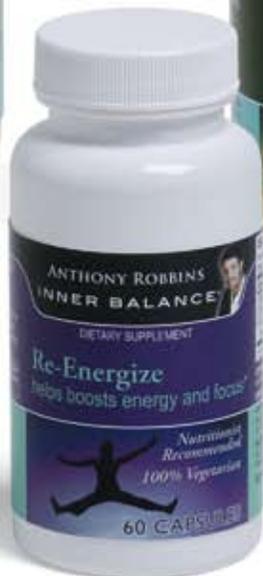
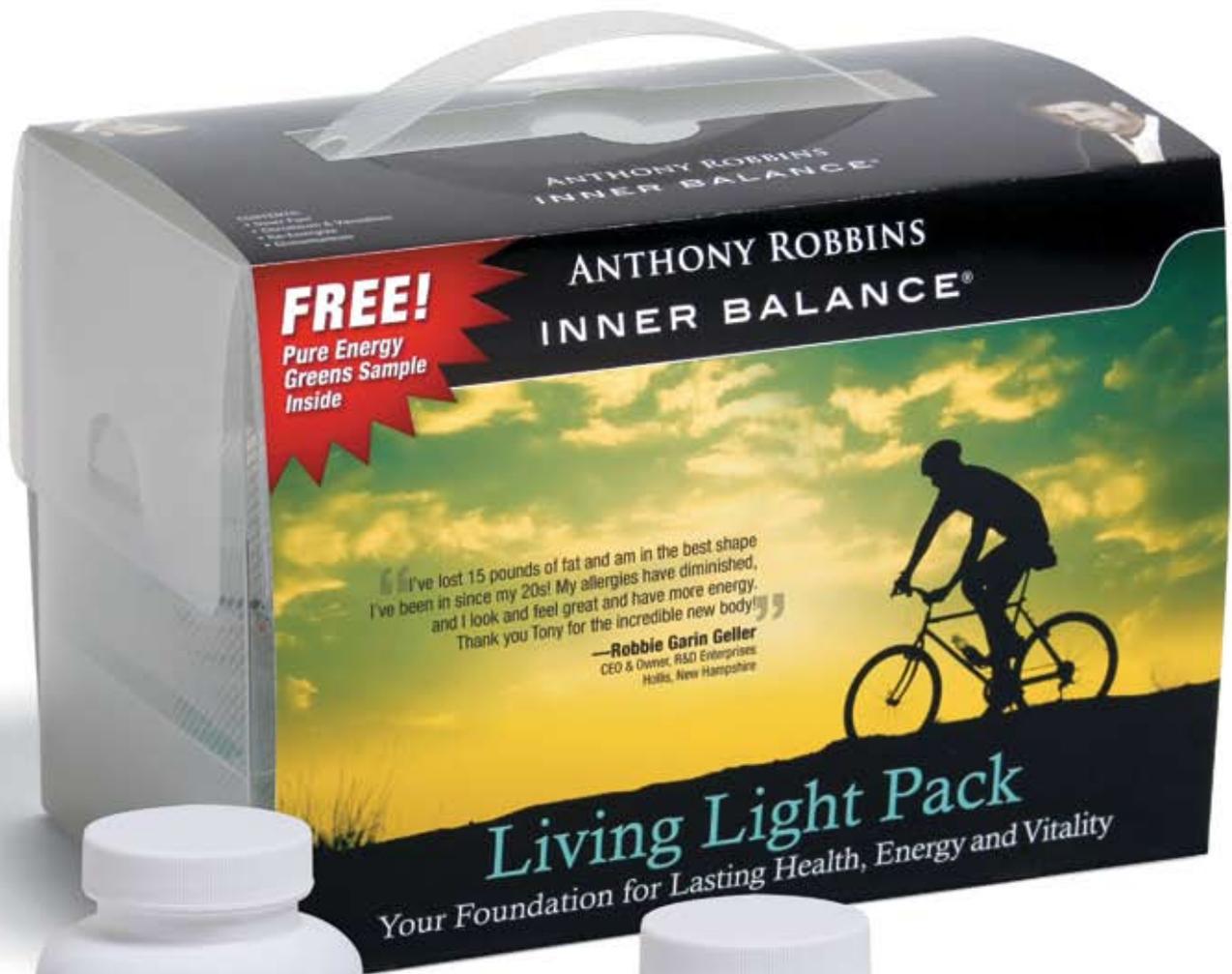


