

# 7-KETO

## LEAN



**100mg**

7-Oxo-DHEA

THERMOGENESIS

**100mg**

Caffeine

FOCUS

**45mg**

Bromelain

ANTI-  
INFLAMMATORY

**500mg**

Green Tea  
Extract

REDUCE  
OXIDATIVE  
STRESS

**100mg**

Grape Extract

INCREASE  
COLLAGEN &  
BONE STRENGTH

For more info click here: [www.klr.fit](http://www.klr.fit)





## 7-KETO-DHEA BASED THERMOGENIC FORMULA

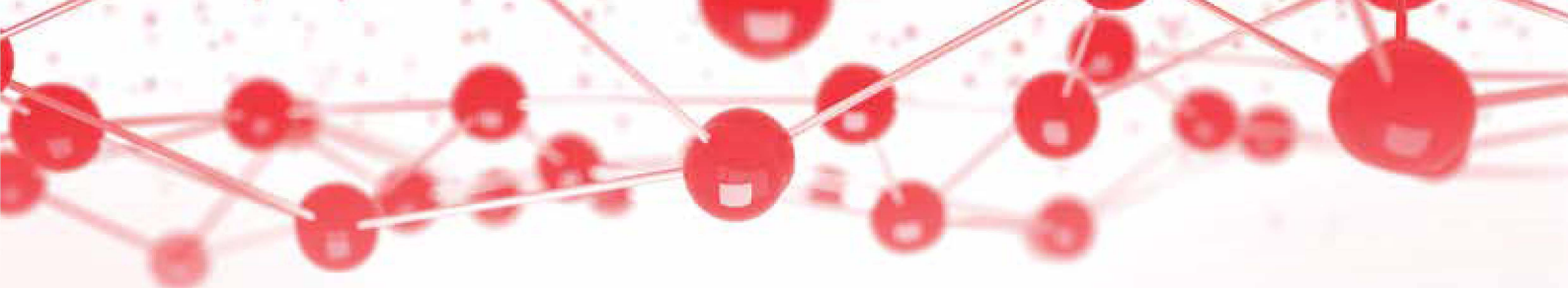
- Proven to Improve Metabolism
- Helps Burn More Calories
- Promotes Healthy Weight Loss
- Alleviates Fatigue
- Enhances Mood and Energy

## 7- KETO LEAN: THE FAT KILLER

7-Keto Lean is solid weight loss agent which employs the thermogenic properties of 7-Keto-DHEA to maximize fat loss while preserving or increasing muscle mass. To enhance fat loss, we've combined 7-Keto-DHEA with a combination of carefully balanced and lab tested ingredients such as caffeine, bromelain, green tea extract, grape skin extract, grape seed extract and vitamins (B3, B4, B6).

## WHAT IS 7-KETO-DHEA?

7-Keto-DHEA, 3-acetyl-7-oxo-dehydroepiandrosterone, is a naturally-occurring metabolite of DHEA, which is primarily produced in the adrenal glands, skin, and brain. This steroid hormone is produced by the metabolism of the pro-hormone dehydroepiandrosterone (DHEA), and exhibits activity similar to DHEA. DHEA is a naturally-occurring prohormone, and is considered an adrenal androgen because it is made in the adrenal glands rather than the testes, like testosterone and dihydrotestosterone (DH). DHEA is produced in large quantities and circulates in the blood at concentrations higher than cortisol and second only to cholesterol. Structurally, 7-Keto-DHEA is almost identical to DHEA, however, the activity of 7-Keto-DHEA has been reported to be 2.5 times that of DHEA. Additionally, unlike DHEA, 7-Keto-DHEA is not converted to sex hormones in vivo, thus it will not convert to testosterone or estrogen. In human tissues, including skin and others, DHEA is converted to 7-Keto-DHEA by enzymes, in a two-stage process. In clinical studies, 7-Keto-DHEA has been demonstrated to increase metabolism and contribute to healthy weight loss by increasing the activity of thermogenic enzymes responsible for fatty acid oxidation. Additional studies utilizing 7-Keto-DHEA have shown that supplementation increases IL-2 in human lymphocytes, enhances memory, and increases thermogenic liver enzymes. It also plays crucial roles in supporting the immune response.



