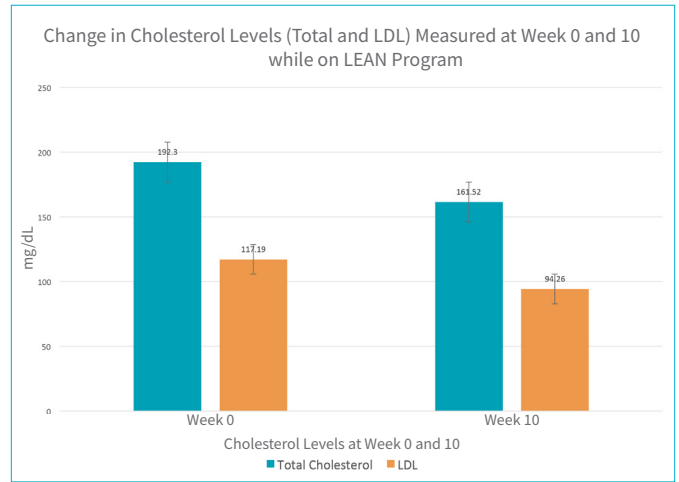
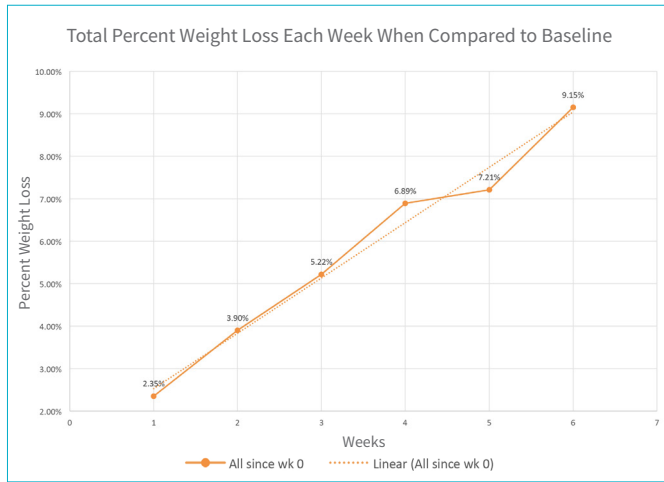
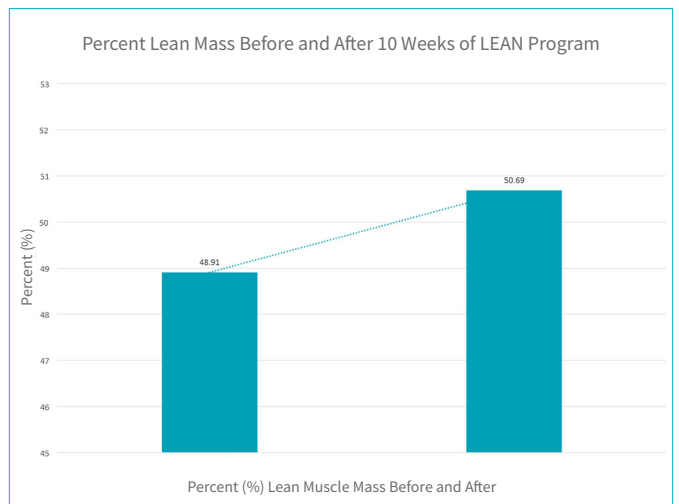
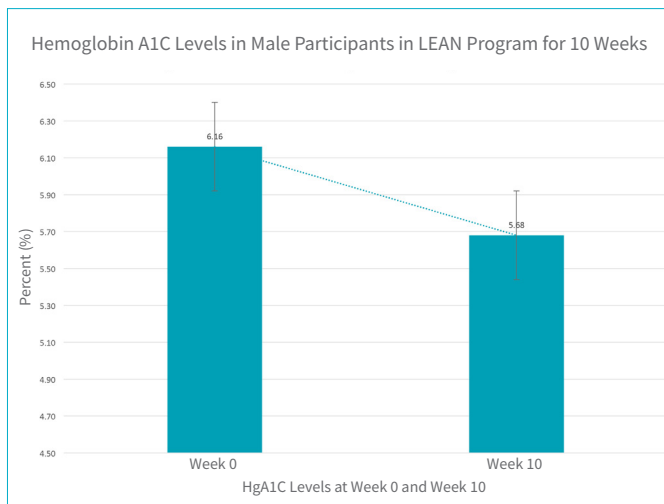


LEAN is a doctor-designed program that provides the right foods, in the right amounts to help you achieve your weight loss goals.



1. The LEAN program participants had an average of 9.26% (17.4lb) weight loss in 10 weeks. Weight loss between 5 to 10 percent can decrease risk of chronic disease.

2. LEAN program participants decreased their total cholesterol and LDL (bad cholesterol) by 15.6% and 19.6%, respectively. Males had a 28.7% decrease and females had a 10.8% decrease in total cholesterol. LEAN program participants were able to maintain healthy cholesterol levels.



3. Male LEAN program participants decreased their average A1C from 6.16 to 5.68 and were able to maintain healthy blood glucose levels. A1C measures the average blood sugar concentration in the month preceding.

4. LEAN participants had an average of 3.65% of lean muscle mass gained. Muscle mass has shown to play a positive role in overall health.