# ANTHONY ROBBINS INNER BALANCE™ LIVING LIGHT PACK



# ANTHONY ROBBINS INNER BALANCE™ LIVING LIGHT PACK

## Inner Fuel

### HOW IT WORKS

Inner Fuel is a highly effective and natural fat-burning supplement containing CLA (conjugated linoleic acid), a natural derivative of safflower oil proven to help reduce body fat while increasing lean muscle mass. Inner Fuel is most effective when used as part of a sensible diet and consistent exercise program.

### Inner Fuel:

- Helps reduce body fat
- Supports lean body mass increase

### WHY YOU NEED IT

When you embark on a weight-loss program, you want to lose fat rather than muscle. Since you are restricting calories, your body senses this and gets worried there may not be enough calories and protein around to function normally. Very soon after you start reducing your calorie intake, body fat breaks down and serves as a source of energy. Unfortunately, your muscles also break down to provide essential amino acids to support the vital organs.

You can encourage your body to burn more fat and less muscle by doing three things: First, include protein in every meal and snack as protein helps maintain muscle mass; second, be sure to exercise, which helps burn fat and build new muscle; and third, use Inner Fuel in tandem with the Living Light diet plan and a consistent exercise program.

Inner Fuel is a highly effective and natural fat-burning supplement containing CLA (conjugated linoleic acid), a natural derivative of safflower oil proven to help reduce body fat while increasing lean muscle mass. CLA has been shown to be effective in lowering body fat in individuals who were asked to live their normal lives by eating a regular diet and exercising at will. So even if you stray from your weight loss plan for a day or two, CLA will continue to reduce body fat. Recent studies have shown that overweight people who have taken CLA during the holiday season have managed to lose weight without depriving themselves of occasional treats. However, it is recommended that you follow the Living Light weight loss plan and exercise regularly in order to lose weight.

### PRODUCT DESCRIPTION

One-month supply

### INSTRUCTIONS FOR USE

Daily serving: Take 2-4 pills once a day, preferably with a large meal to assure maximum absorption.

Inner Fuel is part of the Living Light Pack and is not sold individually.

**Price: Living Light Pack \$134.99**

To order: visit [TonyRobbins.com/InnerBalance](http://TonyRobbins.com/InnerBalance)

