

# Dan Long's 6 Week Extreme Lean Supplementation Plan

## Supplementation is Recommended but Optional

First and foremost, I want to be very clear that supplementation is not a required part of Dan Long's 6 Week Extreme Lean Diet. While I believe in the supplements I recommend, and while the use of supplements is certainly able to enhance results, you will still get great results if you choose to not use supplements.

## Why BioTrust Nutrition®?

I'm very excited to recommend the premium nutrition products that my great friends Josh and Joel have created with BioTrust Nutrition. While there are other acceptable supplements and supplement companies, Josh and Joel created BioTrust Nutrition®, a premium brand of all-natural supplements and nutrition products, so that they have direct control over the quality, purity, and effectiveness of the products I recommend. You see, most consumers of nutrition products are often surprised to learn that the FDA (the Food and Drug Administration) does not test, monitor or approve dietary supplements.

Just think about that for a second.

This means that all the hundreds of thousands of fat burners, performance boosters, vitamins, minerals, herbs and protein powders you see online and on store shelves everywhere are completely unregulated. It's difficult to know what you're really getting. You see, the FDA leaves it up to the individual supplement companies to formulate, test and monitor their own products. As you can imagine, many supplement companies cut all kinds of corners when it comes to quality control in order to boost their profit margins.

## Buyer Beware: What Are You Swallowing?

Unfortunately, the following are 5 of the most common offenses in the dietary supplement industry when it comes to lack of quality control:

1. Many companies do not hire qualified Registered Dietitians, PhD's or Medical Doctors to formulate their products based on the latest research. This results in products that lack safety standards and aren't effective. In fact, many supplements are formulated by inexperienced "hacks" that simply mix up a batch of questionable ingredients without rhyme or reason.

2. Many companies use untested, artificial and low-quality ingredients that are often contaminated and in amounts that are ineffective.
3. Many products are not manufactured in an FDA-rated facility under the strict, government-approved Good Manufacturing Practices (GMP). (Some supplements are even made in dirty, unregulated warehouses or even garages.)
4. After the product is manufactured, many companies do not test the product to ensure its ingredients match what is listed on the label. Nor do they test the product to make sure it's pure and free from contaminants like lead and bacteria. (Note: Independent testing shows that many supplements do not contain the ingredients listed on the label.)
5. Finally, many companies ship out their products and let their customers be the guinea pigs when it comes to quality control.

At Bio Trust Nutrition, they do the exact opposite of everything listed above. You see, not only are they developing scientifically-backed products to be used by their valued customers, but they're also creating these products to use themselves. And they are recommending them wholeheartedly to their friends and family members. That is why it's critical that each of their products undergo a stringent and scientifically-based, 7-Stage Research and Testing Protocol before it can become "Bio Trust Approved and Certified." Here's how it works:

**Step 1. World class formulators.** At BioTrust, they've compiled a team of some of the world's most respected medical doctors, chemists, researchers, nutritionists and fitness experts to create the highest-quality brand on the planet. Each of their formulas goes through an extensive approval process by industry leaders with at least 15 to 20 years of experience in creating safe and highly effective nutrition products.

**Step 2. They only use the Scientific Dose®.** This means that they use the exact amount of each ingredient in their products that the scientific research has shown to be effective. They never add a "dusting" of an ingredient just for window dressing or marketing hype, a HUGE problem that is extremely common even with many of the most popular brands found at their local supplement store. Instead, they give you the honest amount of each ingredient that science shows will get you the best results.

**Step 3. All-natural raw ingredients.** They searched the globe for the highest quality and purest forms of every ingredient they include in their products. They use only all-natural ingredients free from antibiotics, artificial sweeteners, colors and preservatives. For example, the protein in their Bio Trust Nutrition Shakes comes from cows not treated with rBGH or rBST – artificial growth hormones that can pass into the milk, the protein...and ultimately you.

**Step 4. Raw ingredient testing.** They only purchase raw ingredients that come with a certificate of analysis for potency and purity. And, they even do further microbiological testing during the manufacturing process. This means that every ingredient is guaranteed to be pure and potent before it becomes a Bio Trust product.

