

ANTHONY ROBBINS
INNER BALANCE™



DIETARY SUPPLEMENT

Living Light Pack

7 Steps To
Transform
Your Body
For Life



LIVING LIGHT PACK

TABLE OF CONTENTS

Biographies	2-3
Introduction	4-5
7 Steps to Transform Your Body for Life.....	6-14
1) Manage Your Psychology.....	7
2) Pay Attention to Everything You Eat	8
3) Move Your Body	9
4) Hydrate Your Body.....	10
5) Fortify Your Diet with Supplements.....	11-12
6) Alkalize Your Body.....	12-13
7) Track Your Progress	14
Eating Plan	15-24
Product Use	25-27
Pure Energy Greens with MSM	28
Meal Replacement Shakes	29
Living Light Pack Contents	30-33
Inner Fuel.....	30
Chromium & Vanadium	31
Re-Energize	32
Glucomannan	33
Continue Your Momentum.....	34-35
Online Health Assessment	36



Anthony Robbins
World Authority on
Peak Performance

Having directly impacted the lives of more than 50 million people from 100 nations with his work in the fields of leadership psychology and peak performance, Anthony Robbins is the one who gets the call from the superstar athlete when

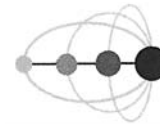
the game is on the line—fierce competitors like André Agassi, Serena Williams, Greg Norman, Wayne Gretzky, and marathon runner Stu Mittleman, who set a world record by running 1,000 miles in 11 days. Robbins has spent the last three decades mastering the principles of vibrant health by studying a diverse cross-section of experts.

Robbins' creed of improving the quality of life for people around the world is reflected in many of his subsidiary companies, including Twinlab Corporation, the highest-rated nutraceutical company, and Rebus Publishing, a 25-year-old consumer health and science publisher that has built an outstanding reputation for expertise in the areas of health, fitness and nutrition.

A past chairman of the National Science Foundation (NSF), Robbins currently serves as Vice Chairman for the Health & Education & Research Council Advisory Board—International Council for Caring Communities under the United Nations.

Stacey J. Bell, D.Sc.
Former Harvard Nutritionist

Nutrition science expert and national authority on diet Dr. Stacey J. Bell is a former Harvard Medical School faculty member and nutrition doctor who has authored more than 100 published articles that have raised the standard for the field of diet and nutrition.



IdeaSphere inc.™
 Consumer Focused • Science Based • Content Driven

Idea Sphere Inc. is a provider of high-quality, ready-for-sale natural and organic vitamins, nutrients and other earth-friendly products for its own brands—Twinlab, Metabolife, Nature's Herbs and Alvita Teas—and others including the Anthony Robbins Companies, Dr. Weil, Life Fitness and Spring Valley. In producing over 200 nutrition products—including tablets, capsules, powder drink mixes, nutritional snacks and bars—Idea Sphere provides end-to-end product formulation, manufacturing, logistics, warehousing, and fulfillment services.

Congratulations!

By purchasing the **Inner Balance Living Light Pack**, you've committed to proactively take care of your health, and you've taken an important step toward natural weight loss and improved health. In choosing **Inner Balance**, you've made a powerful decision to use a line of health products that combines ground-breaking science with Anthony Robbins' proven life strategies for exceptional health.

Anthony Robbins has spent the last three decades studying the principles of vibrant physical health and applying them to his own life with extraordinary results. In fact, at the start of his career, he used the very same strategies you will find in this booklet to lose 30 pounds and propel himself into a life of sustainable and vital health. What Anthony Robbins discovered is that health is not merely the absence of disease but a metabolic state in which the mind and body function at peak efficiency.

You can certainly achieve results by using the **Inner Balance** products alone, but if you combine them with an understanding and implementation of the principles of health, nutrition and energy, you will create a lifestyle that gives you the health, energy and vitality you desire and deserve.