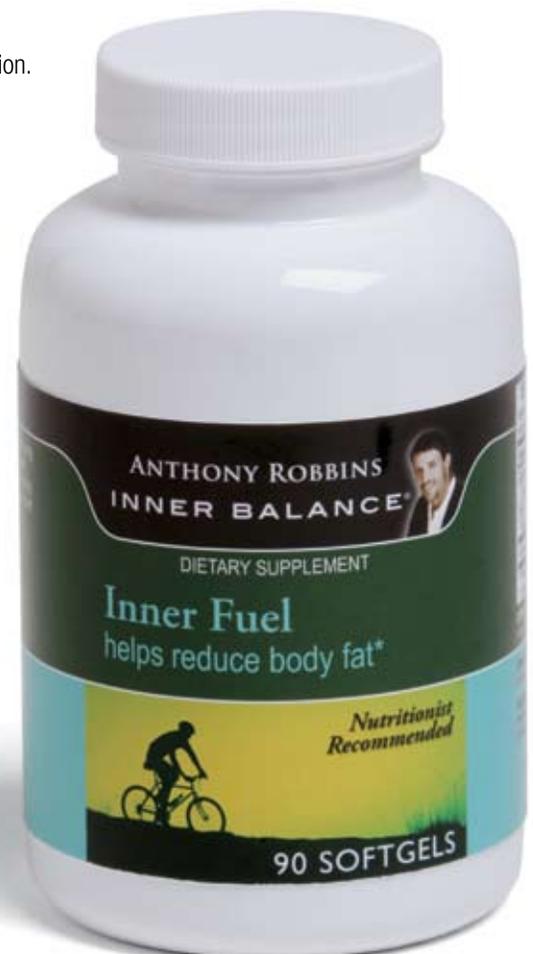
Toll Free: **1.877.464.4733**

Supplement Facts	
Serving Size: 1 Softgels Servings Per Container: 30	
Amount Per Serving	% DV
Calories	10
Calories from Fat	10
Total Fat	1 g 2%*
Trans Fat	0 g
Conjugated Linoleic Acid (from safflower oil concentrate)	770 mg †

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

**OTHER INGREDIENTS:** Gelatin, glycerine, carob extract, purified water and mixed tocopherols.

**DIRECTIONS:** Take 1 softgel 2 to 3 times a day. For best results, use as part of a proper diet and exercise program.



# ANTHONY ROBBINS INNER BALANCE™ LIVING LIGHT PACK

## Chromium & Vanadium

### HOW IT WORKS

Inner Balance Chromium & Vanadium minimizes cravings and controls hunger by regulating blood sugar and insulin levels. Chromium removes sugar from the blood, allowing the body to produce less insulin and therefore store less food as fat. Vanadium, a substance already found in human cells, promotes effective conversion of sugar into energy.

### Chromium & Vanadium:

- Helps support normal blood sugar levels
- Helps support normal blood insulin levels
- Helps control hunger and cravings

### WHY YOU NEED IT

Chromium and vanadium work together to minimize cravings and control hunger by regulating blood sugar and insulin levels. Chromium minimizes the release of sugar from foods, allowing the body to produce less insulin. Since insulin promotes fat storage, less is stored when using Inner Balance Chromium & Vanadium. Vanadium, a substance already found in human cells, promotes effective conversion of sugar into energy.

Long ago, when people consumed far fewer refined foods, issues related to high blood sugar only occurred in patients with diabetes. Now, high blood sugar is a common problem, and the more overweight you are, the more likely you are to have it. It may not be high enough for your doctor to diagnose you with diabetes, but it may be high enough to wreak havoc with your appetite which leads to weight gain. As your blood sugar spikes after eating certain foods, your body will produce large amounts of insulin to rapidly drive blood sugar back down. That is normal physiology. Unfortunately, when blood sugar is dropping and insulin levels are rising, the appetite goes into overdrive. When the brain senses a "shortage" of sugar in the blood, you feel hungry. To make matters worse, insulin sends your body a signal to store fat, which adds another challenge to your weight loss efforts.

The combination of chromium and vanadium may help make insulin more effective, so your body can release less of it, thereby storing less food as fat. It may also help your blood sugar levels to not rise so high and fall so quickly, thereby mitigating hunger. For best results, use Inner Balance Chromium & Vanadium in conjunction with Inner Balance Meal Replacement Shakes and Natural Energy Bars along with the Living Light weight loss plan and a regular exercise program.

### PRODUCT DESCRIPTION

One-month supply

### INSTRUCTIONS FOR USE

Daily serving: Take one capsule per day. Inner Balance Chromium & Vanadium works best if taken with meals.

Chromium & Vanadium is part of the Living Light Pack and is not sold individually.

**Price: Living Light Pack \$134.99**

To order: visit [TonyRobbins.com/InnerBalance](http://TonyRobbins.com/InnerBalance)

Toll Free: **1.877.464.4733**

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 30		
Amount Per Serving		% DV
Chromium (as ChromeMate® Chromium Polynicotinate)	400 mcg	333%
Vanadium (as Vanadyl Sulfate)	1 mg	†
† Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Rice flour, pullulan, medium chain triglycerides, magnesium stearate and silica.