**Step 5. FDA-registered manufacturing.** All of their Bio Trust products are manufactured in an FDA-registered laboratory. The laboratory is also certified by the National Nutritional Food Association's (NNFA) Good Manufacturing Practices (GMP). GMP is a third party certification program which includes inspection of manufacturing facilities to determine whether stringent performance standards are being met. These standards include specifications for staff training, cleanliness, equipment maintenance, and record keeping, and the highest quality control standards are in place.

**Step 6. 3rd party quality assurance testing.** After their products are manufactured, labeled and sealed, they take it a step further. They send random samples from each production run to an independent, FDA-approved laboratory to make sure that each product contains what is stated on the label and that it's free from harmful byproducts and contaminants. As a matter of fact, the testing facility they use is the world leader in supplement, food and pharmaceutical testing. They are licensed by every food, drug and supplement agency imaginable...and they have maintained a spotless record for over 30 years.

**Step 7. Scientific Advisory Board review.** At this point, the product is Bio Trust Approved and Certified for purity and potency, but they don't stop there. Before sending a new product to their customers, they first have members of their Scientific Advisory Board, Fitness Advisory Board, and the founders of the company themselves, use the product and report their findings through extensive surveys. And if the product does not meet their strict guidelines for effectiveness, they start all over again with the formulation process until it's 100% perfected.

As you can see, each Bio Trust Nutrition product undergoes an exhaustive 7-Stage Research and Testing Protocol before it ever reaches their hands. Again, they believe in their products, they use their products, and every step of their manufacturing and development process was created to ensure that their products deliver only the highest quality, most effective formulations and ingredients to you and their body day in and day out—period. After all, that's what you deserve, and they're here to give it to you with each and every product they produce.

You see, no longer will you have to “wonder” or be forced to settle for inferior products, inferior ingredients, inferior results... the Bio Trust difference was created for you, and it's available for you to experience, 100% guarantee-backed, today.

Experience the difference. Live the results.

# Dan Long's Extreme Lean Diet Recommended Supplements and Instructions for Use

## 1. BCAA Matrix™ Preserves Calorie-Burning Lean Muscle While Dieting, particularly on Anytime Veggies + Protein (AVP) Days and daily use

BCAA Matrix™ is a completely revolutionary Branched Chain Amino Acid product that uses 3 forms of BCAAs (free form, ethyl esters, and peptide bonded BCAAs) and 3 different absorption pathways to literally be the most potent, most absorbable Branch Chain Amino Acid product ever created. Because of this, you can use much less than other BCAA products while absorbing more. BCAAs help your body maintain calorie-burning lean muscle as you lose fat to ensure your metabolism stays high, you avoid rebound weight gain, and you look your best.



**This is a critically important supplement to avoid muscle loss during Dan Long's 6 Week Extreme Lean Diet Program. Quantity and Use: You will take 0.15 grams of BCAAs per pound of body weight on AVP Days. On other diet days, you may continue taking 2 capsules (1 gram) between meals during the 6 week program.**

Below is a table that lists your monthly requirements based on your weight:

100 – 200 lbs: 2 to 3 bottles monthly

200 – 300 lbs: 3 to 4 bottles monthly

300 – 400 lbs: 4 to 5 bottles monthly

**IMPORTANT NOTE:** Please keep in mind that the cost of buying the BCAAs is a replacement for the cost of the food you would normally be eating during Dan Long's 6 Week Extreme Lean Diet. The daily cost of BCAAs supplementation is far cheaper than the daily cost of food, so you'll actually be spending *less* money over the course of each month by utilizing BCAAs on Anytime Veggies + Protein (AVP) Days.

Also, you will be using BCAAs in future months so it is recommended that you take advantage of the bundle discounts and stock up for the best value. Get the best deals here:

**==> [Get BioTrust BCAA Matrix at a Discount](#)**

## 2. BioTrust® Low Carb™ The Stevia® Sweetened, Cold-processed, Time-released, Pharmaceutical Grade Protein Supplement, for Amazing Shake Day (ASD) and daily use

BioTrust Low Carb is the perfect protein to use as a convenient meal or snack on any day of your program, as well as the pre-bed meal daily. It's made from cold-processed, pharmaceutical grade whey protein, milk protein, and micellar casein (instead of the high-temperature processing that other manufacturers use, severely degrading protein quality). It is also a true time-released protein with equal parts of fast and slow digesting protein increased absorption and a steady flow of amino acids to your muscles for up to 8 hours. Available in Chocolate and Vanilla.