GIVE YOUR BODY WHAT IT NEEDS

Inner Balance is specially formulated by Anthony Robbins and former Harvard nutritionist Dr. Stacey J. Bell to give your body what it truly needs:

- **Balance at the cellular level** is created by ensuring that each product delivers the proper dosage required for its intended benefits. Regardless of how good an ingredient may be, providing too much or too little can disrupt the balance and render the product ineffective.
- **Quick absorption** ensures that the active compounds in the product begin working as soon as they enter the body.
- **Fresh and natural ingredients from pure food sources** help you achieve the exceptional health you deserve naturally. Unlike other weight loss products that use artificial or low-quality ingredients, **Inner Balance** products are made from the highest-quality ingredients found in nature, and they are completely free of artificial colors and flavors. In fact, most **Inner Balance** products contain no dairy, yeast, hormone, peanut or gluten.

7 Steps to Transform Your Body for Life

- 1 Manage your psychology.**
Your thoughts and feelings should support, rather than challenge, your weight loss efforts.
- 2 Pay attention to everything you eat.**
Get in touch with your body, and learn to think before eating.
- 3 Move your body.**
Every little bit of exercise will push you closer toward your weight loss goal.
- 4 Hydrate and cleanse your body.**
Provide your body with the additional hydration it requires during weight loss.
- 5 Fortify your diet with supplements.**
Make sure you're getting proper nutrition as you cut back on your intake.
- 6 Alkalize your body.**
Nourish your body with fresh, live and alkalizing foods.
- 7 Track your progress.**
Measure your successes so you stay committed to your weight loss goal.

1 MANAGE YOUR PSYCHOLOGY.

The mind has tremendous power over the body. A person's beliefs can contribute to a lifetime of vitality, health, energy, passion, joy, and love—or a lifetime of health challenges, misery and devastation. Get conscious of the patterns of thinking, feeling, eating, and living that are not supporting your greater well-being, and take immediate, massive, intelligent action to change!

Begin by developing new, empowering beliefs to remind yourself that there is always a way to achieve your weight loss goal if you are committed. Define your rules so that you have control—not your environment or other people—and find ways to meet your needs in ways that are better for you, still feel good and that support your long-term health goals.

Brainstorm a list of activities that make you feel good and are good for you—activities that when you engage in them will cause you to feel positive emotions and replace negative thoughts with more empowering ones. Your list may include activities like volunteering, writing in your journal, eating healthfully, visiting a friend, jogging on the beach, or watching your favorite movie.

And finally, remember: **Nothing tastes as good as healthy, thin and vital feels!**

2 PAY ATTENTION TO EVERYTHING YOU EAT.

Thanks in part to “super-size” meals and “all you can eat” restaurants, portions are out of control. Many people eat everything on their plate, regardless of how large the serving is or how hungry they are. In several different studies in which portion sizes were steadily increased or food was continually replaced, the subjects ate everything they were served—even if they were full. If you cannot immediately visualize one serving of whatever it is that you’re eating, use a digital kitchen scale or measuring cups to help you determine the appropriate portion size.

Every time you eat a meal, sit down, chew slowly, and pay attention to the flavors and textures. Don’t read, watch television or engage in other activities that distract you from focusing on your meal. Learn to get in touch with your body, and stop eating when you feel full.

For sustained weight loss, try to eat a healthful breakfast every day and include two healthy snacks—one during the day and one before bedtime. Research has shown that those who eat breakfast eat less during the rest of the day and overall, and eating several snacks during the day has a positive impact on weight loss because it keeps hunger at bay. **Inner Balance Meal Replacement Shakes** are a convenient option for complete and satisfying nutrition to get you through your day.

3 MOVE YOUR BODY.

If you diet without exercise, you’re likely to stop losing weight sooner than you’d like. This is because the body senses that it is receiving fewer calories than usual and in response, it slows down its internal processes. This adjustment is called lowering the basal metabolic rate (BMR), the number of calories the body burns each day. This automatic biological response makes it progressively more difficult to lose weight while dieting.

The only known way to raise your BMR and “program” your body to store less fat is to increase your physical exercise. Exercising aerobically—at 55-65% of your maximum heart rate—will give your body more oxygen for energy, burn fat as fuel, and most importantly, it will help you to accelerate your metabolic rate so that you become a virtual “fat-burning machine.” However, even a brisk walk will generate similar results. If you exercise enough to build new muscle, you’ll burn more calories even when you are not exercising. You must continue exercising as newly formed muscle easily disappears if you don’t.

