

# **Mannatech Leadership Event**

## **Dr. Nugent Wellness Training**

### **Monday Call, November 17, 2014**

- Mannatech Now – Tuesday November 25th 7:30 Pm CT at Mannatech Corp Offices or [www.mannatechlive.com](http://www.mannatechlive.com)
- Building Champions Call – Saturday 10 AM CT - 800-768-2983 – Access code 4717417#

#### **1. Psychology of Successful Business Building**

Presentations for 1 or 1000, psychology is the same

(Group, 1 on 1, Ongoing)

Training tips (this is about duplication)

Learn to integrate making money and helping peoples' health

11 scientific studies that confirm that laughter improves your immune system

##### ***A. Psychology of 3's***

Learning

Retention of information

Easy duplication

Public speaking:

Learn to:

1. Tell them what you're going to tell them
2. Tell them
3. Then tell them what you told them  
(people don't retain very well!)

Psychology of threes

There was a study 1,2 and 3 are Magic numbers

Drug company found that side effects will detract people from using their products; so they hired a psychologist...TV commercial played with mentioning 1 side effect, then 2 side effects then 3 side effects.

When 1 side effect, 98% retention; with 2 side effects, 94% retention; after 3 side effects, 92% got it right, but when they listed 4 side effects, 74% only...so lost significant levels of retention. (after 11 could not remember 1)

80% of our learning is VISUAL...so important to have visual match your talking, and 3 things are the limit for retention.

**APPLY THIS TO YOUR TRAININGS**

***B. Keep it Simple!*** "If you can't explain it to a 6 year old, you don't understand it yourself." Albert Einstein

- 1) Don't be technical; don't get into ingredients, let Mtech science do this for you. "One should use common words to say uncommon things." Shoepenauer

"Simplicity is the ultimate in sophistication" Da Vinci

"High Tech = Low Check" Dr Nugent

2) Successful interaction with anyone depends on psychology

Understanding who our audience is

Understanding what they WANT, not what they need.

Later after they have your trust, talk about what they need.

3) Keep it short

Attn spans are getting shorter

You want everyone to learn not just a certain group of people

### ***C. Additional Tips***

Establish That you have an interest in that person

1. Find out what's important to them

Don't talk too much...THIS IS A RELATIONSHIP BUSINESS

Ask questions (FORM)

2. Alter your presentation to meet their needs (not yours)

NEVER connect our products with a disease...no exceptions!!!!

Adjust the way you think...everyone you talk to is not someone to fill in your downline chart...everyone is a **NEW RELATIONSHIP**.

***Body Language:*** not absolutes...

Palms open and out...means I care, I like you, I am open

Eyes: pupils are open when you mean what you are saying, telling truth

When lying or not sure, pupils contract

***Absolutes:*** The majority of people automatically gravitate towards absolutes (always-never)

Don't talk absolutes (badly) about other products

"There are no existing papers saying magnesium stearate will kill you. It is a flow agent so no matter what Dr Mercola says, he is wrong."

He has based this on one study using "massive amounts," and the study was inconclusive.

Try not to think in absolutes...strive for accuracy. Because there are few absolutes!

"I know of none...I know of no other companies..."

ADD HERE....

These are qualifiers versus saying "there are no other studies."

Train your downline to do the same.

This is important for credibility. And if you are wrong once they will say you are always wrong.

Make sure you are compliant...no disease...speak objectively.

Glass half empty or half full...an objectivist will say this is a 4 oz glass that has 2 oz of liquid in it.

Use such words as:

May

Can

Help

**Support**

Suggests that ("Study suggest that...")

Associated with ("The use of these products are associated with...")

The majority of people will hear what they WANT TO HEAR...that is why the compliant info will work really as well if not better than any absolutes.

**LIGHTBULB:** The majority sees what they want to see.

Memories typically distort over time even if they were accurate to begin with.

BY USING THE RIGHT WORDS...and it won't reduce our effectiveness at all.

Most people don't get it the first time. That is why repetition is important

Expect to be misquoted

Expect low retention of the information, plan reinforcement into your presentations, repetition is good.

Schedule trainings once a week...average person can retain around 7 days.

Use multiple forms of reinforcements

Make trainings interactive where possible.

One call dedicated to products every month...or one product on each call...these are best.

People care more about benefits versus features...What's in it for me.

To make interactive on phone calls, "As an example what we want you to do this week is go to Mannatech library and watch the video on Immune Triad and we will **all** talk about it."