## WHAT IS THE SOURCE OF 7-KETO?

7-KETO is made from pharmaceutical grade DHEA. DHEA is produced when diosgenin is extracted from wild yam and modified in a laboratory process to achieve the final structure.

## WHO SHOULD USE 7-KETO-DHEA ?

7-Keto-DHEA may be considered for athletes and patients with decreased DHEA levels, increased cortisol to DHEA ratios, decreased T-3 or decreased T-3 to T-4 ratios, fatigue, decreased natural killer cell levels, or to support healthy insulin levels and inflammatory processes. It's also used for those with symptoms often associated with dementia.

Safety evaluations of 7-Keto-DHEA have found it safe, denoting that it is has neither mutagenic activity nor adverse effects in administration of up to 200 mg/kg in primate studies, which is equivalent to about 3.5g for a typical 70 kg human. Consider 7-Keto-DHEA for immune function support as well as support for weight modification.

## CAN 7-KETO-DHEA BE USED BY FEMALES?

Obesity in both pre and postmenopausal women, endogenous androgens play an important role in the maintenance of beneficial patterns of metabolic and morphometric parameters. Citing increases in metabolism and thermogenesis, the DHEA metabolite, 7-Keto-DHEA, has been promoted for weight loss. Popular claims made regarding 7-Keto-DHEA include increases in lean body mass and muscle mass, stimulated thyroid activity, improvements in immune system function, boosting memory, and slowing the aging process. **Proponents of 7-Keto-DHEA claim the benefits of its parent DHEA, without the adverse effects.** Neither oral nor topical 7-Keto-DHEA has been shown to convert to testosterone or estradiol, nor does it have a clinically significant effect on serum steroid hormone levels, nor does it activate AR. In obese patients, 7-Keto-DHEA stimulates production of thermogenic enzymes in the liver resulting in increased basal metabolic rate and increased triiodothyronine (T3) levels, and it promotes thermogenesis at about 2.5 times the rate of its parent DHEA, presumably through the stimulation of hepatic thermogenic enzymes. Significant increases in T3 have been seen with the use of 7-Keto-DHEA in obese patients when used over 4 weeks. Compared to exercise and diet alone, 100 mg of 7-Keto-DHEA administered twice daily combined with moderate exercise and a reduced-calorie diet significantly reduces body weight and body fat composition. While no changes in serum



testosterone, estradiol, TSH, or T4 are seen, significant increases in T3 are noted in patients supplemented with 7-Keto-DHEA.

## **WHAT MAKES 7-KETO-DHEA THE BEST FAT LOSS AGENT?**

### **7-KETO-DHEA BURNS FAT WHILE PRESERVING MUSCLE**

Multiple studies have proven the effectiveness of 7-Keto-DHEA as a fat loss agent and a lean muscle builder. In one study, 33 healthy adults, 12 men and 21 women between the ages of 40-69, were administered 200 mgs of 7-Keto-DHEA for 8 weeks. The results were remarkable. 7-Keto-DHEA along with diet and exercise lead to a significant reduction in fat while no change in lean muscle composition.

### **7-KETO-DHEA INCREASE BODY METABOLISM**

A 2007 study published in the Journal of Nutritional Biochemistry showed that 7 days of 7-Keto-DHEA used alone and in combination with other supplements (green tea extract, vitamin C, chromium, and vitamin D3) increased metabolic rate. In another study, 7-Keto-DHEA was found to increase the resting metabolic rate (RMR) of people who were overweight. It increased metabolism by 1.4% above baseline levels, which means an extra 96 calories burned per day — or 672 calories per week.

### **7-KETO-DHEA SUPPRESSES APPETITE**

In a study done on mice, 7-Keto-DHEA lead to drastic fall in appetite, which is crucial for weight loss.

### **7- KETO-DHEA IMPROVES HEART FUNCTION**

A study conducted in 2001 showed that 7-Keto-DHEA resulted in an increased level of HDL-cholesterol (good cholesterol), and apolipoprotein A-I, noticeably reducing the risk of heart disease, especially in older men.





## **7-KETO-DHEA ENHANCES MOOD AND ENERGY**

7-Keto-DHEA has shown to reduce cortisol (stress hormone) levels by as much as 7.4% after just 5 days of use.