4 HYDRATE YOUR BODY.

Water is an essential and major component of all living matter. It is the largest single component of the body: Your brain is 76% water, your lungs are 90% water, and your blood is 84% water. Critical processes such as digestion, circulation, and excretion cannot occur without it. As a major component of blood, it carries nutrients to all vital parts of the body, plays a crucial role in maintaining body temperature and serves as building material for muscle growth and repair.

Simply through the activities of daily living, you lose an average of a little over two quarts per day. Generally, you replace this through the fluids and foods you consume. But exercise, sweating, excess elimination, temperature, or altitude can significantly increase the amount of fluid required and, if not replenished, can lead to dehydration. Even mild dehydration can have adverse effects on your health, including headache, fatigue and impaired judgment.

Drink half of your body weight in ounces each day. For example, if you weigh 150 pounds, you should be drinking 75 ounces of water (which is slightly more than two quarts) a day. Drink water throughout the day to maintain hydration; don't do this all at once. Too much water can lead to overhydration, which is just as harmful as dehydration.

5 FORTIFY YOUR DIET WITH SUPPLEMENTS.

Each and every cell in your body is constantly on the lookout for the appropriate vitamins and other nutrients as well as the thoughts, feelings and emotions it needs to maintain your overall health. If your primary goals are weight loss and physical fitness, supplementation is especially important because it ensures that your body is receiving adequate nutrition even as you reduce your caloric intake and increase physical activity.

Most doctors and nutrition experts agree that even with the most valiant and committed effort, it is nearly impossible to eat a balanced, healthful diet containing all the vitamins, minerals and nutrients our bodies need.

Today, there are many factors that contribute to our bodies' nutritional deficiencies:

- You know you should eat fresh, unprocessed foods to meet your body's nutritional need for essential compounds. However modern farming techniques which include the use of chemical fertilizers, pesticides and growth hormones may adversely affect the quality of these foods.
- Internal toxicity results from the increasing exposure of our water, air and soil to toxic chemicals and pollution.

- Over time, an accumulation of poor food choices also results in nutritional deficiencies. By skimping on the “Essential Foods” your body becomes starved of the nutrients it needs. In addition, high consumption of synthetically produced foods, artificial ingredients and other chemical additives offer little essential nutrients in our daily diets.

Additionally, the specially formulated supplements in the **Living Light Pack** will help you burn fat, stave off cravings, feel satisfied, fuel your energy and mental clarity, and invigorate and revitalize your body. It is also recommended that you use **Inner Balance Pure Energy Greens with MSM** all of the time, but especially while losing weight. You will get the extra hydration and alkalinity your body requires during weight loss.

6 ALKALIZE YOUR BODY.

One of **Living Light's** core principles is based on the power of alkalinity. In other words, if you eat a diet rich in acid-producing foods, you'll gain weight, especially as fat; if you eat a diet rich in alkalizing foods, you'll lose weight, or fat. By consuming foods that are low acid-producers (fruits and vegetables), you will make your blood less acidic and reduce the negative side

effects acidic blood has on your health as you lose weight. As the fat disappears, your blood pH will be restored to a higher and healthier alkaline level.

Since many foods are acid-forming and others are alkaline-forming, what we eat has a huge impact on the pH levels of the body. When food is metabolized and broken down, it leaves chemical residues that, when combined with our body fluids, can result in a fluctuation of pH levels.

To maintain a healthy body and maximize your energy and vitality, the best thing you can do for your body after proper oxygenation and hydration is to provide it with the vital, healthful nutrients it needs: green foods with greater energy and life force.

You should alkalize your body in two ways:

- 1) **Eat a diet that is rich in water and live foods.** This will not only satisfy your appetite, but it will also help you lose weight naturally and create habits that support you long-term in keeping off the weight that you lose. Water-rich, live foods include mostly fresh fruits and vegetables.
- 2) **Use Inner Balance Pure Energy Greens with MSM.** This revolutionary product contains a variety of alkaline-forming greens, including an exclusive concentration of organic grasses, green vegetables and natural fibrous herbs.

7 TRACK YOUR PROGRESS.

Set a realistic weight loss goal, and be specific about what you want to accomplish. Are you just trying to lose weight, or do you also want to increase muscle mass and condition your body for a half-marathon? Also, choose a realistic date by which you can achieve your intended results. Ultimately, you will want to create a plan that you can incorporate into your life—not just a unilateral, short-term plan.

