

GREEN & LEAN™ SCIENTIFIC SUPPORT

There is scientific evidence to support the benefits of maintaining a Balance of Cleansing, Exercising and Rejuvenating. Here are a few highlights.

An imbalance in pH can inhibit fat burning. “The acidosis resulting from excessive lactate accumulation causes a major shift in the acid-base balance.” “During prolonged high intensity exercise fat becomes an increasingly important substrate and several studies have demonstrated an inhibition of fat utilization caused by acidosis.” Reference: Plasma lactate accumulation and distance running performance, *Medicine & Science in Sports & Exercise*. 25(10):1091-1097, October 1993. Farrell, Wilmore, Coyle, Billing, Costill

Endurance is maximized by training just below the intensity level where lactate accumulates in the muscle. “Runners appear to set a race pace which allows the utilization of the largest possible Vo2 which just avoids the exponential rise in plasma lactate.” Reference: Plasma lactate accumulation and distance running performance, *Medicine & Science in Sports & Exercise*. 25(10):1091-1097, October 1993. Farrell, Wilmore, Coyle, Billing, Costill

pH buffers are proven to improve performance. “There are sufficient data to suggest that buffering agents can improve performances in such events as the 400-m sprint, 1-km cycling time trial, and Olympic rowing.” Reference: Mc Neutralize acid to enhance performance. *Sportscience Training & Technology*, Naughton, L. R., Dalton, B., Tarr, J., Buck, D. (1997).

Research shows chlorophyll may have anti-cancer properties. “Chlorophyllin, impedes the bioavailability of carcinogens by forming molecular complexes and enhances their elimination in the fecal stream.” Reference: Strategies for chemoprevention of liver cancer. *Eur J Cancer Prev.*, Kensler TW, Egner PA, Wang JB, Zhu YR, Zhang BC, Qian GS, Kuang SY, Gange SJ, Jacobson LP, Muñoz A, Groopman JD., 2002 Aug;11 Suppl 2:S58-64.

Other References:

1. Stallknecht B, Vissing J, and Galbo H. Lactate production and clearance in exercise. Effects of training. A mini-review., *Scand J Med Sci Sports* 8: 127-131, 1998.



**Green & Lean
Cleanse & Rejuvenate**

Supplement Facts

Serving Size: 1 capsule
Servings per container: 42

	Amount / Serving	%DV
Vitamin B6	10g	500%
Calcium Carbonate	50g	5%
Green Cleansing Complex	749g	*

(Senna (leaf), Cascara Sagrada (bark), Psyllium seed (husk), Barley Grass, Peppermint (leaf), Slippery Elm (bark), Barberry bark (root), Red Raspberry (leaf), Alfalfa (leaf), Apple Pectin (fruit), Fennel (seed), Aloe Vera (leaf), Dandelion (root), Ginger (root), Chlorella (leaf))

* Daily Value Not Established

Other Ingredients: Gelatin.

Contains No milk, egg, peanut, tree nuts, fish, shellfish, soy, wheat, yeast, glutens, or preservatives.

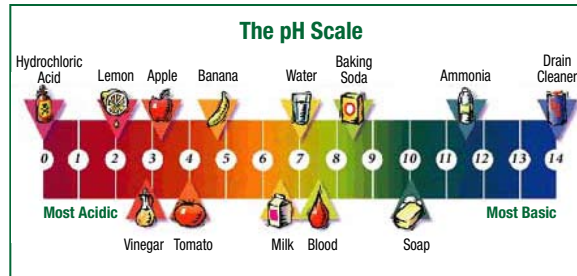
Note: Make sure to drink at least 6-8 additional glasses of pure water a day when cleansing and eat a healthy diet.

Stacking Option:

For expanded cleansing, use with **Supreme Liver.**



Green & Lean's unified combination of cleansing, detoxification and pH balance, rejuvenates the body, promoting enhanced athletic performance.



