

# Balance and Burn®

With L.E.A.D.S.®

Live Enzyme Activated Delivery System®



## A revolutionary new way to energize your life for a healthier life style and exercise support. 50 times more powerful than beets!

**Balance and Burn® is improved.** As one of NWC Naturals best loved formulas for many years we looked at the formula to see what could add to enhance the formula with the latest science. Balance and Burn® has always addressed the problems associated with dietary fats and refined sugars. It helps to increase energy by making fat available for use in the system. It is not a fat burner or blocker but a fat digester that allows the body to use fat stores. It also helps build lean muscle that burns fat during exercise, while supporting healthy insulin function. We have added Green Coffee Bean extract and Green Tea extract for proven appetite suppression and fat loss support. But the biggest improvement is the addition of a patented Red Spinach Extract that is standardized to 9% Nitric Oxide.

### Balance and Burn® supports Energy with Healthy blood sugar and cholesterol levels

- **Boost your nitric oxide production for more energy**
- **Gives you the best nitric oxide support from the richest sources of nitrate in nature**
- **Plays a role in supporting normal circulatory functions and healthy arterial function**
- **Make your workouts better with more energy to help you work out longer and harder**
- **Stop food cravings and binging**
- **Workout with a higher intensity level, less energy fatigue**
- **Support healthy blood sugar levels**
- **Supports how the body handles blood sugar and metabolism with No crash**
- **Reduce fat stores**

The use of nitrate as a way of enhancing sports and training performance is taking the world by storm. Ingredients like beetroot powder and beet juice are talked about in the media, gyms, and training rooms everywhere. The problem with these ingredients? They are highly variable in the amount of nitrate they can deliver and they aren't very concentrated. Our Standardized Nitrate is an extract of red spinach (Amaranthus) – one of the richest sources of nitrate in nature. A patent-pending production process delivers the highest nitrate content ingredient from the leaves of red spinach – with more than five times the amount of nitrate as beetroot powder and more than 50 times beet juice. That's right. More than 50x. Offered as a powder, it is 100% water-soluble, sugar-free.



Eating right and exercising regularly may not be enough to help maintain your Nitric Oxide at optimal levels. That's why new Balance and Burn® should be a part of your daily supplement support. The key to maintaining a healthy weight is to properly digest the fat you do consume and keep your blood sugars in balance.

# Ingredient Overview

**Move over beets- New Balance and Burn®** helps to promote healthy circulation and support healthy blood pressure levels in the body through oxygenation of the blood. Especially for those over the age of 40, it's important to help keep your Nitric Oxide at optimum levels in the body. We have solved this problem by putting the best Nitric Oxide in our supplement Red-Spinach extract which is 50 times more potent than beet powder.

**Nitric oxide** has been found to improve the blood flow throughout the body by acting as a vasodilator. This improved blood flow allows people to push themselves, especially when it comes to working out and exercising. Having a healthy circulatory system can have a positive effect on your overall health. Red spinach is completely changing how sports nutritionists look at nitrate. Recent research has found that, when tested, red spinach has much higher levels of nitrate than beets.

**Green Coffee Bean Extract-** Because green coffee beans are not roasted, they contain the active ingredient that makes them such an effective weight loss support - chlorogenic acid. The roasting process removes the chlorogenic acid from the bean. It's good for you because it slows down the conversion of nutritional fat into body fat. For weight loss, chlorogenic acid in green coffee is thought to affect how the body handles blood sugar and metabolism.

**Green Tea Extract-** Has active powerful antioxidants. A cup of green tea has more antioxidants than a serving of broccoli, spinach, carrots, or strawberries. Also, offering great weight loss support. Green tea can protect your joints and keep you moving. Taking green tea extract can help with endurance exercise. Green tea is used to improve mental alertness and thinking. Since Green tea is not fermented it is able to maintain important molecules called polyphenols, which seem to be responsible for many of the health benefits of green tea.

**Chromium Chelate-** an essential trace element that has a positive effect on fat and carbohydrate metabolism. Chromium insures that insulin works efficiently, which is vital to controlling hunger, regulating energy, fat burning and muscle building. Without chromium, insulin doesn't work correctly causing fatigue. Chromium also plays a role in governing the utilization of cholesterol. Many people have used chromium picolinate as a weight management tool; however, Chromium Chelate has been shown to

Supplement Facts	
Serving Size: 1 Capsule	
Servings per container: 120	
Amount Per Serving	%DV
Vitamin C.....	3.8 mg..... 4%
(from Camu camu berry extract)	
Calcium.....	10 mg..... <2%
(as Calcium bisglycinate chelate)	
Magnesium.....	5 mg..... <2%
(as Magnesium lysyl glycinate chelate)	
Zinc.....	1.3 mg..... 12%
(as Zinc bisglycinate chelate)	
Chromium.....	75 mcg..... 214%
(as Chromium nicotinate glycinate chelate)	
Manganese.....	0.137 mg..... 6%
(as Manganese bisglycinate chelate)	
Kelp.....	37.5 mg..... *
Bladderwrack.....	7.5 mg..... *
Amaranthus dubius and Amaranthus tricolor leaf extract.....	66.7 mg..... *
Green coffee bean extract.....	25 mg..... *
Green tea (leaf) extract.....	25 mg..... *
Vanadium nicotinate glycinate chelate.....	0.1 mg..... *
Amla (Indian gooseberry)(fruit) extract.....	5mg..... *
n-zimes PA-L® (25 PALU).....	25 mg..... *
Lipase, protease, amylase	
L.E.A.D.S.®.....	162 mg..... *
<b>A Proprietary "Live Enzyme Activated Delivery System".....</b>	<b>34 mg... *</b>
Amylase (2250 DU), Protease 4.5 (7500 HUT), Glucosylase (5 AGU), Diastase (67.5 DP*), Cellulase (125 CU), Invertase (60 SU)	

\*Percent Daily Value (DV) not established  
**Other ingredients:** Vegetable capsule (hypromellose and water) and rice bran  
**n-zimesPA-L™**  
 Fungal Pancreatin Alternative Lipase is a trademark of National Enzyme Company.  
 All minerals are Albion TRAACS®



absorb up to 50% better. NWC Naturals exclusively uses the patented Chromium Chelate a 100% nutritionally functional form of chromium.