Aim to lose about 10% of your present body weight each year. Research shows that people who lose this amount over the course of a year are most likely to keep it off. Your waist measurement is a very valuable tracking tool for weight loss and maintenance. Before you begin the **Living Light** weight loss program, measure around the narrowest part of your waist and record the number in a notebook. Continue to measure your waist every month or so and record your progress.

Record your eating habits in your notebook as well. Tracking your food intake, along with how you feel before and after eating, enables you to understand how various foods affect you physically and psychologically. Furthermore, it will be easier to stick to your eating plan if you put it in writing.

Finally, invest in a small pedometer to count every step you take during the day and record the results in your notebook. From the minute you get out of bed, every step counts.

The Smart Choice for Energy on the Go

*Despite your best efforts to eat fresh, whole foods, once in a while you may want to substitute a meal or a snack with a shake. If you're frequently on the road for your job, or your schedule makes it nearly impossible to prepare meals and snacks every day, **Inner Balance Meal Replacement Shakes** can provide the essential nutrients you need to feel your very best. Both are made with low-GL carbs to keep your hunger level in check.*

THE INNER BALANCE LIVING LIGHT EATING PLAN

The **Living Light Eating Plan** is unlike any other diet you've tried for the following reasons:

- It is easy to follow.
- It isn't based on counting calories.
- It doesn't totally eliminate any food or food group.

The Living Light Plan allows you to follow two very simple eating guidelines:

- A.** Eat your full complement of “Essential Foods.”
- B.** Eat mainly low-glycemic load, or “low-GL” carbs. (High-glycemic load, or “high-GL” carbs should be limited to 3-5 servings per day and should be eaten throughout the day, and not all at once.)

A. Eat your full complement of “Essential Foods.”

Other than hunger, the biggest contributor to weight gain and unsustainable weight loss is a nutrient-poor diet. While the typical Western diet includes plenty of calories and fat, it offers inadequate amounts of many essential nutrients.

By including the Essential Foods listed here in your daily diet, you can build a nutritionally complete diet without inducing hunger, severely restricting what you eat or eliminating any food group. With the Living Light Eating Plan, you can achieve your ideal weight without the deprivation and frustration that often accompanies more restrictive diet plans.

The Essential Foods guidelines that follow contain 100% of every nutrient you need each day. As you will notice, grains and starchy vegetables are not included among the Essential Foods. This is because all grain-containing foods (whether they are whole-grain

or not) and starchy vegetables contain high-GL carbohydrates. These foods are likely to evoke hunger after you eat them. You don’t need to eliminate grains and starchy vegetables like potatoes from your diet; instead, limit their consumption.

Aim to include the following Essential Foods in every 24-hour period:

DAIRY/DAIRY SUBSTITUTES

Everyone needs 1,000 to 1,200 milligrams of calcium each day to keep bones and teeth healthy. Calcium also promotes weight loss. The best sources are dairy products, but dairy substitutes, such as soy milk, are fortified with calcium.

Daily servings: 2-3 (about a cup)

PROTEIN

Protein is necessary to maintain muscle mass and promote satiety, which is vital for successful weight loss.

Daily servings: Include protein at every meal, especially breakfast, for a total of nine ounces per day.

Sources: There are plenty of protein sources besides meat, fish, and poultry; in fact, non-animal proteins, such as soy and beans, are healthier and lower in fat. If you choose animal proteins, look for organic or hormone-free products.

FRUIT

In addition to being a tasty source of fiber, vitamins, and minerals, fruit contains a unique blend of antioxidants that you cannot get from any other food.

Daily servings: 2

Sources: Choose a variety of fresh or frozen fruit over dried fruit or juice. These forms of fruit contain hunger-controlling fiber (low-GLs) and are more satisfying than juice. Try to avoid dried fruit, which is very dense in calories and less filling than fresh fruit. Two servings is all you need to supply the essential nutrients without consuming extra calories.

Quick Cooking Tip

When cooking fruit as a dessert, avoid recipes that yield a large batch (such as applesauce) and cause you to lose sight of how big a “serving” of fruit really is. Instead, cook fruits individually, as in a baked apple, poached pear or broiled grapefruit half.