***Essential Business rules: (use with new associates as reasons for great business opportunity)***

1. Must have a product that everyone needs

Everyone needs nutrition

2. Your product must be renewable and consumable

3. Your product must be exclusive to you! We shine here! We have patented technology that no one else can have...and we have technologies that everyone needs. Technologies that WORK and are scientifically validated. They are exclusive to us. Say this with confidence.

"Mannatech is the best opportunity because of our products."

Train on your product periodically, reinforce sincerity.

***Follow Up after Meeting:***

1. Have follow up or handout or DVD/CD after the meeting  
Nugent did an audio tape on all the standard objections to hand out...avoid buyer's remorse (Nugent said he would be very happy to do that for us)  
He is considered a global expert in nutrition.
2. Their friends or family will tell them all the reasons they are wrong and that triggers buyers remorse.
3. DVD or CD with follow-up facts can counter this and help

***Library Helps:***

Mannatechlive.com and type in "Nugent"  
library.mannatech.com  
mannatech.com and click for product tab, click product videos, then watch my new products Focus

**2. Why Supplement**

1. Convince your potential customer that they need supplements
2. Help understand the Mannatech difference
3. Use tri-bundles to focus on their health simply and efficiently

***A. Do we get enough anti-oxidants:***

USDA RECOMMENDATIONS

1995: recommended 5-7 servings per day fruits and veggies

Today 7-13, teenage boy needs 9 servings per day

stress, toxins in air, food, etc.

Oxidative stress increases every year (because pollution increases, and more toxins in food)

Long list of health issues tied directly to toxins

Objection: "Oh but your products are so expensive..."

Okay so gov't says you need 7-13 servings of fruit and vegetables per day how much would that cost you?"

"What if I could show you a way to get 13 servings today, with swallowing 2 capsules...at a cost of perhaps 1/10th of what you might be paying by buying local produce (since I don't know the prices in your town)?"  
(he used qualifiers...accurate and confident)

WARN THE PUBLIC...some of the films out there on bad foods are just not accurate like Super Size, etc. SO, stick to the science.

AMA states

Most people do not consume an optimal amount of all vitamins by diet alone...It appears prudent for all adults to take vitamin supplements....(look at picture)

JAMA2002;287 (23): 3127-3129

Nugent would use this for objections...THIS IS A HUMAN MEDICAL STUDY OF HUMAN BLOOD...

Nobel Prize in Physiology for Medicine 1937

Albert von Szent-Gyorgyi ("He did Mannatech a huge favor!")

Lived when synthetic vitamins were born

They were taking a bi-product and making a vitamin (from petroleum)

"kind of like vitamins"

He said I don't believe synthetic can work the same in the body as Vit C from real food. And then he proved it with treating scurvy.

He studies scurvy...both groups have scurvy...gives one group food vit C, and they are cured, the other group from synthetic was not.

Doesn't mean synthetic is NO GOOD. It just doesn't work the same as real food.

So, can not say ascorbic acid "is no good." It just does not have anywhere near what real food vitamin C has.

Synthetic Vit C does raise the level of one immune cell so it does raise the immune response. BUT we know the real food one is much better.

### ***B. Why Vitamins?***

Approx 68% of Americans take nutritional supplements.

Also approx 95% are taking synthetic or "fractionated" vitamins and minerals.

2010 Study on Deficiencies (Dept of Ag):

90% deficient in Potassium

80% deficient in Vitamin E

75% deficient in Vitamin D

70% deficient in Vitamin C

70% deficient in Magnesium

Q: If DIET IS ENOUGH Then WHY IS IT AMERICANS ARE so Deficient?

Q: If these synthetic nutrients that 68% are taking work, why these off the charts shortages?

***DIET IS NOT ENOUGH; CLEARLY SYNTHETIC SUPPLEMETATION IS NOT EITHER.***

3 point review:

1. Medical Study recommends all adults take vitamin

2. Gov't stats report as many as 90% of Americans are deficient

3. Scientific study shows vitamins from food are more effective than synthetics. Vitamin Nature of Flavones Nature 1936; 798

### ***Points of Confusion:***

**Natural...**is petroleum natural? they are not good vits and minerals

**Organic...**anything containing carbon molecules...that means my boots are organic

So nutritious is not about whether they use pesticides

Cal laws "No pesticide was intentionally applied"

Pesticides are in the air and carried everywhere. Rain brings them down.

**Naturally sourced...** could be plants but also could be from rocks...

calcium supplements from rocks

Juice Plus story as well...petroleum is natural and synthetics come from that.

