

# LEAN

## FAQs FREQUENTLY ASKED QUESTIONS



### Boost Metabolism, Increase Thermogenesis and Protect Lean Muscle

**The bottle says I can take up to 8 a day, but I take less than that. Will it still be effective?**

It is okay to take lower dosages; however, the product will be most effective with the recommended amount.

**Can I split my Lean pills and take them at different times of the day, or should I take them all at once?**

You can take it multiple times a day.

**Is it safe to take Lean while breastfeeding?**

Consult your physician.

**Lean keeps me awake at night. Why is this?**

Everyone's body chemistry is different. If you do experience this, it is recommended to instead take Lean during the day, an hour before a meal or a workout.

**There are three options for taking Lean - before a workout, a meal, or bedtime. Which of these is most effective?**

It depends on your goals and why you are taking it. The different time suggestions are intended to provide options for individual goals and lifestyles.

**Can I take Lean with other IDLife products?**

All IDLife products are designed to be consumed together and taken together.

**What is the main purpose of Lean and why did IDLife develop it?**

Lean was developed to combat Sarcopenia, which results in the loss of lean muscle mass. As people age, the body goes into a catabolic state and eats away lean muscle. IDLife developed this product to preserve that muscle. IDLife found that Lean also curbs sugar cravings and helps people burn more fat by boosting metabolism.