VEGETABLES

Vegetables are the most alkaline-rich source of vitamins and antioxidants. These are the best foods to consume in large quantities while losing weight and when you want to maintain what you have lost. In fact, the leanest and healthiest people include at least four cups of vegetables a day regularly in their diets. Choose low-GL vegetables to maximize weight loss.

Daily servings: 4 or more cups of low-GL vegetables. You may have as much as you want of these vegetables.

Sources: Try to include as many different kinds of vegetables as possible in your daily diet. This will ensure that your body gets all of the phytonutrients it needs to maintain optimal health.

Quick Cooking Tip

- *Serve vegetables raw in salads or cook quickly in a skillet or in the oven.*
- *Include vegetables in soups and stews.*
- *Avoid deep-frying, breading and fatty sauces (cheese, cream or butter-based).*
- *Grill vegetables, but reduce the amount of oil you use.*

B. Eat mainly “low-GL carbs.”**CARBOHYDRATES**

Swings in blood sugar and insulin levels can promote overeating and lead to weight gain. Over the past few decades, researchers have been studying these blood sugar swings and subsequent hunger in individuals who do not have diabetes, and they have found that people who experience these dramatic swings weigh more than those who do not.

Moreover, researchers have found that blood sugar levels vary widely according to the types of food consumed. Foods that are composed mainly of protein, fat, or both have virtually no effect on blood sugar levels. Foods rich in carbohydrates, however, do affect blood sugar levels because they eventually turn into sugar after they are consumed.

Carbohydrates that release energy quickly, called “high-glycemic load (high-GL)” carbs, cause blood sugar to spike and then drop, so your brain soon sends signals that you’re hungry again. The high-glycemic load carbs actually promote hunger and weight gain.

In contrast, carbohydrates that are slow to release energy, called “low-glycemic load (low-GL),” carbs keep your blood sugar lower and your metabolism high. The low-GL carbs take longer to digest as they usually contain large amounts of fiber to help you feel full. Low-glycemic load carbs promote satiety and weight loss.

Examples of Low-GL and High-GL Carbohydrate Foods**LOW-GLYCEMIC:**

- apples
- asparagus
- carrots
- squash
- strawberries
- tomatoes

HIGH-GLYCEMIC:

- white bread/whole wheat bread
- cornflakes
- muffins
- pasta
- white potatoes
- white rice/brown rice

Snack with caution!

While snacking is important and highly recommended for lasting weight loss, most snack foods contain high-GL carbohydrates, which means they make you hungrier and ultimately promote weight gain. Avoid these and other sugary foods containing high-GL carbs: carbonated beverages, cakes, donuts, cookies, pastries, pretzels, candy, and all salty snack foods, including those that are “baked and not fried.”

THE LIVING LIGHT DAILY MEAL PLAN

MEAL	SUGGESTED MENU
Breakfast*	<p>DAIRY: Soy milk/Meal Replacement Shake</p> <p>HIGH-GL CARBS: Whole-grain cereal (or oatmeal, whole-wheat toast)</p> <p>Fruit jam with small butter or margarine</p> <p>FRUIT: 1 piece</p>
Snack	Hot tea with honey and lemon
Lunch*	<p>PROTEIN: 4 ounces of protein (such as fish)</p> <p>LOW-GL CARBS: Vegetables (such as a large salad with about 3 cups of mixed lettuces and other vegetables)</p> <p>Salad dressing</p> <p>HIGH-GL CARBS: 5 whole-wheat crackers (or whole-wheat bread or grains)</p>

LIVING LIGHT PACK

MEAL	SUGGESTED MENU
Dinner*	<p>PROTEIN: 5 ounces of protein (such as lentils or kidney beans)</p> <p>HIGH-GL CARBS: Any starchy grain (such as 1 cup rice) or starchy vegetable (such as 1 large baked potato, brown rice, whole-grain pasta)</p> <p>LOW-GL CARBS: Vegetables (such as 1 cup broccoli and 1 cup zucchini and tomatoes)</p> <p>FRUIT: 1 piece</p>
Snack	<p>DAIRY: Any dairy or soy/rice milk</p> <p>HIGH-GL CARBS: Small serving of sweet snack (such as 2 graham crackers)</p>

*You may choose to substitute an Inner Balance Meal Replacement Shake.