**Plant sourced...** Gyorgyi said there are cofactors that cannot be synthetically made. d alpha tocopherol is natural **BUT**

real vit E is 4 tocopherols and 4 tocotrienols...NOT 1 tocopheral...so legally they are right as natural, but it is not the real whole food molecule...

Why would your body look for a fraction of the molecule???

So d-alpha tocopheral is natural but not the entire vit E

**Fractions See above on vit E**

**Real food technology;**

MANNATECH TESTS ALL THE TIME, TO SEE IF ANYTHING FOREIGN IS ON OUR PRODUCTS AND WON'T USE IF DOES..

Lots of these give an "Illusion of truth"

Lots of nutrition companies reopen after 5 years under another name due to having no science, no quality control etc. Since FDA gives you warnings (rake in the bucks before they close down, then start anew)

Get from Chemical plant or Real plant...great slide

Mineral crystal vs Organic Complex of Mineral (great picture see attached)

Mineral Facts: Easley et al 2000, "Minerals and Diet" basically saying minerals recovered from mining ore or from byproducts of chemical processors. "Tests have shown that the minerals contained in the most popular brands of multivitamins do not dissolve (they are not soluble)."

### **3. Products**

#### ***A. Phytoblend Powder (Phytomatrix and NutriVerus)***

Get from Indian Mustard plant

Crushed the plant and make Phyto Blend Powder

Also make Nutriverus and Phytoburst Chews.

Phytonutrients: meaning is anti-oxidants in fruits and veggies...which we don't get enough of

94-95% of people willing to take dietary supplement will only take one.

(One a Day probably was a part of that)

SO 5% is all left and that is still PLENTY of people!

Nutriverus is NOT MEANT TO replace OSP

Meant for the person who only will buy 1 product

For those wanting to do the best, move into Phytomatrix and best value OSP  
Check label ingredients and will see OSP much more complete  
AO - Best antioxidant on earth as far as he is concerned based on the terrific  
science...

BEST VALUE: the OSP with Omega 3 and Ambrotose

If they will only take one, give them Nutriverus  
tremendous product...

Patented Hydroponic growing with no chemicals (lots of companies use  
chemicals). We use NONE

Minerals are now in the water, roots suck up the tiny particles of minerals.

Mannatech controls the growing environment of our Brassica Juncea...so no outside air  
let in so no possibility of contaminants.

MINERALS are rocks

Need to eat lots of plants to get them

Virtually all minerals are ground up rocks

Companies say

"We grind them up so small you can absorb them" **...still a rock.**

Mineral Crystal vs Organic Complex (see attached copy of slide)

Visually see they are different

Ensley, et al 2000 Minerals and Diet Met ion Biol Med (rocks are neither  
bioavailable nor soluble)

3 Point Review

1. Mtech real food technology company is the only one
2. Phytoblend powder is hydroponically grown from plants without chemicals
3. Phytoblend provides phytonutrient powder as only plant food can.

***Mtech difference:***

Science

Safety

Efficacy

Science: Most other companies don't have a lab...

They use borrowed science vs real because they have no lab.

We use real science.

Safety: we have multi-step safety system

Only 1 step is required

We use many steps...and we do it because we can and we care.

Efficacy: We prove with science

[mannatechscience.org](http://mannatechscience.org)

Send your doctors and medical professionals there

1. All Mtech products are gluten free

2. All Mannatech products are safety tested through our multiphase testing program
3. Mannatech does not buy ingredient materials known to contain genetically modified materials.

(Can not say "non-GMO" can't do this in the US. Why? there is no federal definition of "non-GMO" in the US so can't put that on your label.

***We meet all requirements of Europeans non-GMO standards***

So we can say the above and the following:

***Mannatech products do not contain genetically modified DNA from genetically modified (GM) sources.***

-More than 20 years old

more than 96% of MLM go out of business in 4 years

Product loyalty...why? because it works

-More than 90 patents with many more pending

-Doing business in 23 countries

Mtech has spent more than \$50 million on research and development

***"We are the Science Company"***

### ***B. Ambrotose***

"Mannatech has pioneered the new scientific field of nutritional glycobiology"

How many companies can say they pioneered a new science?

1983 is when Bill McAnalley reported that the active ingredient (molecule) in aloe is a sugar, and that it breaks down quickly when exposed to air and light.

Mannapol is the tradename for the Acemannan molecule from the aloe plant

New theory: "Altered glycoprotein structures might be a result of dietary deficiency of vital sugars." It all started with Manapol powder.