** These statements have not been evaluated by the FDA. The product is not intended to treat, cure or prevent disease.*

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Supports Weight Loss

Alleviates Bloating

Natural Detoxifiers





by **John Scott, CISSN, CNS, SPN**
Developer of John Scott's Nitro

"I understand what an athlete needs because I am one."

Green & Lean™ is a potent all-natural body purifier and colon cleansing formula containing a proprietary complex of 15 herbs. The first step in any weight loss, health or muscle building program should be cleansing, to purify and balance the body, allowing maximum results of any new program. Eliminating intestinal waste build-up has been shown to significantly improve health and accelerate body shaping results. Studies have also shown that managing pH levels can improve athletic performance.

IT'S ALL ABOUT BALANCE!

The human body is always working to maintain internal balance in all things (muscles, bodily functions, chemical reactions, etc.). This is called "homeostatic balance." When the body is out of balance, it has to work harder, it runs less efficiently, performs worse and is more susceptible to disease. Understanding internal balance is critically important for athletes. The body only obtains peak performance at this point of balance. Consequently, the

farther an athlete moves away from this point the worse they will feel and perform. Helping the body to maintain balance makes sense for everyone, especially athletes. When the body has been out of balance for a long period of time, it is harder to return

"Mild acidosis is common, affecting one of every two people."

to balance. Therefore, it is beneficial to give the body a jump start on its way back to balance via a process called cleansing. This is accomplished by specific herbs that remove waste, improve regular elimination and enhance the body's ability to absorb nutrients. However, cleansing products are usually just simple laxatives.

Why is **Green & Lean™** better than a simple laxative? Because other cleansing products only remove the waste but do not address the issues that cause waste and toxic build-up. Laxative formulas drain the body, pushing it away from homeostatic balance. This can be very uncomfortable and lead to further toxic build up and constipation. Conversely, **Green & Lean™** is designed to help the body quickly return to balance rather than disrupt it. It contains targeted herbs that work synergistically to cleanse the intestines, buffer acid and restore pH balance within the body. **Green & Lean's unified combination of cleansing, detoxification and pH balance, rejuvenates the body, promoting enhanced athletic performance.**

WHY SHOULD YOU USE GREEN & LEAN™?

1. Health (Cleansing, Detoxifying, Rejuvenating): Regular cleansing reduces toxic build-up in the intestinal tract and helps prevent illness. Colon cancer is the 2nd leading cause of death, among cancer deaths in the United States. Waste and other toxins from chemicals, pollutants, etc. build-up in

the colon which may lead to constipation, kidney stones, gallstones or other serious health issues.

2. Weight Loss (Elimination): Many people use cleansing to achieve rapid weight-loss, eliminate bloating and flatten the lower stomach. The body being out of balance can promote fat storage as well. Improper pH balance (acidic) can promote increased fat storage. Excess toxins are often stored in adipose (body fat) tissue. Although most of the immediate weight-loss is intestinal waste, subsequent weight loss is believed to come as a result of Green & Lean stimulating "fat burning".

3. Performance (Absorption, pH Balance): Every athlete can benefit from cleansing. Athletes who compete at an elite level need to understand the role of nutrition and pH balance relating to athletic performance. A clean intestinal tract will absorb more of the nutrients from food and supplements in an athlete's diet. **Green & Lean™** balances pH, improves the absorption/elimination of nutrients and improves oxygen transport, all of which will accelerate recovery, extend endurance and enhance performance.

THE SCIENCE OF PH BALANCE AND EXERCISE

Elite athletes need to maintain a healthy pH balance as it can be the difference between breaking records and feeling the (acid) burn. Even a slight pH imbalance can make you feel tired, lethargic and cause an increase in fat storage, digestive troubles and you may become more susceptible to injury.