Here are a few additional guidelines to consider when planning your meals:

Choose foods that are alkaline-forming and life-giving. All non-starchy vegetables are alkaline-forming, so the **Living Light Eating Plan** encourages you to eat as much as you can of these. Fruits are also alkaline-producing but high in sugar, so you should limit your intake to two servings of fruit per day.

Dramatically reduce your intake of acid-forming foods such as protein, dairy, grains, and other high-GL foods. However, since your body requires protein and calcium from dairy or dairy substitutes, you must compensate for these nutrients by other means. The **Living Light Eating Plan** allows you just enough protein from animal sources to keep you healthy without overloading your system with too much acid. The **Living Light Eating Plan** is suitable for vegetarians as well.

Supplement your diet with essential oils. Your body requires two different essential oils from your diet. One is found in all vegetable oils and is plentiful in this diet; the other comes only from fish or seafood and must be included in your diet. Vegetarians and vegans can get this essential oil from nuts, flax and soybean oil.

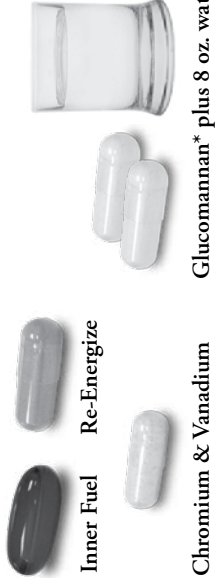


Quick Exercise Tip




Aim to take 10,000 steps daily; the average person burns 500 calories just by doing so! If you don't reach this goal, add more walking to your daily routine.

How to Use the Inner Balance Living Light Pack:

Follow the product usage instructions to achieve optimal weight loss and peak energy levels while using the **Living Light Pack**. (Note: Products should not replace any meals, except for the **Inner Balance Meal Replacement Shake**, which is not part of the **Living Light Pack**, but is recommended.)



TIME OF DAY/MEAL	PRODUCT USE (Supplements should not replace any meals.)
Breakfast or morning	 <p>Inner Fuel Re-Energize Chromium & Vanadium Glucosamin* plus 8 oz. water</p>
Mid-morning snack	 <p>Pure Energy Greens with MSM** plus 12-16 oz. water</p>
Lunch or mid-day	 <p>Inner Fuel Re-Energize</p>

TIME OF DAY/MEAL	PRODUCT USE (Supplements should not replace any meals.)
Mid-afternoon snack	 <p>Pure Energy Greens with MSM** plus 12-16 oz. water</p>
Dinner or evening	 <p>Inner Fuel Glucosamin* plus 8 oz. water</p>
Evening snack	 <p>Pure Energy Greens with MSM** plus 12-16 oz. water</p>

* Glucosamin can be taken up to three times daily 30 minutes before meals.

**Pure Energy Greens with MSM are not included in the Living Light Pack but are recommended. Take up to three times daily.

Pure Energy Greens with MSM

Pure Energy Greens with MSM is not part of the **Living Light Pack**, but it is strongly recommended that you use it while you are trying to lose weight and keep it off.

Pure Energy Greens with MSM is a blend of fresh and alkaline-forming dense green vegetables and natural fibers that increase energy levels and provide essential nutrients to help return the blood and tissues to a healthy pH balance. Each serving should be consumed in 12-16 ounces of water or other healthy beverage to prevent dehydration, which may be mistaken for hunger.

To Use: As a dietary supplement, take one teaspoon (2g) in 16 oz. water 3 times daily.

- Increases energy levels
- Provides hydration
- Provides alkalinity to increase blood pH, improve body function and boost vitality



Meal Replacement Shakes

Inner Balance Meal Replacement Shakes provide convenient access to complete, satisfying and natural nutrition. As part of a healthy diet and exercise program, Tony Robbins' Meal Replacement Shakes are specially formulated with hormone-free whey and low-glycemic load carbohydrates to promote weight loss when part of a responsible weight loss plan (see example below). A convenient alternative to a nutritious and satisfying meal, each delicious shake is high in protein and an excellent source of 21 vitamins and minerals.

