



**SIMPLY FORMULATED  
TO DELIVER MORE.**

# LEAN BENEFITS™

This straightforward combination of two clinically proven ingredients serves as a healthy weight management strategy and metabolic support product by focusing on the optimization of fat absorption, utilization and storage.\*

With the standardized bean extract BEANBLOCK® and the Phytosome™ formation of green tea called GreenSelect®, Lean Benefits provides two ways to support varied aspects of metabolic health.\*

### About the Ingredients:

#### BEANBLOCK®

BEANBLOCK® is a patented 1 purified bean (*Phaseolus vulgaris* L.) extract obtained from a single and specific Italian bean variety. BEANBLOCK® is standardized in groups of proteins with three different approaches: enzymatic, chemical and biological standardization.

In preclinical data, BEANBLOCK®, employed as a supplement in a mixed Mediterranean balanced meal, supported healthy glucose metabolism in healthy volunteers.\* It has also been shown to support healthy modulation of ghrelin secretion, thereby supporting a longer duration of satiety and normal appetite control.\*

#### Greenselect®

Greenselect® Phytosome™ is a formulation of a standardized decaffeinated green tea extract (Greenselect®) and phospholipids, allowing for enhanced bioavailability. Its active constituents are mainly represented by a group of compounds having a flavan-3-olic structure and generally defined as green tea catechins.

Greenselect® contains not less than 60% of catechins, the main constituent (-)-epigallocatechin 3-O-gallate (EGCG) accounting for at least 40% of the extract.

GreenSelect® Green Tea Phytosome™ has been extensively studied for its antioxidant activity and for weight loss support.\* A 20% increase of the antioxidative capacity was observed in volunteers treated with Greenselect® Phytosome™.\* We know that free radicals and metabolic health are intricately linked; supporting our body's capability to scavenge for free radicals may support normal weight management, as well.\*

GreenSelect® has also been studied with respect to its effects on metabolic syndrome and body composition, in conjunction with diet and lifestyle changes. In both clinical trials, GreenSelect® exhibited beneficial activity regarding metabolic health markers.\*<sup>2,3</sup> Green tea has also been known to support healthy thermogenic activity.\*

### SUPPLEMENT FACTS

#### Serving Size 1 Capsule

#### Servings Per Container 60

GreenSelect® Green Tea Phytosome™ (Camellia sinensis Leaf Extract/ Phosphatidylcholine Complex)	150 mg
Beanblock® (Standardized Dry Extract of Phaseolus vulgaris)	100 mg

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

**Warning:** If hypoglycemic, diabetic or pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, take 1 capsule twice daily after meals containing carbohydrates, or as directed by your healthcare practitioner.



Beanblock®, GreenSelect® & Phytosome™ are registered trademarks of Indena S.p.A.

1. Pietta, P., Simonetti, P., Gardana, C., Brusamolino, A., Morazzoni, P., & Bombardelli, E. (1998). Relationship between rate and extent of catechin absorption and plasma antioxidant status. *Jubmb Life*. doi:10.1080/15216549800204442
2. Greenselect Phytosome for Borderline Metabolic Syndrome. (n.d.). Retrieved from <http://www.hindawi.com/journals/ecam/2013/869061/>
3. Menghi, A. B., Barreca, A., Lucarelli, M., & Calandrelli, A. (0). GreenSelect® Phytosome as an Adjunct to a Low-Calorie Diet for Treatment of Obesity: A Clinical Trial.

Sold Exclusively Through Healthcare Practitioners.

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\*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.

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**WEB: [www.davincilabs.com](http://www.davincilabs.com) E-MAIL: [info@davincilabs.com](mailto:info@davincilabs.com) PHONE: 1-800-325-1776 FAX: 1-802-878-0549**