**Quantity and Use:** Three containers will provide a 4-month supply of protein to be used in the pre-bed meal and as a convenient meal placement throughout the diet days. BioTrust Low Carb® can be used as the protein portion of any meal.

**IMPORTANT NOTE:** Please remember that each shake replaces a meal for only a couple bucks (there aren't many healthy, nutrient rich meals out there that cost a couple dollars), and make the food-cost of each day substantially cheaper.

**==> [Get BioTrust Low Carb at a Discount](#)**

## 3. IC-5™ Carbohydrate Management and Insulin/Blood Sugar Control

**Carbohydrate Management and Insulin/Blood Sugar Control** IC-5 is a unique blend of 5 hard to come by ingredients that together increase insulin sensitivity, manage blood sugar levels, and partition carbohydrates to muscle instead of fat. The end result is much improved fat loss and body composition while increasing sensitivity for improved carbohydrate tolerance.

**Quantity and Use:** One bottle will last approximately 4 weeks. Take 2 capsules of IC-5 before your breakfast meal, and 2 capsules again in the afternoon between meals.



**==> [Get BioTrust IC-5 Here](#)**

## 4. LeptiBurn® Fat Loss Accelerator and Hormone Support

Leptin is your body's #1 fat burning hormone – it controls literally everything related to weight loss. Improving your body's sensitivity to leptin as well as leptin production while dieting are crucial to optimal fat loss. LeptiBurn® is literally the ONLY scientifically-backed supplement on the market specifically created to increase leptin sensitivity and production while dieting, while accelerating fat loss.

**Quantity and Use: Take 2 capsules on an empty stomach in the morning, and again in the afternoon. One bottle will last 30 days.**



**==> [Get BioTrust LeptiBurn Here](#)**

## 5. AbsorbMax™ With Gluten Gone™!

**Improves Digestion, Reduces Gastrointestinal Distress, and Combats Food Intolerances that Slow and Stall Fat Loss**

AbsorbMax™ is a comprehensive blend of 16 unique digestive enzymes that allow you to fully break down and absorb the nutrients contained in any and every food you eat, including GlutenGone™, a dynamic duo of 2 unique enzymes that has been shown in very recent research to be unmatched in its ability to fully digest gluten! AbsorbMax™ also combats food intolerances that have been shown in numerous studies to slow and stall fat loss.

**Quantity and Use: Take 1 capsule with every meal. I recommend the Buy 2, Get 1 FREE special for the best pricing and savings.**



**How to Order and Save Up to 33%! AbsorbMax™ is only currently available to special groups and individuals at this time...fortunately, that includes you! The hidden link on the website to learn more about**

AbsorbMax™ is located here:

**==> [Learn More About AbsorbMax™ Here](#)**

## 6. Pro-X10™

### Advanced Microencapsulated Probiotic Blend (now with Actazin!)

Pro-X10™ is a premium probiotic formula designed to support optimal GI health and function while reducing bowel inflammation. Through patented microencapsulated Technology, Pro-X10™ is able to deliver up to 10xs more live probiotic bacteria to your intestine than other inferior products. Pro-X10™ also contains the breakthrough nutrient Actazin™ (from the kiwi fruit), to assist in the regeneration of gluten-damaged intestinal lining cells.



**==> [Learn More About Pro-X10™ Here](#)**

Click on the link below to visit the BioTrust website and secure your order today. There are heavily discounted packages available, and as a *6 Week Extreme Lean Diet client*, you'll be presented with even more ways to save after you check out. Just be sure to use this link:

**==> [Click Here To Order Your 6 Week Extreme Lean Diet Supplements and Save BIG!](#)**

Enjoy the decreased grocery bills and be sure to use the above link for even more savings after check out!