Xtreme Healthy Lifestyles™

SKINNY GENEX™ TEA

BUFFERED CAFFEINE™

ALTERNATIVES to CRASH & BURN ENERGY DRINKS
NEW STANDARDs in METABOLIC NUTRITION

SKINNY GENEX™ TEA – INTELLIGENCE INSIDE
AWARD WINNING BEVERAGE TECHNOLOGY

When the Intel® trademark was introduced in computer technology, it went viral. That's because a smarter computer means a better and faster computer.

Producing a beverage with an advanced form of metabolic intelligence is even *smarter*, as it has to deliver an appropriate message to the brain-gut axis. Computers cannot get fatter from drinking regular energy drinks and thermogenic drinks – but humans can.

The executives and Medical Board of Xtreme Healthy Lifestyes™ decided that they wanted a *smarter* beverage to introduce as their flagship product. Enter **SKINNY GENEX™ TEA**.

SKINNY GENEX™ TEA contains a revolutionary form of **Intelligence Inside** called Buffered Caffeine™, which delivers the message to the brain & body to *speed up* the caloric-burning process.*

The intelligence-inside of **SKINNY GENEX™ TEA** is backed by 30-years of Board Approved Human In-Vivo clinical trials and Patents in Low Glycemic Thermogenic Fat-Burning technology.

SKINNY GENEX™ TEA – INTELLIGENCE INSIDE – BUFFERED CAFFEINE™

In order to make high-energy beverages *smarter*, you have to invent a better mechanism for caffeine, and to limit that caffeine to lower amounts with better energy levels, balanced energy, and lowered blood sugar responses. High levels of caffeine are a no-no for many reasons (see research below).

The caffeine source used in **SKINNY GENEX™ TEA** is **Buffered Caffeine™**. This does not refer to the pH of the caffeine, but to its capacity to buffer the side effects of regular caffeine.

SKINNY GENEX™ TEA - Buffered Caffeine™ contains a Low Glycemic natural brain-friendly compound designed to prevent blood sugar imbalances, insulin surges, and caffeine-related reduced sports performance, helping the body mitigate the highs/lows related to ingesting regular caffeine.*

Buffered Caffeine™ helps blunt the storage of calories into adipose tissue fat cells by downregulating Lipoprotein Lipase (LPL)* - Energy drinks and caffeinated beverages can cause fat-storage and weight gain. Additionally, metabolically buffering caffeine helps prevent *caffeine-driven reduced insulin sensitivity*, which is extremely detrimental in humans.*

BUFFERED CAFFEINE™ IS AN AWARD-WINNING EXCLUSIVE COMPOUND DESIGNED TO METABOLICALLY BUFFER DRINKS THAT CONTAIN CAFFEINE

- **Proven Safe & Efficacious**
- **Tested in 250,000 people over 25 year-period**
- **Backed by 30-Years of Human In Vivo Clinical Trials**
- **Success Magazine *Breakthrough Product of the Year***
- **Featured on the front page of the Wall Street Journal:**
- **Patented Formula generates $ 300 Million dollars in Sales**
- **Manufactured in cGMP, NSF Facility for 30-years**
- **Natural Low Glycemic Matrix for sustained energy**
- **Low Glycemic Load – Blunts blood-sugar crashes**

BALANCED HIGH ENERGY
BLOOD SUGAR TECHNOLOGY

Peer Reviewed published Clinical Trials in humans have clearly demonstrated that both caffeine and coffee impair glucose metabolism.*

Clinical findings are consistent in demonstrating that shortly after ingesting beverages containing caffeine, such as energy drinks, glucose metabolism is impaired.

Regular caffeine in energy drinks can triggers weight gain, blood sugar highs & lows, and metabolic crash-and burn (high-energy followed by low-energy levels).

Buffered Caffeine™ contains a Low Glycemic Matrix (LGCC), which has been shown in Board Approved Human Clinical Trials to reduce the glycemic impact of a high glycemic agent.*

RESPONSIBLE SCIENCE
LEGAL STATEMENT

Caffeine Safety Guidelines and Labeling Guidelines

"$KINNY GENEX™ TEA with Buffered Caffeine conforms to the newest 2015-2016 Caffeine Safety Guidelines and Labeling Guidelines, per the World Anti-Doping Agency, FDA, EFSA (European Food & Safety Agency), the American Herbal Products Association, and the Council for Responsible Nutrition"

METABOLIC FOCUS: Glucose Metabolism
Clinical Reviews

Peer Reviewed published Clinical Trials in humans have clearly demonstrated that both caffeine and coffee impair glucose metabolism (see references below). Clinical findings are consistent in demonstrating that shortly after ingesting caffeine or coffee, glucose metabolism is impaired.

This blood sugar imbalance can occur following ingestion of all forms of caffeine, including caffeine as a raw material, ground caffeinated coffee, and/or instant coffee.

Chronic blood glucose excursions are responsible for increasing incidence of Type 2 Diabetes, hypoglycemia, reduced sports performance, weight gain, obesity, lack-of-focus, increased hunger, lethargy (lack of energy), increased size of fat cells, and the development of additional adipose tissue fat cells.*

Oral ingestion of regular caffeine has been clinically shown to stimulate insulin secretion, which increases risk of Type 2 Diabetes and obesity.*

This insulinogenic reaction is triggered by the high glycemic (blood sugar) response to caffeine, and is further aggravated when a beverage contains sugars, high glycemic sweeteners and creamers, and/or artificial sweeteners.*

CAFFEINE & COFFEE REDUCE INSULIN SENSITIVITY

A more serious side effect of consuming caffeine or coffee involves insulin sensitivity. Caffeine has been clinically proven to reduce and impair insulin sensitivity (see References). This is due to catecholamines and blocking adenosine-mediated stimulation of peripheral glucose uptake.*

- **REGULAR CAFFEINE & COFFEE DECREASE & IMPAIR INSULIN SENSITIVITY**
- **DECREASING INSULIN SENSITIVITY IS CONSIDERED A "HEALTH-HAZARD" IN PERSONS WITH DIABETES and/or OBESITY**

The metabolic effects of caffeine are primarily related to adenosine receptor antagonism, increased concentration of catecholamines (particularly epinephrine), increased intracellular calcium, and inhibition of cyclic nucleotide phosphodiesterases.

