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THORNE
RESEARCH
Pure Ingredients, Trusted Results



Recommended Use: Take one capsule with breakfast and one with lunch, or as recommended by your fitness professional.

TO REORDER shop.lifetimefitness.com

WARNING: If you are pregnant or nursing, have a medical condition, or are taking any prescription drug, consult your physician or health-care professional before taking this product.

KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal under cap is broken or missing. Store in a dry place and avoid excessive heat.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

Manufactured by: Thorne Research, Inc.
Formulated by: Life Time Fitness, Inc.
2902 Corporate Place, Chanhassen, MN 55317
LTFL1076 LTFL107601



LEAN + FIT

LEAN COMPLEX

energy boost*

BURN

120 capsules
helps increase energy
and heat production and
stimulates metabolic rate*

Day

dietary supplement

SUPPLEMENT FACTS

Serving Size: One Capsule

Servings Per Container: 120

Amount Per Serving		%DV
Green Tea Phytosome† (<i>Camelia sinensis</i> extract (leaf) decaffeinated / Phosphatidylcholine complex)	125 mg	*
Cayenne (fruit) (<i>Capsicum annuum</i>) ††	80 mg	*
Caffeine	30 mg	*

* Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose.

†This product uses Indena S.p.A.'s green tea phytosome (Greenselect®). Greenselect is a registered trademark of Indena S.p.A. ††This product uses OmniActive's cayenne extract (Capsimax®). Capsimax is a registered trademark of OmniActive Health Technologies Ltd. Capsicum standardize to Capsaicinoids 2%.

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