

LIV FACT SHEET



Benefits:

- Metabolic boosting ingredients rev up your metabolism.
- Supports healthy hormone balance, cortisol levels and thyroid function.
- Plant derived polyphenol complex helps activate a potent gene signal that helps break down stored fat to use as fuel as well as boost energy.
- Supports mental focus and concentration.
- Vitamin B-6 and chromium help the body convert stored glycogen into energy.
- For best results use along with LIV's Ideal Weight kit.

AMP Plus is a powerful nutritional supplement formulated to activate and support your body's metabolic weight loss mechanisms for rapid weight loss and sustained weight control.

Let's face it. Many of today's popular diets can create hormonal imbalances, low energy, muscle loss, over acidity, increase inflammation, diarrhea, and bad breath. They also contribute increased insulin and cortisol levels, both of which are directly associated with fat storage, just to name a few negative effects. What's worse, many nutritional strategies are difficult to maintain, and when you stop your diet, extra weight gain is the typical result. After years of study, LIV has developed a breakthrough product that will help mitigate many of the negative effects of today's most popular nutritional weight loss programs.

Whether your nutritional strategy to reach your ideal weight is keto, paleo, alkaline, points, fasting, eliminating sugar, high protein, food combining or any of dozens of eating strategies, AMP Plus can be a key to your success.

AMP Plus supports key body systems at a nutritional cellular and genetic level. Patented ingredients that help you deal with cravings, lack of energy, endurance and stamina.

KEY INGREDIENTS

Vitamin B-6 supports weight loss by metabolizing fat and reducing water retention. B6 is important in the breakdown of protein, fats and carbohydrates from foods into products needed by the body.

Chromium plays a role in fat metabolism. Several studies have investigated chromium's effects on lipid (fat) profiles. A number of those studies reported reductions in triglycerides, as much as 32%, and reductions in total and LDL cholesterol. Chromium supplementation has also been used with positive results in reducing cravings for carbohydrates.

Magnesium malate is known for its positive impact on glucose (sugar) metabolism. Participants who took oral magnesium had more sensitivity to insulin hormones for weight loss, improved plasma glucose levels, and less bloating and water retention. Other key benefits of magnesium include relief of stress improving sleep, boosting athletic performance, fighting inflammation and function as a natural mood booster. Magnesium malate also helps to regulate the production of hormones in the body a key to reaching your ideal weight.

Bitter orange peel (Citrus aurantium) concentrate increases energy expenditure and decreases food intake through activation of alpha- and beta-adrenergic receptors. Synephrine alkaloids may also decrease food intake by reducing gastric motility.

Turmeric contains an antioxidant called curcumin which suppresses inflammatory messaging in many cells, including pancreatic, fat and muscle cells. This action can help curb insulin resistance, high blood sugar, high cholesterol levels, and other metabolic conditions resulting from obesity. Obesity creates a low-grade inflammation in the body that puts you at a higher risk of developing chronic diseases, including heart disease and type 2 diabetes.



Ashwagandha concentrate is an adaptogenic herb that has been shown to lower cortisol (stress hormone) levels by 28%, support increased metabolism by raising thyroid T4 output, and bolster immunity. Rich in iron, ashwagandha helps fight inflammation, and augments energy.

Rhodiola helps your body burn stored fat as fuel. Rhodiola contains an active compound called rosvavin that has been proven to trigger a fat burning response in your body. Rosvavin works by stimulating an enzyme called hormone-sensitive lipase, which has the ability to break down fat that is stored in adipose tissue especially in the belly area. Human clinical studies found that combining exercise with taking rhodiola increased the breakdown of belly fat.

Phenylethylamine (PEA) is a hormone-like substance that occurs naturally in your brain and body. It functions as a neurotransmitter that gives you heightened focus and attention. Combined with its mood elevating effects, these attributes are why supplementation with PEA can bring about increased get-up-and-go, enhanced sense of well-being, and optimal cognitive performance, parameters that often suffer during a weight loss program.

Chocamine® is a patented cocoa-based ingredient to support energy, mood and healthy cognitive function. The health benefits of chocolate come from a variety of constituents, all of which are retained in Chocamine®. They include theobromine, amino acids, minerals, biogenic amines, anandamides and polyphenols. Theobromine has a mild stimulant effect, resulting in jitter-free energy. It also remains active in the body longer than caffeine, thereby providing longer-lasting energy.

Bacopa is a widely regarded herbal concentrate in Ayurvedic practices where it was considered to be a tonic for the brain and nerves. It is included in the formula for its ability to support the thyroid gland which is a key to a healthy metabolism and weight loss. Initial animal studies showed that bacopa increased thyroid hormone T-4 by up to 41%. A healthy thyroid is key to weight loss, especially in adults over the age of 40.

Caffeine increases thermogenesis. It tells your body to burn more calories. Caffeine boosts the metabolic rate of human cells by activating genes associated with metabolism. It also helps with alertness and appetite reduction.

Resveratrol is a potent antioxidant found in red wine. It has been shown to activate specific genes related to inflammation, weight loss and longevity. Research published in Nature showed that resveratrol protected mice from the harmful effects of a high-calorie diet, including heart disease, weight gain and diabetes. Resveratrol appears to act on adiponectin, which is produced by our fat cells and helps us lose fat by improving our insulin sensitivity.

Ginkgo biloba helps with mental focus and functions as an antioxidant. It has been shown effective in over 50 controlled clinical trials in the treatment of absent mindedness, confusion, diminished memory and loss of concentration, improve memory. Feeling your best is important to help you stick to your diet.

Directions for Use: Take 1-2 capsules with a full glass of water in the morning or as directed by your healthcare professional. You may take on an empty stomach or with food. Benefits should be noticed within 60-90 minutes. Never take late in the day as sleep might be impaired. Do not take more than 4 capsules per day.

Ingredients: Vitamin B6 (Pyridoxine HCl), Calcium (Di-calcium malate), Magnesium (Di-magnesium malate), Chromium (chromium nicotinate), Chocamine®, PEA HCl (Phenylethylamine Hydrochloride), Caffeine (natural source), Bitter Orange Extract (Citrus aurantium), Ashwagandha Extract (Withania somnifera), Turmeric root Extract (Curcuma longa), Resveratrol, Bacopa Extract (Bacopa monnieri), Rhodiola Extract (Rhodiola rosea), Ginkgo Extract (Ginkgo biloba), Stearic acid, silicon dioxide, gelatin