The chemistry of the muscles and blood works best when the pH is slightly alkaline, about 7.4 (Neutral pH = 7.0). Other body parts can vary in pH though. Skin can vary from 4.5 to 7.0 and stomach acids are very acidic ranging from 1.0 to 3.0. However, if the muscles experience even the slightest shift outside of a very narrow range (7.35 to 7.45), performance can suffer dramatically. In fact, if blood pH goes outside that range, organ functioning becomes compromised. If blood pH strays too far from that narrow band for too long, the body will go into shock with potentially fatal consequences. Although severe metabolic acidosis is rare, mild acidosis is common. It is estimated to affect one of every two people.

The body is constantly trying to eliminate excess acids through the urine because excess acid damages body cells very rapidly. Human urine can range in pH from 4.5 to 8.5 and is a good reflection of the pH of the body's internal environment. If the urine tests high in acids (below 6.75), the body is in acidosis. If the urine tests low in acids (above 6.75), the alkaline minerals (from food and supplements) are doing a good job of buffering the acids in the body.

HOW PH RELATES TO ATHLETIC PERFORMANCE

Many scientists believe there is a direct relationship between performance and muscle pH. A German study that reviewed the available research concluded "Endurance performance can be predicted from the plasma lactate." Plasma lactate is the amount of lactic acid in the blood. This is an indicator of how well your body is clearing excess acid from the muscles during exercise. During intense exercise, the body reaches a point where it



can't produce muscle energy (ATP) quickly enough. As a result, anaerobic metabolism kicks in and helps generate large amounts of ATP. Due to the large amounts of ATP being used in a short period of time, acidic ions are released at a high rate. If the muscles can't clear the acid as fast as it's being produced, it begins to accumulate in the muscles causing the feeling of muscles burn. In more scientific terms, the buffering systems of the tissues are overcome, causing pH to fall and creating a state of acidosis.

Managing the drop in pH is also believed to extend endurance by sparing carbohydrate usage. Chris Carmichael, personal coach to Lance Armstrong, stated in an excerpt from his 2001 Tour de France journal that "One of the reasons that Lance Armstrong rides so well in time trials is that he can produce more power than most other riders before he reaches his lactate threshold, meaning he doesn't burn through his carbohydrate stores as fast."

Sustaining an optimal pH longer can sometimes mean the difference between victory and defeat for an athlete. Its effect on performance can't be denied. **Green & Lean™** provides a blend of ingredients that all work to drive a more alkaline environment in the blood. **Consider this; if your pH is 6.0, your body is 10 times more acidic than it should be. Because of this, it will take more effort for your body to perform at an average level. So it follows logically that restoring pH balance would allow for greater performance to occur. The good news is that Green & Lean™ can stop the destructive cycle of acidosis and restore pH balance.**

HOW TO USE GREEN & LEAN™ (APPLICATION)

Green & Lean™ is the ultimate supplement to improve nutrient absorption, intestinal health and performance. Always use **Green & Lean™** on an empty stomach preferably 30-45 minutes before meals or at least 2 hours after meals with at least one full glass of water. It is recommended to start at a lower dosage and gradually increase to more servings.

Health

- To detox the body and purify the blood, it is recommended to take 1 capsule/day for 10 days.
- For intestinal cleansing, it is suggested to work up to 1 capsule, three times daily for 2 days. Then reduce to 1 capsule/day for an additional 10 days. After that switch to OptiZorb 3 for daily maintenance.

Weight Loss

- Before beginning a weight loss program, it is recommended to follow the suggested use for cleansing above.

Performance

- Before beginning any training program, it is recommended to follow the suggested use for cleansing above.
- After a mass gaining or pro-hormone cycle, it is recommended to follow the suggested use for cleansing above. It is also recommended to use Supreme Liver during this cleanse.
- For athletes doing long-term, high-intensity training, it is recommended to follow the suggested use for detoxing above, once every calendar quarter or when you feel you have a pH imbalance (such as prolonged fatigue or muscle soreness).