

# TRA™ Complex

**SUPPORTS HEALTHY GLUCOSE METABOLISM, INCREASES CALORIES BURNED, BOOSTS THERMOGENESIS**



## Positioning Statement

TRA™ Complex is a synergistic blend of ingredients targeting multiple metabolic areas to promote weight management when combined with a healthy diet and regular exercise\*.

## Concept

Weight management is an extremely common concern encompassing several different factors. What makes approaching weight management so difficult is how individual it is—everyone has a different body type with different needs. There are thousands of weight loss programs, foods, and dietary supplements on the market today. Most fall short though, because they only target one specific aspect of weight management. The truth is, most weight management approaches fail because our bodies adapt to and create defense systems against our efforts targeted at only one physiological or metabolic mechanism. That's why it is important to target weight management with a synergistic, whole body approach combined with a healthy diet and regular exercise, and addressing the wide variety of factors contributing to weight management.

TRA™ Complex is a unique, synergistic blend of ingredients that allows you to attack weight management from multiple angles when combined with the TRA™ Weight Management Program, which includes supplementation, a healthy diet, and regular exercise. TRA™ Complex targets weight management through supporting thermogenesis (the physiological production of heat to burn calories), healthy glucose metabolism, and other physiological and metabolic factors attributed to weight loss. By supporting these mechanisms, TRA™ Complex, along with the TRA™ Weight Management Program, offers an effective and comprehensive weight management approach. TRA™ Complex is also completely stimulant-free, making it the right approach to losing weight safely, simply, and effectively\*.

## Primary Benefits

- Contributes to weight loss when combined with a healthy diet and regular exercise\*
- Increases calories burned\*
- Boosts thermogenesis\*
- Supports healthy glucose metabolism\*

## What Makes This Product Unique?

- Part of the TRA™ Weight Management Program, a comprehensive approach to weight loss\*
- Addresses multiple physiological and metabolic mechanisms\*
- Provides a synergistic blend of scientifically-studied, standardized ingredients
- Stimulant-free

## Who Should Use This Product?

- Adults desiring support for their weight loss efforts\*
- Adults participating in the TRA™ Weight Management Program, which includes taking TRA™ Complex and HTP Complex, combined with a healthy diet and regular exercise

## Did You Know?

- 95% of individuals who lose weight eventually gain it back
- Healthcare costs attributed to being overweight are approximately USD \$117 billion per year
- Unhealthy weight contributes to almost 40 million lost work days
- Approximately 63 million annual doctors' visits are due to weight-related concerns
- More than USD \$33 billion is spent each year on weight management products

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# TRA™ Complex

## Frequently Asked Questions

### What are the key ingredients in TRA™ Complex?

TRA™ Complex combines the key active ingredients from Tēgreen97®, Crave Ease™ and Cortitrol® with a scientifically-supported dose of calcium.

### What is the difference between TRA™ Complex and HTP Complex?

TRA™ Complex is a comprehensive weight loss supplement addressing thermogenesis and normal glucose/insulin maintenance. HTP Complex supports weight loss efforts through promoting satiety and healthy serotonin levels.\* Together, TRA™ Complex and HTP Complex make up the supplementation component of the TRA™ Weight Management Program.

### How is TRA™ Complex standardized?

The active ingredients in TRA™ Complex are standardized through scientific and analytical methods to ensure that every capsule contains the specific level of constituents, every time. Tēgreen97® is standardized to 97% polyphenols, 2/3 of which are catechins. Magnolia bark is standardized to 2% honokiol. Epimedium is standardized to a 6:1 water extract ratio and L-theanine is standardized to a 70:1 extract ratio. Banaba leaf is standardized to 1% corosolic acid.

### Are there scientific studies validating TRA™ Complex?

A number of scientific studies substantiate the role of the active ingredients in TRA™ Complex. Pre-clinical and clinical studies have demonstrated the thermogenic effect of green tea and calcium; the calming effect of magnolia bark, epimedium, and phytosterol esters; and the glucose/insulin response effects of banaba leaf, chromium, and vanadium.

### Is TRA™ Complex safe?

TRA™ Complex is safe and well tolerated at the recommended dosage.

### Is there anyone who should not take TRA™ Complex?

Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions should consult with a physician prior to taking this or any other dietary supplement. Some of its ingredients may affect blood glucose levels, insulin, glucagon, or tissue glucose transporter activity. People taking medications such as insulin, glucagon, or any other drug affecting blood glucose levels should consult with their physician prior to taking this supplement. Consult a physician if you are taking prescription “anti-stress” medications such as anxiolytics, sedatives, or hypnotics. Consult a physician if you are taking central nervous system depressants, tricyclic antidepressants, antiepileptics, muscle

relaxants, anticoagulants, corticosteroids, quinalone antibiotics, or anti-cancer drugs. Discontinue use two weeks prior to surgery.

## Key Scientific Studies

1. Bjorntorp P. Body fat distribution, insulin resistance, and metabolic diseases. *Nutrition* 1997;13:795–803.
2. Kuribara H, Kishi E, Hattori N, Okada M, Maruyama Y. The anxiolytic effect of two oriental herbal drugs in Japan attributed to honokiol from magnolia bark. *J Pharm Pharmacol*. 2000 Nov;52(11):1425–9.
3. Wang C, Li Y, Wang Y. A review of pharmacological study on Epimedium grandiflorum Morr and its active constituents. *Zhongguo Zhong Yao Za Zhi*. 1998 Mar;23(3):183–5.
4. Terashima T, Takido J, Yokogoshi H. Time-dependent changes of amino acids in the serum, liver, brain and urine of rats administered with theanine. *Biosci Biotechnol Biochem*. 1999 Apr;63(4):615–8.

## Supplement Facts

Serving Size Three Capsules

Servings Per Container 90

Amount Per Serving		%Daily Value*
Calcium (as Dicalcium Malate)	166.7 mg	17%
Chromium (as Chromium Chelate)	66.7 mcg	55%
Green Tea (Camellia sinensis) Leaf Extract (70:1)	333.3 mg	**
Magnolia (Magnolia officinalis) Extract (4:1)	100 mg	**
Epimedium (Epimedium koreanum) Water Extract (6:1)	100 mg	**
L-Theanine (from Camellia sinensis) Extract (70:1)	50 mg	**
Phytosterol Esters (Beta-sitosterol)	40 mg	**
Banaba Leaf (Lagerstroemia speciosa) Extract (5:1) 1% Corosolic Acid	10.7 mg	**
Vanadium (as Vanadyl Sulfate)	10 mcg	**

\*Percent Daily Values are based on a 2,000 Calorie Diet.

\*\*Daily Value not established.

## Directions for Use

As a dietary supplement, take three (3) capsules three times daily (nine total), preferably with each meal. Store in a cool, dry place.

## Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician prior to use. This supplement should be discontinued two weeks prior to surgery.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