We were taught that carbs only give you energy so when Nugent came across it he was astounded.

Bill McAnalley becomes first chief of science.

He said we had to have our own lab, testing, safety, created Ambrotose.

NAS 2012: "Glycans - also known as carbohydrates, saccharides or simply as sugars - play central roles in many biological processes and have properties useful in an array of applications."

***(He doesn't want to say glyconutrients ever again...use Ambrotose or Ambrotose technologies. We did not trademark glyconutrient...)***

Everyone said proteins facilitated cellular communication and Bill McAnalley said where is that research? He proved it was these glycans.

"When they are properly matched to each other, then they communicate." So what happens when they are not matched?

An amazing berry from Tibet means what??? Where is the science?

"Nature Magazine." Vol 373 Feb 16, 1995 "Cell surface sugar structures are necessary for proper recognition and immune function."

"For any function in the body need fuel (materials) and cellular communication."

***Use "Ambrotose technologies"...(because there are 2 of these Advanced and Classic)***

With only 1 serving of Ambrotose, documented to improve memory function in 1 day!

Talk to millennials about:

Energy

Memory (for Finals)

Immune

Tired? Plus

Talk to Baby Boomers about Memory functions

Everyone knows there is a probiotic

ours has prebiotic as well

NSF is oldest largest and most trusted of all the companies in the world, completely neutral tests for two things:

1. Purity

2. Content

So, must have in your product what is on your label

Gold Medal with red ribbon...means at least

NSF...almost none of the other products in nutritional industry have this NSF certification.

Mushroom has 5 glycans (but none are those with cellular communication)

3 Point Summary:

1. Mannatech is the Ambrotose Company.

2. Scientific study suggests that the modern diet does not provide all necessary glycans for everyone.

3. Glycans do not treat, they facilitate cellular communication so the body can perform the way it was designed to.

Basic formulas for both:

Basic versus Advanced...first 9 ingredients are same

10th...glucosamine

Basic had shellfish base

Advanced is plant based

(function the exact same way)

11th...Manapol

Basic always had it/ now Advanced does too...50/50 with aloe vera gel powder

200 mg in Basic/100mg in Advanced

More fucoidans in Advanced from wakame

Advanced also has beta carotene

Serving Size: Classic 1 tspn; Advanced: 3/4 tspn

Look at slide: Benefits as found on Tear Sheet

Plus: number of patents: >50

Number of countries where patents granted: 30

Why Manapol was not initially put into Advanced? Due to fear of not having enough for Classic Ambrotose; now better sourcing and more accessible. (1600 lbs of Mannapol to make 2 lbs of Manapol, now only need 1100 lbs)

### **Common Questions:**

1. Is Ambrotose complex safe for sugar-sensitive individuals?

Double blind placebo controlled study Best, T. Developmental Neuropsychology 2010;35(1);66

No changes in blood serum levels of subjects in the study receiving 4 grams of Ambrotose per day.

***No disaccharides (table sugar) in Ambrotose that is WHY no increase in blood sugar level***

Stop using the word "sugar" say saccharide or Ambrotose to protect patent

2. Allergy to Aloe Vera?

People who are allergic to aloe are usually allergic to the ingredients in the yellow sap of the plant. Mannatech products do not contain this yellow sap...it does contain freeze dried aloe vera gel extract.

### **C. PLUS**

Endocrine support product

Think of it as Gland Food

all glands have amino acids, protein, etc requirements...not all the same.

But they also need plant foods....

Ours is bitter, and Plus contains nutrients in foods throughout our history...

Plant sterols needed and our modern diet contains virtually none.

Dioscorea provides plant sterols and like any plant based nutrient, it must interact with other nutrients as a team effort.

Beta sitosterol hugely important for prostate gland,

"Feel good" tablet

Plant estrogens are not human estrogens

No nutrient works on its own...

Need B6, Magnesium and Omega 3 in the form of EPA or DHA

Too much Omega 6 may cause body to excrete nutrients a study shows...

#### **D. Ambrotose AO**

WHY TAKE Antioxidants?

7-13 servings was last suggestion for average human consumption of fruits and veggies ...

Right now over 75,000 chemicals that did not exist in our environment in 1930...USDA says more than that due to voluntary registration.

Several hundred of these have been tested and show to be really bad for human and animal health.

You can't avoid exposure.

You are probably wearing clothes that have synthetics, in the seats, on the table cloths, in the air,,you can not avoid this.