**DIRECTIONS:** As a dietary supplement, take one vegetarian capsule daily with a meal.



# ANTHONY ROBBINS INNER BALANCE™ LIVING LIGHT PACK

## Re-Energize

### HOW IT WORKS

Re-Energize is the natural way to boost energy and help restore focus instantly. Re-Energize contains three key ingredients: natural caffeine from green tea; *Rhodiola rosea*, a natural herb shown to reduce mental fatigue; and Coenzyme Q10, a powerful nutrient known to support heart health while increasing stamina and performance during exercise.

### Re-Energize:

- Boosts energy and motivation
- Increases alertness and mental focus
- Improves well-being and mood
- Sharpens concentration
- Improves physical performance and recovery time

### WHY YOU NEED IT

Re-Energize is the natural way to boost energy and help restore focus and motivation instantly. Anthony Robbins has combined three of the most effective all-natural energizers available to create Re-Energize: natural caffeine from green tea, *Rhodiola rosea* and coenzyme Q10 (CoQ10). This extraordinary combination of energy-producing ingredients provides invigorating, revitalizing benefits for up to four hours, without the tenseness, jitters or insomnia caused by conventional caffeine pills. Here's how each ingredient contributes:

**Caffeine from green tea extract.** Caffeine is the most widely used stimulant in the world. And, because it is also the most studied, the side effects are fairly well known. One clinical study found that ingesting small amounts of caffeine such as that found in Re-Energize can improve cognition and mental focus. Another found that 100 mg of caffeine increased alertness and concentration, improved feelings of well-being and self-confidence, and increased energy and motivation (Griffiths RR. *J Pharmacol Experim Therap* 1990; 25:970-978). At small intakes, caffeine is effective but not associated with side effects like tremors, heart palpitations or anxiousness.

***Rhodiola rosea*** is a natural herb shown to reduce mental fatigue (Spasov AA. *Phytomedicine* 2000; 7:85-89). In one study in the former Soviet Union, a group of students who took *Rhodiola rosea* for 20 days before sitting for exams reported better psychomotor function and physical fitness, less mental fatigue and better test scores than students who took a placebo.

**CoQ10** is a powerful, well-studied nutrient known to support cardiovascular health while increasing stamina and performance during exercise (Ylikoski T. *Molec Aspects med* 1997; 18: s282-s290). In one study, a group of top-level Finnish skiers took the same amount of CoQ10 found in two Re-Energize pills and had their physical performance evaluated. After a session of skiing to the point of exhaustion, those using CoQ10 consistently performed better and had a higher aerobic threshold. When aerobic threshold increases, endurance improves and you can train longer and more frequently. The group taking CoQ10 also had a significant increase in VO2 Max, which is the maximum volume of oxygen one can consume during a workout. (The more oxygen consumed, the harder and longer a person can work out.) Finally, the skiers also had an enhanced anaerobic threshold, which enabled them to increase their speed, endurance and intensity.

### PRODUCT DESCRIPTION

One-month supply

### INSTRUCTIONS FOR USE

Daily serving: Take two pills at any time to increase your energy level. Use once or twice per day as needed. Do not use within four hours of going to sleep.

Re-Energize is part of the Living Light Pack and is **also** sold individually.

**Price: Living Light Pack \$134.99**

**Re-Energize \$39.99**

To order: visit [TonyRobbins.com/InnerBalance](http://TonyRobbins.com/InnerBalance)

