WITH LEANMD YOU CAN ENJOY

REAL FOOD
Our easy-to-follow diet is based on real, fresh foods. No processed or prepackaged meals to buy!

REAL SUPPORT
Your personal mentor will guide you each step of the way; helping you set goals, answering all your questions, and cheering you on!

REAL SUCCESS
Our proprietary tools and training will help you sustain your newfound energy and vibrant health!

COMPARE THE COST...

<table>
<thead>
<tr>
<th>UNHEALTHY HABITS</th>
<th>LEANMD MEMBERSHIP</th>
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<tbody>
<tr>
<td>$182/week</td>
<td>$68.75*/week</td>
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<tr>
<td>Daily coffee run</td>
<td>Weekly visit with your LeanMD mentor</td>
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<tr>
<td>Not packing lunch</td>
<td>Body composition analysis</td>
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<tr>
<td>Convenience store &amp; vending machine snacks</td>
<td>Appetite suppressants</td>
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<tr>
<td>Sodas &amp; bottled drinks</td>
<td>Lipo B12 injection</td>
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<tr>
<td>Eating out</td>
<td>Half the cost of other programs!**</td>
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<tr>
<td>Alcohol</td>
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<tr>
<td>$22</td>
<td>$15</td>
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<tr>
<td>$50</td>
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<tr>
<td>$15</td>
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<tr>
<td>$7</td>
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<tr>
<td>$40</td>
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<td>$48</td>
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*Plus $300 for initial consultation. Includes 1-month supply of high quality nutritional supplements

**Prices may vary depending on your individual medical needs

Achieve REAL RESULTS

Boulder Endocrinology
892 West South Boulder Road
Louisville, CO 80027
720.835.2100
leanmd@boulderendo.com

ARE YOU READY FOR REAL RESULTS?

We’re Ready to Support You!

Talk with your healthcare provider today or visit us at:
www.boulderendo.com
We’re DIFFERENT than other programs...

LeanMD is a medically supported weight loss program designed to help you look better, feel better and move better—fast! Our experienced clinicians are dedicated to helping you reach your goals quickly and safely.

This unique and highly-personalized 3-phase program will support you all the way as you achieve your goals, transition to maintenance, and learn how to keep the weight off for good!

Our well-rounded approach can TRANSFORM YOUR LIFE!

You’ll look forward to your weekly visits with your personal LeanMD Mentor:

- Body Composition - Detailed analysis and personalized program adjustments
- Supportive Guides - Complete program manual, shopping guide, recipe book, progress tracker, and more...
- Appetite Suppressant - 1 week supply (optional)
- Lipo B12 Injection
- High quality nutritional supplements (available for additional cost)
- Mindfulness Tools - will empower your success
- Discuss any challenges, set next week’s goals, and celebrate your successes!

Phase 1
Lose Weight Fast

LET’S GET STARTED!
• Receive a complete medical evaluation, EKG and metabolic analysis
• Learn to eat well with an easy-to-follow diet based on real, fresh foods
• Your personal mentor will help you set goals, answer all your questions and cheer you on
• Benefit from appetite suppressants and high quality supplements (optional)

Phase 2
Transition Successfully

ALMOST THERE!
• Learn techniques to sustain the loss you’ve achieved
• Gradually increase your calories and exercise
• Continue monitoring your BMR
• Celebrate!

Phase 3
Sustain Your Loss

KEEP IT OFF FOR GOOD!
• We continue working with you to help you sustain your newfound energy and vibrant health!

Enjoy REAL FOOD

Receive REAL SUPPORT