



cinch™

inch loss plan

3-in-1 Boost™

THE CHALLENGE

When you try to lose weight, what do you do? Cut calories, right? Guess what can happen if you cut your calories too low — your body slows down your metabolism to try to hold on to all the fat it can. It's a natural response mechanism — but not so great when you are trying to lose weight. Moreover, restricting calories can cause drops in blood sugar that lead to low energy, hunger, and cravings for unhealthy snack and food choices. With many other diets, you may not get the essential nutrients you need. What is the answer?

THE SOLUTION

CINCH 3-IN-1 BOOST

Three Products in One

Cinch™ 3-in-1 Boost delivers 23 essential vitamins and minerals. The Cinch™ Boost Proprietary Thermogenic Blend features EGCG, a true wonder from green tea, to boost your metabolism into high gear.* And Cinch Boost also includes evodia and purple corn extracts currently being studied for their weight loss potential.* This powerful blend is teamed with chromium, vanadium, and banaba leaf extract to help retain normal blood sugar levels* to help control hunger and food cravings. With Cinch 3-in-1 Boost, you've got a lot of support to help you reach your goals.

Benefits

- **Boosts metabolism** — Provides clinically tested levels of EGCG from green tea to boost metabolism and burn fat*
- **Helps retain normal blood sugar levels** — With chromium, vanadium, and banaba leaf to help control hunger and food cravings*
- **Provides the vitamins and minerals you need** — Delivers 100% or more of the Daily Values for 21 essential vitamins and minerals when taken with one serving of Cinch™ Shake Mix

THE SHAKLEE DIFFERENCE

- Exclusive **Cinch Boost**, a proprietary thermogenic blend featuring 270 mg EGCG to boost metabolism*
- Part of the **clinically tested** Cinch Inch Loss Plan†
- **No artificial** colors or sweeteners

WHO WILL BENEFIT?

- 65% of adults in the United States who are overweight or obese
- Anyone looking for a healthy way to manage their weight and inches
- Anyone who is seeking a safe alternative to other questionable dietary supplements
- Anyone who is managing their weight and wants a comprehensive nutritional supplement



Cinch™ 3-in-1 Boost™ ☆
84 Tablets (28 servings) #20347

*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.

† Based on results from a 12-week preliminary study.

HOW-TO AND SUPPLEMENT FACTS

Take 3 tablets a day. One tablet with each meal works best.

Supplement Facts			
Serving Size: 3 Tablets Servings Per Container: 28			
Amount Per Serving	% DV	Amount Per Serving	% DV
Total Carbohydrate	<1 g <1%*	Iodine (as potassium iodide and sea kelp)	98 mcg 65%
Vitamin A (100% as beta carotene)	2500 IU 50%	Magnesium (as magnesium oxide)	120 mg 30%
Vitamin C (as ascorbic acid)	39 mg 65%	Zinc (as zinc gluconate)	9.75 mg 65%
Vitamin D (as cholecalciferol)	260 IU 65%	Selenium (as trace mineral protein hydrolysate)	45.5 mcg 65%
Vitamin E (as d- α -tocopheryl acid succinate)	19.5 IU 65%	Copper (as copper gluconate)	1.3 mg 65%
Vitamin K (as phytonadione)	52 mcg 65%	Manganese (as manganese gluconate)	1.3 mg 65%
Thiamin (as thiamin mononitrate)	0.98 mg 65%	Chromium (as chromium nicotinate and trace mineral protein hydrolysate)	400 mcg 333%
Riboflavin	1.10 mg 65%	Molybdenum (as trace mineral protein hydrolysate)	49 mcg 65%
Niacin (as niacinamide)	13 mg 65%	Sodium	5 mg <1%
Vitamin B ₆ (as pyridoxine hydrochloride)	1.3 mg 65%	Nickel (as trace mineral protein hydrolysate)	10 mcg †
Folate (as folic acid)	260 mcg 65%	Tin (as trace mineral protein hydrolysate)	6.5 mcg †
Vitamin B ₁₂ (as cyanocobalamin)	3.9 mcg 65%	Vanadium (as vanadyl sulfate and trace mineral protein hydrolysate)	100 mcg †
Biotin (as d-biotin)	195 mcg 65%	Boron (as trace mineral protein hydrolysate)	0.65 mg †
Pantothenic Acid (as d-calcium pantothenate)	6.5 mg 65%	Silicon (as silicon dioxide)	2 mg †
Calcium (as dicalcium phosphate)	300 mg 30%	Banaba Leaf Extract (<i>Lagerstroemia speciosa</i>) Standardized to contain 1% corosolic acid	32 mg †
Phosphorus (as dicalcium phosphate)	300 mg 30%	Cinch™ Boost Proprietary Thermogenic Blend Green Tea Extract (<i>Camellia sinensis</i>) (leaf) (Standardized to contain 270 mg of EGCG), Evodia Extract (<i>Evodia rutaecarpa</i>) (fruit), Purple Corn Extract (<i>Zea mays</i>) (seed)	600 mg †
* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.			

