

Vínnle (veen-lay) n. A combination of Scadinavian words meaning to win, to overcome, and to smile.

Vínnle is an innovative product containing powerful ingredients that synergistically work to help you be a better you. By supporting fat-loss, appetite-suppression and a heightened metabolism, Vínnle can help you lose weight by guiding you to make improved daily choices.\* This helps you establish the pillars of a healthy lifestyles...changing how you eat and how much you eat without having to completely disrupt the life you lead. The ingredient combination in Vínnle is scientifically proven to increase energy, enhance mood, and improve mental clarity.\* You'll have the extra energy necessary to do all of the things you want to do every day, and perhaps the best part is you will feel great as you go about accomplishing your daily tasks. Live the Vísi Lifestyle and experience Vínnle. Be a better you and shed pounds and inches with Vínnle.\* Better is where you belong!

### Vínnle Benefits:

- **Increases Fat Loss by Increasing Thermogenesis**—Thermogenesis is the creation of heat (thermo: heat, genesis: creation). When your body creates more heat, you burn more calories. Vínnle uses scientifically proven ingredients to increase thermogenesis in your body and increases caloric and fat burning. The ingredients in Vínnle improve macronutrient breakdown for energy use and thermogenesis.\*
- **Supports Appetite Suppression**—The ingredients found in Vínnle help curb your appetite and reduce your calorie consumption. This in turns help you shed your unwanted pounds.\*
- **Increases Energy**—By converting the food you eat efficiently into energy, your body will feel a new sense of natural energy. The ingredients in Vínnle help burn the white fatty tissues for sustained energy.\*
- **Enhances Mood and Improves Mental Clarity**—Losing weight can leave in you a bad mood and also leave you feeling foggy. The ingredients in Vínnle help you fell great while losing weight and also help you focus on the task at hand.\*

### Key Ingredients:

- **Chromium Niacinate**—Chromium is use to facilitate normal protein, fat, and carbohydrate metabolism. This important mineral aids digestion and helps move blood sugar (glucose) from the bloodstream into the cells to be used as energy and to turn fats, carbohydrates, and proteins into energy.\*

#### Proprietary Scandinavian Blend

- **Green Coffee Extract (*Coffea arabica*)**—Green coffee beans are unroasted coffee beans. Green coffee beans contain naturally occurring caffeine and chlorogenic acid (polyphenols), which has great health properties. Arabica possesses the most chlorogenic acids, thus the strongest antioxidant properties. Chlorogenic acids, which have been found to reduce blood pressure and produce weight loss in randomized studies.\* Chlorogenic acid has also been found to neutralize carcinogenic compounds thus preventing them from damaging DNA and causing mutations that can cause other illnesses.\* Green Coffee bean extract is well known for its effective thermogenic properties as well as its ability to control appetite and reduce cravings.\*
- **Caralluma Fimbriata**—An extract from a cactus that has been used for centuries as an appetite suppressant and has long been known in India as famine food. Caralluma's mechanism of action has the ability to signal the hypothalamus with a satiety message (telling you that you are full). Caralluma also inhibits fat synthesis by blocking certain enzymes needed to build white adipose fat.\* This herb also provides the body with sustained energy needed for activity and liveliness as well as a sense of well-being.\* As the energy becomes more available, the muscle cells are able to burn energy faster.\*
- **Arctic Cloudberry (*Rubus chamaemorus*)**—Arctic Cloudberry is ripened under the phenomenon of the Midnight Sun of Scandinavia. Completely natural, distinctly flavorful, and highly prized for its nutritional value, the Arctic Cloudberry boasts extremely high levels of vitamins A, C, E, and B as well as calcium and magnesium. The Arctic Cloudberry is rich in ellagitannins and ellagic acid, which are potent antioxidants. The Scandinavian people have depended on the Arctic Cloudberry (also known as Scandinavian Gold) for centuries to promote health and natural beauty.



- **Lingonberry (*Vaccinium Vitis-idaea*)**—Well known in Scandinavia, and is also known as the cowberry. It is a member of the vaccinium species, it is related to the cranberry, bilberry and blueberry. Lingonberries are a good, low-calorie source of fiber, essential minerals, and vitamins, especially vitamin E. Lingonberry is also characterized by high polyphenol content and it has been demonstrated to possess a high antimicrobial and antioxidant activity in several studies.\*
- **Garcinia Cambogia**—Garcinia Cambogia is a fruit native to Indonesia. It contains high amounts of hydrocitric acid (HCA), which helps block fat and suppresses appetite. HCA blocks fat by inhibiting a key enzyme Citrate lyase, which is used to convert carbohydrates into fat. Without Citrate lyase, the fat-making process is stopped and the production of LDL (bad cholesterol) and triglycerides decrease. HCA also suppresses appetite by increasing serotonin levels. Serotonin is a neurotransmitter in your brain that makes you feel good. By increasing serotonin levels, HCA improves mood and suppresses the need for emotional eating.\*

#### Vínnle Blend

- **L-theanine**—Powerful amino acid from Green Tea, is known for its ability to boost mood and enhance relaxation while reducing the effects of stress and anxiety.\* L-theanine has been shown to increase Nitric Oxide (NO) production supporting cardiovascular health and maintain healthy blood pressure levels.\*