**Whole Food Vitamin C-** Amla fruit, the top all natural source of vitamin C, are used to provide general nutritional support during weight loss efforts and also aid in the building of lean muscle mass and proper elimination. Vitamin C has also been shown in some studies to affect fat metabolism. Vitamin C is an essential water-soluble nutrient that plays several key roles in maintaining health and immunity because it fights free radicals, protects DNA and combats the effects of stress. NWC will never use ascorbic acid and call it vitamin C. NWC formulas include a whole food vitamin C complex for its specific role in human nutrition and overall health benefits.

## Proprietary Botanical Blend:

**Atlantic Kelp, Bladderwrack-** have been included for overall nutritional support during weight loss as well as for their specific roles in helping the body use fats and sugars properly. Bladderwrack and Atlantic kelp provide minerals that naturally help stabilize metabolic rates. Plus they are a natural source of iodine, which is essential in supporting a properly functioning thyroid gland, a major component in maintaining normal weight.

## Albion Patented Chelated Mineral Support Complex:

**Calcium and Magnesium** both play an important role in hormone balance, muscle building, and the metabolism of carbohydrates. These minerals also help maintain overall health during weight loss periods. Vanadium is a support mineral that aids in cellular metabolism and plays a role in the synthesis of cholesterol. It is included in the formula to help establish overall body balancing for effective weight management. Manganese works to help with the synthesis of fatty acids and cholesterol. It is vital to proper protein, carbohydrate, and fat assimilation. Manganese also works to promote blood sugar regulation, energy production and overall well-being. Zinc is another trace mineral involved in digestion and metabolism. It is a component of insulin and plays a significant role in carbohydrate digestion.

## Enzymes Overview

### Enzyme Enhancement:

**Balance and Burn®** supplies a proprietary blend of plant enzymes called the Pancreatic Alternative with Lipase (PAL™). PAL™ specifically supports pancreatic function. The pancreas, in part, is responsible for the production of fat digesting enzymes and manufactures insulin. When the pancreas becomes overworked, which is common with the typical American diet, imbalances occur in the body that can cause weight gain. The three enzymes in PAL™ (protease, amylase and lipase) specifically help maintain adequate fat digestion and support healthy blood sugar levels.



**Balance and Burn®** also includes the exclusive **L.E.A.D.S.® Live Enzyme Activated Delivery System®** - **L.E.A.D.S.®** was developed over 16 years ago and is NWC Naturals® Inc. delivery system that guarantees assimilation and utilization of the nutrients at the cellular level. **L.E.A.D.S.®** is a proprietary system of adding a blend of select enzymes to botanical and whole-food products for the purpose of improving the release and absorption of nutrients contained in these products. This special blend of supplemental enzymes works to extract the nutrients from the formula in the most bioavailable form so the body can use them easily and efficiently. The **L.E.A.D.S.®** enzyme delivery system is formulated to match the specific needs of each individual product made by NWC Naturals® and is based on a unique and proprietary method. It is especially beneficial with products providing a whole-food source of vitamins and minerals.

# QUESTIONS

## 1. How can I know if my nitric oxide levels are at optimum?

A simple in home saliva test can be performed to check if Balance and Burn® has helped you to achieve optimal nitric oxide levels. Test strips can be purchased at [NWCnaturals.com](http://NWCnaturals.com)

## 2. What type of research is behind the Balance and Burn® formula?

Balance and Burn® combines the latest research and clinical studies on fat utilization in the body and blood sugar responses. Each ingredient has been independently researched by the most respected names in their fields. Balance and Burn® is a formula you can trust because its ingredients are clinically tested and proven.

## 3. Are there any adverse side effects?

Balance and Burn® capsules have no known adverse side effects. It will not make you nervous or jittery.

## 4. If I am on medication can I safely use this formula?

Balance and Burn® is safe to take with most medications. There are no known drug interactions and the ingredients do not alter the action of any medications. **Consult your physician prior to taking Balance and Burn® if you are on nitrate medications, blood thinners or medications related to lowering blood pressure.** As always, before beginning any weight loss program you should check with your medical doctor.

## 5. Will Balance and Burn® act like a metabolism booster or fat burner?

Yes! Balance and Burn® is a fat digester and blood sugar support system. It works exclusively to help your body process fat and sugar correctly. The addition of the Red Spinach will raise your nitric oxide levels allowing for better circulation, oxygenation and supporting normal blood pressure levels. The result is an increase in energy, fat burning and mood balancing.

## 6. Can I take Balance and Burn® if I am a diabetic?

Yes, this formula is safe for most people. While this formula is not specifically for diabetic conditions, its ability to help support normal blood sugar levels can have a positive effect. However, you should always check with your doctor before altering any prescribed treatment program.

## 7. I am pregnant / nursing. Can I safely use this formula?

You should always check with your doctor before beginning any supplementation program while you are pregnant or nursing. All ingredients in Balance and Burn® are generally regarded as safe.

## 8. I am allergic to yeast and gluten, can I take this formula?

Balance and Burn® capsules contain no yeast, gluten, wheat, or soy. Please note that Kelp and Bladderwrack are wild aquatic products and may contain traces of fish or shellfish.



[NWCnaturals.com](http://NWCnaturals.com)  
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