

# SMART COFFEE TECHNOLOGY

## SKINNY GENES JAVA™ - Coffee with an IQ

### LABEL & DIRECTIONS for USE

**SUPPLEMENT FACTS**

Serving Size: 1/2 Packet (0.6 oz/17.3 g)  
(1 Packet = 1.2 oz brewable coffee)

Servings Per Packet: 2  
(makes 2 servings 10-12 oz brewed coffee)

AMOUNT PER SERVING	% DAILY VALUE*
Calories	10
Total Carbohydrate	1 g
Dietary Fiber	0 g
Sugars	3 g
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Potassium	175 mg
Vitamin C	125 mg
Chromium (as Polychrome)	50 mcg
<b>PROPRIETARY BLEND</b>	<b>1.262 mg (1.262 g)</b>
<b>Intelligent Caffeine™</b>	
<b>Phenylalanine (as L-phenylalanine)</b>	

\* Percent Daily Values (DV) based on a 2,800 calorie diet.  
- Daily Value not established.

PERCENT DAILY VALUES ARE BASED ON A 2,800 CALORIE DIET.  
YOUR DAILY INTAKE MAY VARY UP OR DOWN DEPENDING ON YOUR CALORIE NEEDS.

**OTHER INGREDIENTS:** Arabica ground coffee beans, Fruit Juice concentrate with Fruit Sugars, Natural Fruit Flavor with Other Natural Flavors, silicon dioxide (anti-caking agent).

SKINNY GENES™ JAVA conforms to the newest 2016-2021 Caffeine Safety Guidelines and Labeling Guidelines, per the World Anti-Doping Agency, FDA, EFSA (European Food & Safety Agency), the American Herbal Products Association, and the Council for Responsible Nutrition™.

Manufactured Exclusively for Xtreme Healthy Lifestyles by Dr. Ann De Wees Allen®

**XTREME**  
HEALTHY LIFESTYLES

**SKINNY GENES™**  
**JAVA™**

The First Scientifically Smart Coffee  
with Metabolic Intelligence

*Put the Skinny Back in Your Genes™*  
XtremeHealthyLifestyles.com

SKINNY GENES JAVA™  
BREWABLE COFFEE  
1 Packet Net Weight = 35g (1.2 OZ)

NOT LABELED FOR INDIVIDUAL SALE

SKINNY GENES™ JAVA contains a Low Glycemic Matrix (L.G.C.), which has been shown in Board Approved Human Clinical Trials to reduce the glycemic impact of a high glycemic agent.™™

**SKINNY GENES JAVA™**  
The First Scientifically Smart Coffee  
with Metabolic Intelligence & Award Winning Technology.

Producing a beverage with an advanced form of metabolic intelligence is even smarter, as it has to deliver an appropriate message to the brain's gut axis.

Today is the day that you stop blaming yourself for weight gain, and take control.

The Executives and Medical Board of Xtreme Healthy Lifestyles™ decided that they wanted a smarter beverage to introduce as their Flagship Product.

**SKINNY GENES™ JAVA**

SKINNY GENES™ JAVA contains a low glycemic, natural brain-friendly compound designed to prevent blood sugar imbalances, insulin surges, and caffeine-related reduced sports performance, helping the body mitigate the high/low roller associated with ingesting regular caffeine.™

Intelligent Caffeine™ helps blunt the storage of calories into adipose tissue for cells by downregulating lipoprotein lipase (LPL).™

Energy drinks and caffeinated beverages can cause fat storage and weight gain.

**TruScience Institute**

**INTELLIGENT CAFFEINE™**

Additionally, Intelligent Caffeine™ helps prevent caffeine driven reduced insulin sensitivity, which is extremely detrimental to humans.™

To learn about our fine collection of products and opportunities please visit: XtremeHealthyLifestyles.com

**SWEETENSEN™** **SKINNY GENES™**  
**SWEETENER** **CREAMER**

Distributed By:  
**Xtreme Healthy Lifestyles Inc.**  
San Francisco California  
Made With  
Organic AA Arabica Coffee

NOT LABELED FOR INDIVIDUAL SALE

## SKINNY GENES JAVA™ - XTREME HEALTHY LIFESTYLES

### DIRECTIONS FOR USE:

One pouch of 1.2 OZ *Skiny Genes Java™* Brewable Coffee makes 2 servings of freshly brewed coffee. Do not consume more than 1 serving at a time. This is not an instant coffee product and must be brewed prior to consuming. Drip brewing is preferred.

Brew entire 1.2 oz pouch of *Skiny Genes Java™* Brewable Coffee to make the recommended 2-Servings.

One packet makes 2-Servings of 10-12 ounces, depending on how strong you prefer coffee.

You may consume one serving and refrigerate the other serving for Iced Coffee later or reheat in microwave. Consume within 24-hours after brewing (even if refrigerated). Made in the USA

### **SUGARS & SWEETENERS**

Do not use any sweetener other than *Sweet Infused™ Sweetener* for the reasons as explained in this document. Use of any other sweetener will negate the *Skinny Genes Java™* metabolic activity and functionality.

### **CREAMERS**

Do not use any creamer or coffee creamer other than *Skinny Genes Creamer™* for the reasons as explained in this document. Use of any other creamer will negate the *Skinny Genes Java™* metabolic activity and functionality.

### **SKINNY GENES JAVA™ - USAGE & CAUTIONS**

#### **FOR ADULTS ONLY**

Not for use by individuals under 16 years of age. Not for use by children or by pregnant or lactating women. Use only as directed. Not for use by anyone sensitive to any of the ingredients.

- Do not use more than 1 serving at a time.
- May be used one-to-three times per day in-between meals
- Do not use more than 3 servings total per day.

Do not use caffeine products within 2 hours of taking this product. It is advisable to reduce consumption of products containing caffeine while taking this product.

### **STORAGE INSTRUCTIONS**

Store in a cool, dry place (60 F to 75 F) away from heat or moisture - May be kept in the refrigerator if room temperature/humidity is high - Do not leave the Packet of *unbrewed* coffee in a hot car or hot area.

**CAUTIONS:** Do not exceed recommended serving size. Exceeding the recommended serving has not been shown to result in greater effectiveness. DO

NOT USE IF YOU are pregnant or nursing. Keep out of reach of children. This product is **not to be used** as a sports drink or prior to intense exercise.

**DISCONTINUE USE AND CONSULT A PHYSICIAN IF YOU:** Experience rapid heartbeat, dizziness, severe headache, shortness of breath or other similar symptoms.

**CONSULT A PHYSICIAN BEFORE USING THIS PRODUCT IF YOU:** Take a prescription medication, are sensitive to the effects of caffeine, or are allergic to any of the ingredients in this product. If you have a history of any of the following: heart disease, thyroid disease, diabetes, high blood pressure, glaucoma, difficulty in urinating or prostate enlargement, consult with your physician prior to using this product.

**\*These statements have not been evaluated by the Food and Drug Administration  
These products are not intended to diagnose, treat, cure or prevent any disease.**