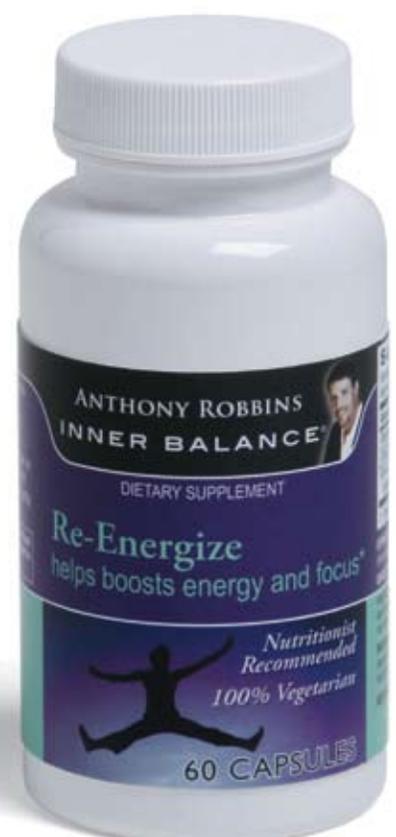
Toll Free: **1.877.464.4733**

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 30		
Amount Per Serving		% DV
Rhodiola rosea (root) extract	100 mg	†
Coenzyme Q10	90 mg	†
Green Tea Extract (standardized to 8.5% caffeine, 60 mg)	706 mg	†

† Daily Value (DV) not established.

**OTHER INGREDIENTS:** Rice flour, pullulan, magnesium stearate, medium chain triglycerides and silica.

**DIRECTIONS:** As a dietary supplement, take two vegetarian capsules once daily with a meal or snack or as needed. Do not use within four hours of bedtime. Do not take more than three servings per day.



# ANTHONY ROBBINS INNER BALANCE™ LIVING LIGHT PACK

## Glucomannan

### HOW IT WORKS

When taken with water before a meal, glucomannan, a low-calorie compound rich in natural fiber, reduces hunger naturally by partially filling the stomach to quickly produce a sensation of fullness.

### Glucomannan:

- Creates a sense of fullness
- Reduces hunger naturally
- Controls appetite
- Works to fill you up before a meal and satisfy you afterwards
- Allows you to eat less at a meal and still feel satisfied

### WHY YOU NEED IT

It is nearly impossible to feel energized and perform at your peak when you feel hungry—especially when that hunger is accompanied by irritability and fatigue.

Glucomannan is a fiber-rich compound that naturally suppresses appetite and controls hunger by partially filling the stomach to quickly produce a sensation of fullness. It also contains chromium, which helps manage blood sugar levels after a meal.

Glucomannan is created from an ancient fiber found in the Amorphophallus konjak plant (Biancardi G. Curr Ther Res 1989; 46:906-912). It works by swelling in the stomach to fill you up. Taking Inner Balance Glucomannan with a large glass of water about half an hour before a meal causes a significant reduction in the calories consumed at that meal, yet you won't feel deprived because your stomach has been gently filled with water and fiber.

Chromium is added in small amounts to control blood sugar levels after a meal. Inner Balance Chromium & Vanadium already provides some chromium, but because you take glucomannan before each meal, the chromium works to curb your appetite on a meal-by-meal basis.

A group of 20 overweight individuals (Bell SJ. Nutra World 2005; 8:50-51) took two glucomannan pills with a large glass of water about half an hour prior to meals. Those who used glucomannan before lunch and dinner lost the most weight during the eight-week study, while those who didn't use it on a regular basis didn't lose as much weight or actually gained weight.

### PRODUCT DESCRIPTION

One-month supply

### INSTRUCTIONS FOR USE

Daily serving: If you believe you may overeat at any given meal or snack, take two capsules with a large glass of water half an hour before eating. The product works on a per meal (or snack) basis and washes out of the system afterwards. Use Inner Balance Glucomannan at least twice a day for maximum effect.

Glucomannan is part of the Living Light Pack and is not sold individually.

**Price: Living Light Pack \$134.99**

To order: visit [TonyRobbins.com/InnerBalance](http://TonyRobbins.com/InnerBalance)

Toll Free: **1.877.464.4733**

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 60		
Amount Per Serving	% DV	Total
Carbohydrate	1 g	>1%*
Dietary Fiber	1 g	4%*
Chromium (as ChromeMate® Chromium Polynicotinate)	200 mcg	166%
Glucomannan (from <i>Amorphophallus konjac</i> )	1250 mg	†

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

**OTHER INGREDIENTS:** Pullulan, rice flour, magnesium stearate, medium chain triglycerides and silica.

**DIRECTIONS:** As a dietary supplement, take two vegetarian capsules 2-3 times daily with at least 8 oz. water. For best results consume at least 30 minutes before a meal. Do not exceed 6 capsules per day.

