

# Balance & Burn™ System



**Product Size:** 30 stick packs (0.1 oz/2.9 g each)  
and 30 dual-action packets  
**Item No:** 51478

## ABOUT

Meet the system that helps support your healthy weight management with clinically studied botanicals, as well as pre- and postbiotics and essential oils. These ingredients work together to help your body use fat efficiently and maintain healthy blood sugar levels already within the normal range—so you feel good inside and confident outside.

Unlike harsh alternatives, the Balance & Burn system is designed for daily balance without the side effects, giving you a wellness-first way to feel confident in your body.\* Because when wellness feels this fun, balanced, and effective, you won't just see the difference—you'll love living it.

## FEATURES & BENEFITS

- Helps support production of GLP-1, a naturally occurring hormone in the gut that impacts healthy blood sugar metabolism.\*
- Helps your body use fat efficiently for energy\*
- Helps maintain healthy triglyceride and lipid levels already in the normal range\*
- Supports a healthy gut and microbiome diversity\*

## INGREDIENTS

**Balance & Care stick pack:** *Akkermansia muciniphila* (10 billion TFU), Allulose, Agave inulin, Soluble tapioca fiber, Grape (*Vitis vinifera*) fruit extract, Wolfberry (*Lycium barbarum*) fruit extract, Grape powder blend (with Hydrolyzed starch, Acacia gum)\*, French gray sea salt

\*With other botanical extracts for flavor

Ditch the sluggish mornings, the foggy afternoons, and the nonstop food noise. Start feeling good in your body with a plant-powered GLP-1 support and weight-management system.\*

**Burn capsule:** Polyphenol blend [Pomelo (*Citrus grandis*) fruit extract, Grapefruit (*Citrus paradisi*) fruit extract, Citrus hesperidin, Guarana (*Paullinia cupana*) seed extract, Orange juice concentrate], Vegetable capsule, Green tea (*Camellia sinensis*) leaf extract, Black ginger (*Kaempferia parviflora*) rhizome extract, Microcrystalline cellulose, Silica (From bamboo shoot extract), Bergamot (*Citrus bergamia*) peel oil†, Cinnamon (*Cinnamomum verum*) bark oil†, Grapefruit (*Citrus paradisi*) peel oil†

**Control capsules:** Berberine phytosome [Barberry (*Berberis aristata*) root extract Phospholipid complex], Vegetable capsule, R-alpha lipoic acid sodium salt, Gymnema (*Gymnema sylvestre*) leaf extract, Microcrystalline cellulose, Silica (From bamboo shoot extract), Ginger (*Zingiber officinale*) root oil†, Chromium picolinate

†Premium essential oil

## THE SYSTEM OVERVIEW 1-2-3 & ABC'S

We blend the best of science and plant power in one metabolic health system that helps support GLP-1 and healthy microbiome diversity, blood sugar metabolism, and the way your body uses fat efficiently for energy—so you can stay consistent, feel more in control, and move confidently toward your goals.\*

### A: Akkermansia

#1 Gut-Microbiome System:

Akkermansia: Helps support GLP-1 production in the gut which impacts blood sugar metabolism and promotes healthy microbiome diversity\*

### B: Burn Formula

#2 Adipose (fat) Management System:

Citrus polyphenols: Helps support healthy fat metabolism and body composition.\*

### C: Control Formula

#3 Glucose Management System:

Bioavailable Berberine: Helps support healthy blood sugar metabolism.\*

The Balance & Burn System is three synergistic formulas—Balance & Care, Burn, and Control that support three key metabolic pathways, in one powerful system.\*



# Balance & Burn™ System

## THREE SYNERGISTIC FORMULAS

### Balance & Care™ stick pack:

Supports a balanced gut microbiome and GLP-1 production, which impacts blood sugar metabolism; also signals a metabolic transition for healthy body composition and helps enhance butyrate (a beneficial short-chain fatty acid) production in the gut for L-cells modulation\*

#### Formulated with:

- Akkermansia postbiotic for supporting GLP-1 production, which impacts blood sugar metabolism and healthy microbiome diversity\*
- Wolfberry polysaccharides, agave inulin, and soluble tapioca fiber to maintain gut microbiome diversity\*
- Allulose sweetener that won't spike blood glucose
- Mineral-rich French gray sea salt, also known as Celtic Sea salt
- Grape extract, which promotes a healthy gut microbiome modulation due to its prebiotic benefits effect\*
- High levels of polyphenols from grape extract, which help cultivate the foundational bacteria *Akkermansia muciniphila*\*

### Burn:

Supports healthy body composition, helps maintain a proper balance of body fat and lean muscle mass, and provides ongoing support for metabolic health when used with a sensible diet and regular exercise\*

#### Formulated with:

- Plant-derived caffeine that helps maintain metabolic activity\*
- A blend of citrus polyphenols and guarana extract to help support lipolysis\*
- Green tea polyphenols, including EGCG, that provide antioxidant support
- Black ginger extract that helps support vitality and overall wellness\*
- Grapefruit, Bergamot, and Cinnamon Bark essential oils

### Control:

Supports healthy weight management and body composition, helping induce a metabolic shift towards body fat, when combined with a sensible diet and exercise; also promotes a healthy glycemic profile, insulin sensitivity, and supports healthy blood sugar levels already within the normal range\*

#### Formulated with:

- Phytosomal berberine for enhanced bioavailability
- Ginger essential oil

## SCIENCE-BACKED INGREDIENTS

- Akkermansia postbiotic
  - In an 8-week randomized controlled trial in overweight adults, supplementation with Akkermansia muciniphila (viable or pasteurized) increased GLP-1, a hormone associated with appetite and metabolism.\*
- Berberine
  - Bioavailable berberine with phytosomal technology clinically studied for enhanced absorption
- Citrus polyphenols
  - In a randomized, placebo-controlled clinical trial of overweight adults, a citrus-polyphenol blend helped reduce body weight, body-fat mass, and waist/hip circumference without loss of lean muscle mass over 12 weeks.\*
  - Ex-vivo and clinical markers suggest the citrus-polyphenol blend may enhance lipolysis, which could contribute to observed changes in body composition.\*

## POWER OF YOUR PURCHASE

The Cinnamon Bark essential oil in this formula comes from our fifth-generation partner farm in Sri Lanka, which uses herbicide-free practices, careful harvesting, and beekeeping projects to protect the planet. This farm also supports a nearby school with scholarships, repairs, and classroom technology, while offering free medical care and dry food distribution for local families.

## PAIRS WELL WITH



Daily Prebiotic Fiber™ powder, Item No. 36014



Whole Body Cleanse™ powder, Item No. 47953



Life 9® supplement, Item No. 18299



NingXia Red® drink, Item No. 3042

