

Everything You Ever Wanted to Know About ADD-INS

Performance Food Centers (PFC) works hard to make sure that the products and ingredients we bring you are the cleanest, purest, best natural and whole-foods based items on the market. While there are many supplements on the market, PFC has chosen to offer swiig Core Supplements as the Add-Ins to our Shakes and Smoothies. These supplements are a great way to help your customers achieve their health, wellness and performance goals. You can rest assured that swiig has built their brand on the philosophy of eating and living well with ONLY whole food ingredients and functional nutrients. Core Supplements never contain any synthetic or artificial junk and are blended for synergistic effect. One of swiig's philosophies is "you are what your food eats" – a principal that speaks to the depth of the transparency in their products and ingredients.

Get Lean For Fat Burning & Natural Weight Loss

Supplement Facts		
Serving Size: 1 scoop (5.4 g)		
Servings Per Container: 84		
Amount Per Serv.	% Daily Value*	
Calories	20	†
Total Carbs	5 g	2%
Proprietary Blend	400 mg	†
Inulin, L-Carnitine L-Tartrate, Garcinia Cambogia - 50% Extract, Chromium Picolinate †		
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		
Other Ingredients: Non-GMO Maltodextrin		

The Basics

Although it gets a bad rap, fat is essential to many of life's functions. That doesn't mean that we need to have excess stores of fat deposited around our body (especially in...certain areas). The right nutrients can help us burn fat efficiently and help restore a healthy balance and a strong metabolism.

The nutrients in Get Lean work together to aid weight loss, specifically fat-burning, especially when paired with regular exercise and a well-balanced diet of natural, whole-foods.

With as much as two-thirds of the adult population facing serious weight issues, losing weight is a top concern these days. However, there is a big difference between losing weight and burning fat. This disconnect leads people to make the wrong decisions with the types of workouts they perform as well as how nutrition could have either helped or thwarted all their efforts.

Eating a healthy diet full of rich whole grains, fruit, vegetables, legumes, beans, lean meats and healthy fats (along with daily exercise) is the best way to maintain a healthy weight. However, modern lifestyle dynamics can often lead to a poor diet. Because of portion control, timing of nutrients and the inferior quality of the nutrient-deficient and over-processed foods fueling our bodies, it's no wonder that many folks struggle to even strap on their sneakers. The question most often heard is "How can I effectively lose weight and keep it off for good?"

The answer is easy. Keep your body in an anabolic (muscle-building) state by assuring that the foods you eat are nutrient-dense and timed right. Muscle burns fat – Bam!

Key Benefits

- Suppresses appetite
- Facilitates the body's ability to turn adipose fat into energy
- Decreases the body's ability to make fat
- Targets body fat receptor sites & releases stored fat
- Helps maintain lean muscle mass
- Regulates blood sugar
- Reduces food cravings

Key Ingredients

Get Lean contains *adaptogenic herbs (herbs that normalize/regulate body systems) such as Chromium Picolinate which blocks fat & suppresses appetite, and Garcinia Cambogia & Inulin, which decreases your body's ability to make certain kinds of fats. L-Carnitine, helps the body turn fat into energy.

Inulin

Inulin is known to increase the levels of beneficial cultures in your intestinal tract, which helps fortify the body's natural defenses and increases absorption of necessary minerals and the synthesis of vitamins. It reduces your appetite by slowing carbohydrate metabolism and decreases the body's ability to make certain kinds of fats.

L-carnitine

L-carnitine is an amino acid (a building block for proteins) that is naturally produced in the body. It is a substance that helps the body turn fat into energy. The amount of fat burned depends a lot on the level of this valuable mineral in the muscle. The higher the level, the greater the amount of body fat used for fuel.

L-Tartrate

Carnitine tartrate is the supplement form of carnitine, a substance that plays a role in energy production. It plays a crucial role in helping your body burn, or oxidize, fat for fuel.

Garcinia Cambogia

Garcinia Extract contains a biologically active compound, which is known to inhibit the synthesis of lipids and fatty acids and lower the formation of LDL and triglycerides. Researchers also believe that Garcinia may inhibit the conversion of excess calories to body fat. Lastly, appetite is suppressed by promoting synthesis of glycogen. So much from one little herb, blocks fat, while suppresses your appetite!

Chromium Picolinate

Chromium Picolinate is essential for glucose, insulin, fatty acid and protein metabolisms. Because of food degradation, we're lucky if we get 50 mcg's a day but athletes require more. It also helps to reduce sensations of hunger, fat cravings and food intake.

*Adaptogens are a class of therapeutic substances that interact with stress response mediators involved in the regulation of homeostasis, energy metabolism and the neuroendocrine immune system. They are plants whose extracts decrease cellular sensitivity to stress in numerous ways that increase the ability to cope, tolerate, and adapt to many kinds of stress. Adaptogens decrease cellular sensitivity to stress and increase stress resilience when the individual is exposed to different kinds of stressors, including emotional, physical, heat, chemical, toxic, infectious, malignant, etc.