- **Evodiamine**—This unique extract is contained in the fruit of the Evodia Rutea carpa plant and has been widely used for its remedy effects on various conditions. However, a closer look at the alkaloids contained in this fruit reveals that it has strong nutraceutical activity. Evodiamine is a mild, yet remarkable stimulant that has shown positive energy and diuretic characteristics. Even more exciting is its unique ability to raise core body temperature. This warming nature of Evodia naturally assists the body in preventing and reducing fat around the organs and belly area. This thermogenic effect usually leads to an increase in the calories and fat that are burned for energy. Evodiamine could be one of the biggest nutritional breakthroughs in thermogenesis to date.
- **Carnitine**—This amino acid is found in nearly all cells of the body. Carnitine plays a critical role in energy production. It transports long-chain fatty acids into the mitochondria so they can be burned for energy production.\*

- **Theobromine**—This relatively simple alkaloid-compound has a range of positive effects on the body. This alkaloid is found in cacao (theobroma cacao) and is loaded with antioxidants helping the body reduce the effects of aging and stress. Cacao is also a natural appetite suppressant, making it ideal for weight-loss. This is accomplished by the high concentration of phenylethylamines naturally found in cacao. This powerful compound regulates the satiety centers of the brain. Cacao also contains serotonin, a neurotransmitter responsible for feeling good. Because theobromine has an effect on increasing nitric oxide synthesis within the body, it also helps dilate blood vessels, which improves blood pressure and blood flow. For many, this will improve workout intensity. Unlike caffeine, theobromine does not act as intensely on the central nervous system, so it is unlikely to cause the shakes, tremors or withdrawal symptoms associated with caffeine. Theobromine will improve energy and stamina, but also make you feel good at the same time. Theobromine also improves insulin sensitivity and produces a mild diuretic effect to help shed water weight.\*

## SUPPLEMENT FACTS

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value*
Cromium (as Chromium Niacinate)	500 mcg 417%
Proprietary Scandinavian Gold Blend	376 mg **
Green Tea Leaf Extract, <i>Coffea arabica</i> Bean Isolate*, <i>Caralluma fimbriata</i> (aerial parts), Arctic Cloudberry ( <i>Rubus chamaemorus</i> ), Lingonberry, Garcinia Cambogia Extract	
Vinnle Blend	377 mg **
L-Theanine, Evodiamine, Theobromine, L-Carnitine	

\* Percent Daily Values based on a 2,000 calorie diet.

\*\* Percentage Daily Value not established.

### Other Ingredients:

Gelatin, Magnesium Stearate, Silica.

**Usage Instructions: Body Clense** Take 1 capsule mid-morning and/or mid-afternoon. Sensible diet and exercise are part of an effective weight-loss program. Results may vary.

### Research

1. Free Radic Biol Med. 2007 Oct 15;43(8):1124-31.
2. J Inorg Biochem. 2008 Jul;102(7):1541-8.
3. J Nutr Health Aging. 2012;16(9):738-42 / 2012 Dec 12;12:CD008650.
4. J Med Food. 2013 Feb;16(2):120-7.
5. BMC Complement Altern Med. 2006
6. Diabetes Metab Syndr Obes. 2012;5:21-7.
7. Appetite 48(3):338-344.
8. Chem Biodivers 5(2):239-250.
9. Biochem Biophys Res Commun 327(4):1088-1093.
10. J Nutr Metab 2010:285301.
11. Complement Ther Med.
12. J Med Food 15(2):108-119.
13. J Agric Food Chem. 2012 Feb 8;60(5):1167-74.
14. J Sci Food Agric. 2012 Apr;92(6):1324-30.
15. Tidsskr Nor Laegeforen. 2003 Jun 26;123(13-14):1856-7. Norwegian.
16. Planta Med. 2001, 67, 628-633.
17. JAMA. 1998 Nov 11;280(18):1596-600
18. World J Gastroenterol. 2013 Aug 7;19(29):4689-701.
19. Zhong Xi Yi Jie He Xue Bao. 2011 Nov;9(11):1190-8.
20. J Obes. 2011;2011.
21. Altern Med Rev. 2008 Mar;13(1):34-42.
22. Fitoterapia 2010, 81, 259-268.
23. Brain Res. 2009, 1247, 71-78.
24. FEBS Lett. 2009, 583, 3655-3659.
25. Endocrinology 2008, 149, 358-366.
26. Eur. J. Pharmacol. 2002, 457, 169-176.
27. J. Nat. Prod. 1997, 60, 708-711.
28. Eur. J. Pharmacol. 2007, 555, 211-217.
29. Shock 2009, 32, 263-269.
30. J Nutr Biochem. 2013 Mar;24(3)
31. J Sci Food Agric. 2011 Aug 30;91(11):1931-9.
32. Appetite. 2010 Apr;54(2):406-9
33. Neurochem Res. 2013 Sep 5.
34. <http://ods.od.nih.gov/factsheets/Carnitine-HealthProfessional/>