



# The 7 Mechanisms of BALANCE

## 1) BALANCE™ Reduces Your Appetite

Balance contains a patented fiber matrix that forms a soft gel solution in your stomach. This creates a feeling of fullness which reduces your appetite and prevents overeating. When taken before a meal, this also slows absorption of the food you eat. This simple concept is helping people feel full sooner and eat less.

*“I think the most significant thing about Balance—besides the wonderful weight loss—is the fact that I don’t have those evening cravings. Being able to eat a modest dinner and then not thinking about food is just amazing to me.”*

Jennifer Birge, MS, RD, CDE - Registered Dietitian/Diabetes Educator

## 2) BALANCE Absorbs and Removes Fat

The patented fiber matrix found in Balance binds with the fat from the food you eat. This reduces the amount of fat being absorbed by your body – and safely removes it from your system.

*“My 15 year old son decreased his body fat from 36% to 18%.”*

Richard Jordan

## 3) BALANCE Promotes Your Body’s Fat Burning Ability

Taking Balance before a meal slows the rate glucose is released into your bloodstream, which reduces the amount of insulin the body needs. With lower insulin levels your body enters a “Fat Burning Zone” that allows you to burn the fat stored in your fat cells.

*“Being able to reduce body size, reduce blood lipids, and reduce blood glucose... Balance is a complete package for my patients with diabetes.”*

Judy Gilman, RN, FNP-BC, CDE - Family Nurse Practitioner/Diabetes Educator

## 4) BALANCE Normalizes Your Blood Sugar

It controls the glycemic response to meals while decreasing Insulin Resistance and Lowering HbA1c.

*“I observe people daily struggling with diabetes, high blood pressure, and metabolic syndrome. Confidently, I have recommended over 400 people to benefit from this product. “*

Jennifer Armendariz, RN, FNP-C, AOCNP

## 5) **BALANCE** Lowers Your Triglycerides

Triglycerides are a type of fat found in your blood. High triglyceride levels increase your risk of heart attack, stroke, diabetes, and obesity. Balance has been clinically proven to reduce triglyceride levels by an average of 40 percent in just 60 days.

What's more, recent studies indicate that high triglyceride levels can block leptin from reaching the brain. By reducing triglyceride levels, leptin is able to cross into the brain and your body then gets the signal to stop storing and to start burning fat.

*"I currently have hundreds of patients on Balance experiencing dramatic improvements in their Glucose, Cholesterol and even Digestive Issues."*

Beauty Swe, MD Internal Medicine

## 6) **BALANCE** Improves Your Cholesterol Levels

It is well known that high LDL or bad cholesterol and low HDL or good cholesterol increase the risk of heart attack and stroke. New research shows that high LDL levels also contribute to obesity and weight gain. On average, Balance reduces LDL 31% and increases HDL 29%.

Balance has been clinically proven to help restore and maintain healthy cholesterol levels 4 ways without adverse side effects:

1. **Fiber** helps block the re-absorption of cholesterol from the intestines
2. **Plant** sterols block the absorption of cholesterol from food
3. **Policosanol** reduces cholesterol production by the liver
4. **Chrysanthemum** enhances enzymatic breakdown and helps remove LDL cholesterol from the body

*"I have observed hundreds of patients improve their glucose and cholesterol levels and able to reduce their dosage of prescription medications. In many cases, I have been able to eliminate their medications entirely."*

Annie Varughese, MD FACC Interventional Cardiology

## 7) **BALANCE** Decreases Leptin Resistance

Leptin is one of the communication links between your fat cells and your brain. When working properly, the brain stops craving food when it senses adequate leptin in the body. After taking Balance regularly, your fat cells and brain begin to communicate again, reducing cravings and appetite, increasing energy and ultimately leading to fat loss.

*"What makes Bios Life unique is its ability to lower leptin resistance. This is not found in any other product"*

William R. Work MD, ABFP, ABAARM - Family Medicine/Regenerative Medicine

