Seed).....	200 mg
Green Tea extract (<i>Camellia sinensis</i> , Leaf).....	100 mg
Maca (<i>Lepidium meyenii</i> , Root).....	50 mg
Panax Ginseng (Root).....	50 mg
Cayenne (<i>Capsicum annum</i> , Fruit).....	30 mg
Vitamin B6 (Pyridozine hydrochloride).....	5 mg
Chromium (Chromium (III) polynicotinate).....	0.25 mg
InSea2:	
Norwegian Kelp (<i>Ascophyllum nodosum</i> , Thallus).....	125 mg
Kelpware (<i>Fucus vesiculosus</i> , Thallus).....	125 mg

Non-medicinal ingredients:

Magnesium stearate, Microcrystalline cellulose, Silicon dioxide, Hydroxypropyl Methylcellulose.

There are no other ingredients added to this formula.

Directions:

ADULTS: Take one capsule 2 times daily with food, or as directed by a health care practitioner. Take 2 hours before or after taking other medication, or as directed by a healthcare practitioner.

- Some people may experience insomnia, anxiety, or headaches, in which case, discontinue use.
- Hypersensitivity (e.g. allergy) has been known to occur, in which case discontinue use.
- Consult a health care practitioner for use beyond 12 weeks or if symptoms persist or worsen.
- Consult a health care practitioner prior to use if you are taking antidepressants, blood thinners, digoxin, have high blood pressure, have a kidney disorder and/or diabetes, have stomach ulcers or inflammation or have a liver disorder.
- Do not use if you are pregnant, breast feeding or if you have hyperthyroidism. Do not use if you are sensitive to iodine or iodine supplements.

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FEATURES

Losing weight permanently is no simple task.

But key dietary supplements can help you to reach your weight loss goals initially, and when you see the results, this can encourage you to continue the lifestyle changes needed to keep it off. The following provides a more in-depth understanding of some of the most effective fat-burning, metabolism-boosting ingredients available, which complement a healthy eating regime. All are found in **Enerex Be Leanactive 2**:

Green Coffee (*Coffea canephora*): Green Coffee beans have not been roasted, and roasting reduces amounts of the natural chemical chlorogenic acid, which is thought to have benefits for heart, diabetes prevention, and weight loss.

Chlorogenic acid may affect how the body handles blood sugar, and it affects metabolism. (Dellalibera O, Lemaire B. et al, "Green coffee extract, induces weight loss and increases the lean to fat mass ratio in overweight volunteers." *Phytotherapie* 2006;4:194-7.)

Chlorogenic acid has been shown to stop an enzyme that promotes glucose (sugar) forming in the liver, so it may help reduce risk of diabetes. This may also be the reason drinking coffee has been associated with weight loss. Some studies show that chlorogenic acid slows absorption of fat from food and also activates burning of extra fat.

Enerex chose Svetol® extract of decaffeinated Green Coffee because it provides the effective slimming benefits of unroasted coffee in a plant concentrate with very little caffeine. Svetol® is obtained from Robusta coffee beans (*coffea canephora robusta pierre*) clinically proven in humans to be effective and safe for weight loss. Svetol® is rich in chlorogenic acid and a powerful antioxidant called caffeic. A 400 mg dose of Svetol® is equivalent to 3 to 6 cups of coffee, but doesn't have the potentially harmful compounds (including cafestol and kahweol that may raise cholesterol) and contains only a small fraction of the caffeine of regular coffee.

Green Tea Extract (*Camellia sinensis*):

Green Tea is said to be less processed than black tea, which may better preserve nutrients including its large number of antioxidants. Green Tea has thermogenetic (heat-

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producing) properties for increased calorie burning, due to one of its major antioxidants called EGCG (epigallocatechin gallate), and its caffeine.

There's a partnership between caffeine and EGCG that prolongs thermogenesis so more calories are burned. A study of Green Tea extract concluded that men burned 266 more calories per day more when taking Green Tea extract, and could determine it was due to its thermogenic effects. (Dulloo AG, et al. "Efficacy of a Green Tea extract polyphenols and caffeine in increasing fat oxidation in humans." *Am J Clin Nutrition* 1999;70:1040-1045.)