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELOSE SODIUM, CALCIUM SULFATE, GLYCERIN, SPIRULINA, INOSITOL, CHOLINE BITARTRATE, ALFALFA POWDER, GRAPEFRUIT BIOFLAVONOID, HESPERIDIN COMPLEX, LEMON BIOFLAVONOID, MIXED TOCOPHEROLS, ORANGE BIOFLAVONOID, RICE BRAN POWDER, ROSE HIPS POWDER, ACEROLA EXTRACT, CARNAUBA WAX.



CINCH INCH LOSS PLAN

Cinch™ 3-in-1 Boost is just one part of the comprehensive Cinch Inch Loss Plan. To get the full benefits, team the supplements up with all the other remarkable products in the Cinch Inch Loss Plan.

- **Cinch™ Shake Mix** in rich chocolate, creamy vanilla, and café latte flavors. Packed with protein to keep you feeling full and Powered by Leucine™ to help you hold on to muscle while you lose weight.
- **Cinch™ Bars** serve up hard-to-believe snacking pleasure with hunger-fighting protein, and they are Powered by Leucine™ to help preserve muscle. 120–130 calories per bar.
- **Cinch™ Energy Tea Mix** serves natural oomph in a cup. Hot or cold, this exotic blend of red, white, and green teas gives you a natural energy boost anytime you need it. Available in unsweetened and pomegranate flavors.

The Cinch Inch Loss Plan with leucine is formulated to help you break the diet cycle so you:

- **Keep muscle** you have
- **Burn fat** you don't need
- **Lose inches** you don't want

SUPPORT MATERIALS AND RESOURCES

- **Introduction to Cinch** A recorded three-minute call (925.924.3030)
- **Say Hello to Cinch DVD** #66101 Single; #67000 5-Pack
- **Cinch™ Inch Loss Plan Brochure** #75359 English; #75360 Spanish
- **CinchPlan.com** A Web site for new consumers and prospects
- **Introduction to Cinch PowerPoint Presentation** (available to download at MyShaklee.com)

- **Cinch™ Success Guide and Cinch Coach™ Software CD** Everything you need to do the program and support to help you reach your goals. Included in the Cinch Starter Kit and available separately. #75361
- **Cinch™ Daily Journal** (English/Spanish). A portable journal to track your product use and meals when you are on the Cinch Plan. #75362
- **CinchClub.com** A Web site for those on the plan that provides comprehensive support in the form of meal plans, recipes, community, and educational materials
- **2007 Product Guide** #81835 English; #81837 Spanish

SCIENTIFIC REFERENCES

Anderson RA. Review: Chromium, glucose intolerance and diabetes. *J Am Coll Nutr* 1998;17:548–555.

Dulloo AG, Duret C, Rohrer D, et al. Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *Am J Clin Nutr*. 1999;70(6):1040–1045.

Judy WV, Hari SP, Stogsdill WW, et al. Antidiabetic activity of a standardized extract (Glucosol) from *Lagerstroemia speciosa* leaves in Type II diabetics. A dose-dependence study. *J Ethnopharmacol* 2003;87(1):115–7.

Komatsu T, Nakamori M, Komatsu K, et al. Oolong tea increases energy metabolism in Japanese females. *J Med Invest*. 2003;50(3–4):170–175.

Nagao T, Komine Y, Soga S, et al. Ingestion of a tea rich in catechins leads to a reduction in body fat and malondialdehyde-modified LDL in men. *Am J Clin Nutr*. 2005 Jan;81(1):122–9.

Rumpler WV, Seale J, Clevidence B, et al. Oolong tea increases metabolic rate and fat oxidation in men. *J Nutr*. 2001;131(11):2848–2852.

Cohen N, Halberstam M, Shlimovich P, Chang CJ, Shamooh H, Rossetti L. Oral vanadyl sulfate improves hepatic and peripheral insulin sensitivity in patients with non-insulin-dependent diabetes mellitus. *J Clin Invest* 1995;95:2501–2509.

cinch™
inch loss plan

For more information, visit CinchPlan.com

We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.

