

# THINNR

## MAINTENANCE STACK

### REGULATE

**Regulate** combines the power of Berberine, Bitter Melon, and Banaba Leaf to support sustainable weight management and metabolic health. Berberine has been shown to enhance the body's own GLP-1 secretion, improve insulin sensitivity, and activate AMPK to boost fat metabolism and appetite control. Bitter Melon complements this by also stimulating GLP-1, delaying gastric emptying, and optimizing energy regulation. Banaba Leaf helps stabilize blood sugar, reduce cravings, and support antioxidant protection. Together, REGULATE delivers a natural, multi-mechanism approach to weight and glucose regulation.

### DETOX

**Detox** is designed to support liver health, detoxification, and weight maintenance with a powerful blend of natural ingredients. Solarplast® enhances cellular energy and supports liver cell health, while artichoke leaf stimulates bile production for better fat digestion and toxin elimination. Dandelion leaf promotes detoxification by reducing water retention and flushing waste, and milk thistle protects and helps with liver cell health to optimize fat metabolism. Protease SP and lipase enzymes improve nutrient absorption and support efficient fat breakdown. Together, DETOX provides comprehensive liver and metabolic support for effective detoxification and long-term weight maintenance.

### CONTROL

**Control** is crafted to support appetite regulation, hormonal balance, and metabolism for effective weight management. African Mango helps regulate leptin, reducing hunger and improving fat storage control, while Raspberry Ketone boosts adiponectin to promote fat breakdown and metabolism. Green Coffee Bean stabilizes blood sugar and enhances fat metabolism, and Green Tea increases thermogenesis and energy expenditure. Together, CONTROL delivers a multi-faceted approach to support weight loss and metabolic health.