"How to Survive in a Toxic Planet" by Nugent

Finding these chemicals in fish, waterways, in every human tested so far...

Serum ORAC Test

Considered the Gold Standard since testing in blood.

ORAC fl (fl stands for fluorescence)

ORAC protection units...brilliant marketing but really false!

One company says it fluoresces so much it works out to be equivalent to 100,000 ORAC ...almost entire industry uses this fl standard... (this product also showed in our testing to have NO blood serum value!)

Turpentine is high ORAC...good antioxidant?

TBAR that is another test

Fluorescent red...or that is better (sarcastic)

In their one study they say it is controversial and not accepted by all scientists.

OURS is tested, is accepted and we have done it 4 times in vivos (blood)

Nugent : In his opinion this is the BEST antioxidant in the marketplace as validated by scientific studies

300 mg is Ambrotose of 500 mg in each capsule...a special blend of Ambrotose roller compacted. Does not replace Ambrotose.

This is why we call it Ambrotose AO

4 years of testing on this product balancing and working with ingredients...

Then when tested they were blown away...37.4% increase in antioxidants in blood

Most of your diet should be vegetables...

Smoker...take 3-4 capsules per day. Quit smoking would be smarter!

#### **E. Omega 3's**

Without appropriate Omega your body can't produce anti-inflammatories.

see slide: typed below

Essential to brain health and function

Essential for natural anti-inflammatory production  
Essential for eye health  
Essential for the maintenance of normal levels of blood lipids and there for heart health

Dr Nugent takes 4 in am and 4 at night

Telling us to eat low fat...now saying "we were wrong!"

EPA DHA is what our body needs...

ALA comes from plants...and our bodies can convert ALA to DHA and EPA but we need nutrients from our blood to do it and some bodies are not sufficient resulting in poor absorption.

Anchovies have the correct balance...identical to EPA and DHA in our blood.

Tilapia has only Omega 6...so Dr Nugent takes more Omega 3 when eats Tilapia (since we are already 10-1 or so out of balance with Omega 6 versus Omega 3.

No science that says krill is better than anchovies.

And Krill is the food of whales...why take that? And 2.5 billion people won't eat Krill for religious reasons (no fin nor scales form the sea)

How fast your body absorbs Krill has no health advantage...same guy who once said only use plants for Omegas, got the exclusive on Krill and changed his tune, now he has lost exclusive and who knows what is next...

Ethyl Esters

Dr on website who says only good is ethyl esters...because otherwise muck up distillers (machines). But if you use expensive oil, no need for distillers (heat process destroys the 3's)...we don't use any heat nor pass through the distillers. We use enzymes versus heat.

Marketing tricks:

1. Certifications
2. Purity Claims
3. The Styrofoam Challenge

"By the way cholesterol isn't made out of styrofoam!"

The whole issue is purity.

EPAX6000TG is the oil we buy from the manufacturer...and they have agreed to give us an exclusive. It is ultra pure.

This oil was declared most pure by Euro Union scientists

EPAX received the Frost & Sullivan Award for Product Differentiation Excellence 2012

"Essential" means body needs it but cannot make it.

## **F. CardioBALANCE**

Dr Nugent most proud of this formula

We don't consume enough of certain nutrients by diet alone...

He added trimethylglycine

Homocysteine, triglyceride and cholesterol...it helps maintain already healthy levels of these three (we have to say that to avoid legal violation)

People on heart medication have low COQ10 (also in CardioBalance).

L-arginine is thought to increase nitric oxide which is essential in maintaining blood vessel health. Folate increases nitric oxide production, garlic helps circulation. Side effect is acts like purple pill...concentrates nitric oxide...to support prostate.

## **4. Dr. Nugent Bundles for Health Concerns**

1) **Heart Support** : Ambrotose, CardioBALANCE and Omega 3 with D3

2) **Circulatory Support**: Same

3) **Brain Support**: Same

4) **Eye Support**: Ambrotose, CardioBALANCE and Phytaloe

5) **Joint Support**: Ambrotose, BounceBack, and Omega 3

BounceBack: proteolytic enzyme is what you need

as we produce proteins, puts pressure on tissue, and need the enzymes to eat the protein

Systemic versus digestive...we can not take with food or the enzymes go for digestion...

Canadian's label says take with food (required by law)...yikes, don't follow that.

What about Sport?

Was designed to work on lactic acid support in muscles...