Dietary ingestion of caffeine triggers both beneficial and non-beneficial responses, including adverse blood glucose and insulin excursions.

Regular caffeinated beverages have been shown to increase adipose tissue fat-storing, blood glucose imbalances, diet-induced hypoglycemia (abnormally low blood glucose), and caffeine-induced energy-swings.

Caffeinated coffee and tea have been shown, in numerous clinical trials, to carry significant human health benefits, but the blood glucose and insulin issues connected with ingestion of caffeine compromise the benefits.

Downregulating the negative aspects of caffeinated beverages is a viable option in mitigating the undesirable side effects. The higher the caffeine levels in beverage, the more profound the side effects.

Controlling the dosage of caffeine, as well as mitigation of the blood glucose response, provides a *friendlier* version of caffeinated drinks.* The beneficial actions of *controlled-caffeine doses* and *Glycemic-directed-delivery* encourage the utilization of caffeine in coffee, tea and nutritional beverages.

Since the potential side effects of regular caffeine can be attenuated by inclusion of controlled levels of caffeine (caffeine-dosing), blood sugar balancing agents, and inclusion of Low Glycemic carbohydrate compounds, it is a simple compromise.*

This technology has been researched, patented and incorporated into Buffered Caffeine™.

Clinical Trials and the ***Metabolic Impact of utilizing Buffered Caffeine Low Glycemic Carbohydrate Compounds (LGCC)*** **are seen below:**

METABOLIC IMPACT OF THE LOW GLYCEMIC CARBOHYDRATE COMPOUND in BUFFERED CAFFEINE™

SCIENCE, CLINICAL TRIALS, RESEARCH

Low Glycemic Carbohydrate Compounds (LGCC)

Carbohydrate Metabolism – Insulin Sensitivity

Low Glycemic Carbohydrate Compounds (LGCC) has demonstrated a positive effect on Carbohydrate Metabolism and Insulin Sensitivity.*

Conversion to Plasma Triglycerides (TG)

Unlike other sugars & sweeteners, only a very small amount of ingested Low Glycemic Carbohydrate Compounds (LGCC) converts to plasma TG:*
Less than 1 %

Adipose Tissue fat Storage
De Novo Lipogenesis

De novo fatty acid synthesis from LGCC is much less energy-efficient than storing dietary fat, thus LGCC-induced de novo lipogenesis (DNL) is ***unlikely*** to promote weight gain at reasonable dosages.*

LGCC does ***not*** stimulate or activate the form of lipoprotein (LPL) in humans that triggers adipose tissue fat storage.*

LGCC does ***not*** over-elevate blood glucose or insulin levels in humans, which is known to activate fat-cell storage (continual stimulation of this mechanism leads to Type 2 diabetes and obesity).*

Insulin Secretion & Beta-Cells

Low Glycemic Carbohydrate Compounds (LGCC) do not over-stimulate insulin secretion. Pancreatic Beta-cells have low levels of glucose transporter 5 - and LGCC does not stimulate insulin secretion from pancreatic B-cells.*

C-Peptide: LGCC Reacts Metabolically Like Natural Fruit

In terms of health markers in humans, C-peptide is *not* associated with a stronger association from ingestion of Low Glycemic Carbohydrate Compounds (LGCC) than that of the association between natural fruit consumption and C-peptide.*

Normal Non-Diabetic & Diabetic Subjects

Low Glycemic Carbohydrate Compounds (LGCC) ingested in humans instead of sugar/sucrose or high glycemic sweeteners, sugars, and/or carbohydrates, as part of a meal or added to coffee, results in lower blood glucose levels in both normal and diabetic (NIDDM) humans, with lower insulin responses in normal subjects as compared to identical meals containing sugar/sucrose or high glycemic sugars/sweeteners.*

LGCC's Minimize Blood Sugar Spikes in Ice Cream, Milk Shakes, Protein Shakes, Dairy Products, and Chocolate Milk

Low Glycemic Carbohydrate Compounds (LGCC) have been clinically proven to minimize blood sugar spikes in ice cream. Low Glycemic Carbohydrate Compounds (LGCC) have also been clinically proven to minimize blood sugar spikes in milk shakes, protein shakes, meal replacements, chocolate candy, dairy products, and chocolate milk.*

A small dose of Low Glycemic Carbohydrate Compounds (LGCC) (less than 10 grams) can actually lower the glycemic response to a high GI meal without adverse effects on fasting insulin or body weight. When Low Glycemic Carbohydrate Compounds (LGCC) are incorporated as a replacement sweetener in a complex food product, it is associated with significantly lower serum glucose and insulin responses as compared to comparable sucrose or dextrose sweetened foods. Glucose - Dextrose, commonly used in foods and beverages, results in the greatest serum glucose response (blood glucose/high glycemic).*

Long-Term Safety Record of LGCC

Long-term safety record (25+ years) in humans with a significant body of Board Approved Human In Vivo Clinical Trials in children, adults, and Type 2 diabetics.

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

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