

# LEGAL LEAN

## A RELAXING DRINK TO EASE YOUR MIND, ENHANCE YOUR MOOD, & CHILL OUT

When you want to chill out, slow down, and decompress after a long hard day of work, take the edge off with LEGAL LEAN, a revolutionary, mood-enhancing drink. Our nutrition company headquartered in Orange County, California, has spent several years developing and perfecting this combination of herbal extracts and key vitamins that make up our special blend. LEGAL LEAN comes in two distinct flavors to suit any taste: Act and Quali. Act has a sweet, smooth grape-berry flavor and its partner, Quali, possesses a sweet, cherry-strawberry flavor that is sure to have you coming back for more.

## PROPRIETARY BLEND OF HERBAL EXTRACTS

LEGAL LEAN uses a special blend of natural ingredients to achieve its relaxing and calming effects. Among the ingredients are chamomile extract, a daisy-like plant found in teas that is traditionally used as a sleep remedy, and lavender extract, a flower of the mint family with antiseptic and anti-inflammatory properties. Valerian root, an extract from the perennial herb, is also present. Widely used as a treatment for nervous conditions and insomnia, valerian root is used nowadays as a remedy for various conditions due to its natural relaxing effects. Other proprietary components include hops, St. John's Wort, skullcap, and kava kava extracts. Rose hips are potent with vitamins C, E, and K. Hops, skullcap, and kava kava extracts are all thought to produce a calming effect in people suffering from anxiety and insomnia by relaxing the muscular, skeletal, and nervous systems. St. John's Wort is a very common non-prescription alternative for depression. It promotes normal mental health function and stability.

## TURN TO LEGAL LEAN FOR YOUR DAILY DOSE OF VITAMINS

In addition to herbal extracts, LEGAL LEAN also contains concentrations of L-theanine and melatonin, two naturally occurring compounds. L-theanine is an amino acid derivative found in teas that is known for reducing mental and physical stress as well as improving cognition and mood. Combined with melatonin, a compound produced by the pineal gland and used to regulate sleep, you'll find yourself dozing off into a state of stress-free bliss. Count on LEGAL

LEAN for the essential vitamins your body needs in an easy to drink bottle. Each flavor contains four B-vitamins; B3, B5, B6, and B12, which all help with the metabolic processes taking place in the gastrointestinal tract. B3 (niacin), a cholesterol and triglyceride absorbing agent, works in tandem with B5 (pantothenic acid), to metabolize and synthesize fats, carbohydrates, and proteins. Furthermore, B5 is needed to produce coenzyme A, which helps combat chronic fatigue. Vitamin B6 (pyridoxine) is integral in the breakdown and production of glycogen, the storage form of the body's fuel source, glucose. Glycogen stored in the liver is broken down and released at points when the body's sugar levels are critically low. B6 also has been connected to many other enzymes in the body that play a part in metabolism. The final vitamin, B12 (cobalamin) is needed to ensure the normal functioning of the brain and nervous system.