Green Tea antioxidants have also been shown to reduce digestive fats, which may translate to reduced fat digestion (so it isn't absorbed as fat in cells). (Dulloo AG, et al. "Green Tea and thermogenesis: interactions between catechinpolyphenols, caffeine, and sympathetic activity." *Int J Obes Relat Metab Disord* 2000;24:252-258).

EGCG is also known for reducing inflammation, which makes Green Tea supportive for Alzheimer's, arthritis, and cancer (The American Cancer Society supports that Green Tea can help prevent and treat cancer).

InSea2: Norwegian Kelp and Bladderwrack Kelp

Enerex Be Leanactive 2 includes InSea2 brand kelp because it is a potent combination of wildcrafted Norwegian Kelp and Kelpware. The rich iodine content in kelp means that it helps thyroid function; thyroid hormones and iodine are said to promote a healthy metabolic rate, and iodine deficiency can result in thyroid disorders. Both types of kelp are able to convert high glycemic foods eaten into low glycemic ones to help promote healthier blood sugar levels.

Norwegian kelp and Kelpware are brown seaweeds found along the Pacific and Atlantic coasts. They are rich in minerals, proteins, vitamins and chlorophyll. They both encourage weight loss by stimulating the thyroid gland and reducing blood sugar levels.

In a recent study, these seaweeds have shown to slow carb absorption and reduce the glycemic index of the carbs eaten. (Marie-Claude Roy et al., IRSC sur l'obésité and Centre de recherche de l'Institut universitaire de cardiologie et de pneumologie de Québec, 2011, "Efficacy of naturally occurring polyphenols and phlorotannins (PHTs) from brown seaweed to inhibit carb digestion and slow carbohydrate absorption to reduce the food's glycemic index.)

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These kelp extracts are able to reduce the normal increase in blood sugar 30 minutes after a meal by 48% to 90%, and consecutively reduce insulin secretion by 12% to 40% in animals.

Kelp's sodium alginate content helps to protect against radioactive elements, detoxifies the body, and flushes out heavy metals. Kelp also promotes liver, lung and kidney health and can reduce water retention.

Maca (*Lepidium meyenii*) Root

Maca is well known for its energy and endurance promoting properties, but it also helps with injury recovery, hormone-balancing and weight loss. It may increase metabolism and balance the thyroid.

Maca has a beneficial effect on the thyroid since it is an adaptogen and hormone-balancing herb, according to Morton Walker, DPM (*Effects of Peruvian Maca on Hormonal Functions*, Stamford, Connecticut, 1998). In his book, he states that scientist and Maca authority Gloria Chacon de Popivici, PhD (Lima, Peru) found that in human studies, Maca had significant health and hormone balancing effects on the adrenals, thyroid, pancreas and ovaries/testis.

Maca also improves the body's glucose tolerance (blood sugar levels) so you may possibly lose weight due to decreased hunger cravings. Having more stable blood sugar and healthy adrenals could also give you more energy — so you feel more like exercising! Maca also helps oxygen get into blood, supports neurotransmitters in your brain for better moods, and increases libido. It contains several nutrients (protein, phytonutrients, essential fats, B vitamins and many minerals).

Panax Ginseng

Panax Ginseng, a 5000 year old Chinese healing herb, has traditionally been used to increase energy, stamina and well-being. Western research shows that Panax Ginseng may also be effective against obesity and diabetes.

A chemical in Ginseng root called ginsenosides can stop the differentiation process in cells that store energy as fat. Studies show that ginsenosides inhibit this differentiation, making the cells less able to complete the fat storage process. Ginsenosides have also been found to have healthful effects on insulin, and

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antioxidant activities. (Vuksan, V., & Sievenpiper, J. L., 2005, "Herbal remedies in the management of diabetes: the study of Ginseng." *Nutrition, Metabolism, and Cardiovascular Diseases* : NMCD, 15(3), 149-160. doi:10.1016/j.numecd)

Organic Certified Cayenne (Capsicum annuum)

Cayenne has been used by Europeans and Americans for thousands of years as a medicine and food. Cayenne's Capsaicin gives it the familiar heat that is also responsible for the plant's health benefits, including the potential to promote weight loss.