Will it help you with other things? Yes,

It will not work same way as Plus...

everything else is diff other than wild Mexican Yam

6) **Digestive System**: Ambrotose, GI-ProBalance, GI-Zyme

You need acid in your stomach to break down foods

If you take a drug to control acid then the drug destroy the pumps in another 24 hours...so have to take the acid reflux product again...

The muscle off sphincter at top of stomach doesn't close properly if you eat too much or wrong foods...so when lay down, acid seeps into throat.

pH is 1 to 3 in your stomach...in second pocket in duodenum it is 4.5 and then goes to 6 then gets to 8 by end of intestine???

There is science and then illusion of truth...your body needs different levels of acid for your body...you can not turn it alkaline...you can only change acid to alkaline 1% or you will be dead...

You can't shift your blood to alkaline...he is against Kangaroo water is crap...

GI-Zyme:

(1) Is isolated individually and therefore the flexibility in its formulation results in an enzyme supplement that suits the individuals diet.

(2) Helps to reduce the daily stool weight and total daily fecal excretion.

(3) Contains amylase, lactase, and malt diastase that helps to reduce the toxicity associated with gluten proteins.

GI-ProBalance

- (1) Pre plus pro biotic so symbiotic.
- (2) Perfect complement with Ambrotose.
- (3) Designed to be synergistic with Ambrotose.

Ambrotose works better with Probiotic...

## 7) Immune Function

Ambrotose

ImmunoSTART

GI-ProBalance

ImmunoSTART

What colostrum is...not milk, 1st discharge (1-6 hours after birth) which is when we harvest our colostrum...not milk with colostrum in it (like others).

1st breast feeding of child is probably the most important

4 Immune Support elements:

- 1) Colostrum
- 2) Lactoferrin (this is a milk product, higher productions of IgG most common form of immune function body produces)  
When we have immune issue, extremely important for our bodies to produce the IgG; raised it to match body level
- 3) Beta glucan: we use one scientifically studied shows activates immune receptors in your mouth before you swallow
- 4) Citrus pectin: series of saccharides...found in peels of oranges and limes so Mtech modifies the pectins so you can digest.

## 8) Bowel Support

Ambrotose

BounceBack

Omega 3 with D3

GI-ProBalance should be here also

## 9) Energy Support

Ambrotose

PLUS

EMPACT 20 minutes before activity

## 10) Quick Energy

PLUS

EMPACT

AmbroStart

is not same as EMPACT

AmbroStart kicks your body into action...

Plus 2-3 times per day

## 11) Blood Sugar Support

Ambrotose

PLUS

Phytomatrix

blood need nutrients to supplement those in blood...

**12) Sports Pre-workout**

Ambrotose complex

AmbroStart

EMPACT 20 minutes before

**13) During workout**

Ambrotose

EMPACT

CardioBALANCE as well...

Support stamina, circulation

(oxygenates the blood)

Sport can be used while working out as well

**14) Sports Post work out**

BounceBack

Omega 3

Sport.

**15) Fat Loss**

OsoLean

Omega 3

Phytomatrix

OsoLean: "Pearl necklace and each pearl is a protein

three peptides:

1. Contains ACE inhibiting peptides, adipose metabolism
2. Glycomacropptides stimulate release of cholecystokinin  
this produces satiation.. so why they advise taking 20 minutes  
before
3. Calcitrophic hormone regulation...helps stored fat convert to energy (in  
other words burn fat)

GOAL: Fat loss not weight loss

Also contains Leu Ile and Val...protein synthesis...this is to help retain muscle  
mass so to maintain a healthy body composition

Majority of people gain back...after weight loss, gain back 25% more.

More muscle easier to lose weight...

Peptide powder...study shows burn 3-4 times as much fat as lean...

Muscle is 20% heavier than fat by inch...

**16) Accelerated Fat Loss**

OsoLean

Omega 3 with Vit D3

GlycoSlim Meal Replacement

Converting fat into energy is tied to percentage of muscle mass you have...

Strongly recommend the Glycemic Index Diet as well

Lots of science behind it...

OsoLean is about FAT LOSS not weight loss

When you excrete insulin it shuts off the mechanism of converting stored fat into energy... so converts food to fat.

Lactose intolerance is not an allergy it is a lactase shortage...enzyme shortfall..

Need a medical doctor to do appropriate test.

Lactose sensitivity reactions rarely start at levels less than 25 mgs.

OsoLean has so low amount that rarely if ever could anyone have a reaction even if lactose intolerant

Casein is the known protein causing allergic reaction in milk products