Use as part of a healthy weight loss plan: Men should consume a total of 1,800 calories per day and women a total of 1,500 calories per day, drink plenty of water and exercise regularly.

Shakes come in two delicious flavors—chocolate and vanilla.

To Use:

Adults age 18 and older, mix one scoop (42g) with 8 fl. oz. of soy milk. Shake well and drink.



Inner Fuel

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.

To Use: Take four pills once a day, preferably with a large meal to assure maximum absorption.

- Helps reduce body fat
- Supports lean body mass increase



Chromium & Vanadium

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 this product. Vanadium, a substance already found in human cells, promotes effective conversion of sugar into energy.

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

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



Re-Energize

Re-Energize is the natural way to boost energy and help restore focus and motivation instantly. Anthony Robbins 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.

To Use: 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.

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



Glucomannan

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.

To Use: 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 is eliminated from the body naturally. Use **Inner Balance Glucomannan** at least twice a day for maximum effect.

- 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



CONTINUE YOUR MOMENTUM

If you want to continue experiencing the positive, long-term effects of natural weight loss...



Incorporate other **Anthony Robbins Inner Balance™ products** into your health regimen. Whatever your immediate goal—weight loss, better daily nutritional health, a cleanse, or exercise enhancement—Inner Balance products will help you take your overall health and energy to the next level.

Meal Replacement Shakes

Inner Balance Meal Replacement shakes provide convenient access to complete, satisfying and natural nutrition.



Chocolate or Vanilla

Call for Special Discounts on Pure Energy Greens with MSM

A specially formulated blend of organic green vegetables and natural fibers that help return the blood and tissues to a healthy pH balance.



To learn about the entire line of Inner Balance products, visit AnthonyRobbins.com/InnerBalance today or call 877.464.4733 | +001.858.535.6290



Enlist the support of an **Anthony Robbins Coach**. Designed to help you tackle your health and fitness goals, the Anthony Robbins Coaching program will help you determine where you are in terms of weight, body fat and cholesterol so you can create an action plan to achieve lasting results. **For more information about the Anthony Robbins Coaching program, call 888.834.9096 or visit AnthonyRobbins.com/Coaching today.**

FREE COACHING STRATEGY SESSION!

Call 888.834.9096 or +001.858.535.9900

ANTHONY ROBBINS

LIFE MASTERY™

Attend **Life Mastery**. Immerse yourself in a totally supportive environment where others like you seek the same level of vibrant and extraordinary health. **For more information about Anthony Robbins' acclaimed Life Mastery event, call 800.898.8669 or internationally 001.858.535.9900 or visit AnthonyRobbins.com/MasteryUniversity today.**

Take Charge of Your Own Health... in Just 5 Minutes!

Discover how you can create and sustain the pure energy and vibrant personal health you deserve! Visit the all-new Inner Balance Web site for Anthony Robbins' latest health and fitness tools and strategies as well as exclusive savings on Inner Balance and other health-related products and services.

The Inner Balance Web site features the following:

- **Tony's Health Philosophy**
- **The Science Behind Inner Balance**
- **Online Health Assessment***
- **Health Center**
- **Special Offers**
- **Success Stories**

With the new Inner Balance Online Health Assessment, you'll simply take a few minutes to answer some general questions about your health and lifestyle—general health, eating habits, weight loss and exercise—and you'll get immediate advice and product recommendations customized for your health goals.

Visit **AnthonyRobbins.com/InnerBalance**

and discover today how you can create a healthier, more vibrant you!



“Using Tony Robbins’ technologies, I was able to lose 55 pounds in less than one year, rediscover a gymnastic body type from my teenage years and most importantly, keep the weight off. The strategies I’ve learned are powerful forces in my life because they enable me to make positive movement each and every day.”

—Dorothy K. Breininger, Owner and CEO, Center for Organization & Goal Planning



ANTHONY ROBBINS COMPANIES™

9888 CARROLL CENTRE ROAD, SUITE 100, SAN DIEGO, CA 92126

Toll-Free: 1.877.GO-4-GREENS | www.TonyRobbins.com/InnerBalance

© 2007 Robbins Research International, Inc. All rights reserved.