The University of Maryland Medical Center reports that both animal and human studies show Capsaicin supplements may increase your body's production of heat, and regulate blood sugar levels by affecting the breakdown of carbohydrates after eating. Researchers in The Netherlands published a study that showed Capsaicin with meals increased satiety (fullness) and energy expenditure and decreased appetite. (Westerterp-Plantenga, M. S. "Sensory and Gastrointestinal Satiety Effects of Capsaicin on Food Intake." *International Journal of Obesity* 29.6 2004: 682-88.)

In a study in the journal *Obesity*, 2010, animals fed a high-fat diet and supplemented with Capsaicin had lowered levels of blood sugar and also leptin, a hormone that controls satiety. There is also a positive correlation between ingesting capsaicin and a decrease in weight re-gain. (Lejeune, Manuela P. G. M., et al. "Effect of Capsaicin on Substrate Oxidation and Weight Maintenance after Modest Body-weight Loss in Human Subjects." *British Journal of Nutrition* 90.03, 2003: 651.)

Cayenne also has vitamins A and C and other powerful antioxidants. It is used as an arthritis ointment, a digestive aid, and for menstrual conditions, muscle cramps and pain relief.

Chromium (Chromium III polynicotinate)

Chromium is a trace mineral (which means that you don't need much of it) that enhances insulin's action in the body. Insulin is like a fat-loss "gatekeeper," and therefore anything that makes insulin more effective may be beneficial for fat loss.

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Diabetics with a Chromium deficiency may also improve their glucose tolerance by supplementing with Chromium. Chromium is also used to increase energy, improve blood sugar control in people with prediabetes. It is used by those taking steroids for high blood sugar (some medications deplete Chromium), and for balancing cholesterol in people taking beta blocker medications.

Vitamin B6 (Pyridoxine)

Vitamin B6 has been found to help regulate blood sugar by assisting the body in converting stored nutrients into energy that the body uses. This helps increase metabolism.

Vitamin B6, also known as pyridoxine, helps enzyme reactions within protein and red blood cells, according to the Office of Dietary Supplements (ODS). Vitamin B6 increases thyroid function, which may boost your metabolism. In amounts near or slightly above the RDA, Vitamin B6 may increase energy, support immune system function and improve memory.

NOTE: Although weight loss clinics administer Vitamin B6 injections to dieters to aid in weight loss, impact on long-term health for injections isn't known so it is safest to take a standardized amount orally.

AILMENTS

Weight Management

Enerex Be Leanactive 2 formula combines 100 percent natural energy- and metabolism-boosting supplements that work with your healthy eating plan to show noticeable weight loss results. Food and herbal ingredients including Green Coffee and Green Tea, Chromium, Panax Ginseng, Cayenne and Kelp help reduce the glycemic index of foods, block absorption of simple carbohydrates, and burn calories with their thermogenic (heat-producing) effects. Gluten Free and Vegan (powder).

Strength & Body Building

Enerex Be Leanactive 2 includes several ingredients that are beneficial to a body building regime. Panax Ginseng and Maca are well researched to increase energy, stamina and strength. The thermogenic (heat-producing) effects of Green Coffee, Green Tea and Cayenne encourage lean mass and discourage fat accumulation. And the

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potent combination of Norwegian Kelp and Kelpware in its InSea2 are extremely high in absorbable protein which builds muscle, and are rich in iodine to promote a healthy metabolic rate. Gluten Free and Vegan (capsules).

PACKAGING

Why should you care about **Enerex Be Leanactive 2's** bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don’t acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it’s very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE white plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn’t provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you really like this product.

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