## **A POWERFUL BLEND OF PREMIUM INGREDIENTS**

Besides 7-Keto-DHEA, our advanced weight-loss formula combines the benefits of caffeine anhydrous, bromelain, green tea extract, grape skin extract, grape seed extract and the vitamins - nicotinamide, thiamine mono-nitrate and pyridoxine hydrochloride, which makes it an extremely potent fat burner.

### **CAFFEINE ANYHYDROUS:**

On a calorie deficit diet, your gym performance can plummet. Caffeine anhydrous, the most pure form of caffeine, boosts your energy levels and focus, thus enabling you to get more out of your workouts. It is also known to boost body metabolism while suppressing appetite.

### **FRUIT BROMELAIN:**

Bromelain is naturally occurring blend of enzymes found in the stem and juice of pineapples. Pineapple juice undergoes ultra-filtration to form fruit bromelain, which prevents weight gain by inhibiting the formation of new fat cells and triggering a break-down among existing fat cells.

### **CAMELLIA SINESIS (GREEN TEA EXTRACT):**

There's substantial evidence linking Camellia Sinesis, a green tea extract, to decrease in body fat. A 2008 study found that people who consumed green tea extract for a 12 week period noticed significant drop in body fat and waist size, compared to a group that was administered placebo. Green Tea extract contains a large amount of naturally occurring antioxidants called catechins that speed up the fat burning process.



## **GRAPE SEED EXTRACT:**

Extracted from bitter-tasting grapes and rich in antioxidants, grape seed extracts has a plethora of health benefits including better cholesterol levels, improved kidney functioning and stronger and healthier bones.

## **VITAMINS:**

A mix of 3 key vitamins: Niacin, B1 and B6 help you effectively utilize energy from the food you eat. It is very important that you get most out of what you eat on a calorie deficit. Further, the blend of these vitamins also ensures that your body consumes more carbohydrates and fat stores for energy needs instead of essential muscle building proteins.

## **RECOMMENDED DOSE**

Klr.Fit recommends 2-4 Capsules per day, in divided doses, with meals. For weight loss support, 100 mg twice daily is recommended.

## **SIDE EFFECTS AND PRECAUTIONS**

Not to be taken by pregnant or lactating women. Vivid dreams have been reported if taken too close to bedtime. Individuals with breast, prostate, or other hormonally linked cancers (or a family history of these conditions) should avoid this product as 7-Keto-DHEA has not been studied in this context.

## SUGGESTED DIET PLAN

### EARLY MORNING

Tea/Coffee/Milk (1 Cup without Sugar) + 5-7 Almonds or 1 Walnut\* or 1 Multigrain/Oat Biscuit

**Consume 2 Capsules of 7 Keto Lean 60 minutes prior to Breakfast**



### BREAKFAST

1 Medium Bowl Poha/Vegetable Wheat Upma/2 Vegetable Idli/1 Small Vegetable Dosa/Wheat Dalia with Milk or Vegetables/1 Toast (Brown/Multigrain Bread) with Paneer or Vegetables/1 Stuffed Chapatti(Methi/Palak/Cauliflower/Radish)/1 Thalipeeth/1 Bowl Oats/Wheat Flakes with Milk (60ml)



### MID MORNING

Fruit [Apple (1)/Papaya (100gms)/Apricots (2-3)/Peaches (2-3)/Cherries (8-10)/Pear (1)/Watermelon (150gms)/Guava (1)/Orange (1)] or Green Tea + 5-7 Almonds or 1 Walnut\* or Coconut Water (1 Small Glass) or 1 Glass Buttermilk



### LUNCH

3 Multigrain Chapattis/1 Multigrain Bhakri/1 Bajra Roti/1 Jowar Roti/ 1 Bowl Rice + 1 Bowl Vegetable + 1 Bowl Sambhar/Dal/Curd/Raita/ Chicken (2 small pcs)/1 pc Fish



### EVENING

Tea/Coffee/Milk (1 Cup without Sugar) + Roasted Snacks/Chana or 1 Glass Buttermilk/1 Fruit/1 Qtr. Plate Salad/1 Bowl Veg/Non-Veg Clear Soup/1 Bowl Sprouts

**Consume 2 Capsules of 7 Keto Lean (Optional for Extreme Metabolism Boost)**



### DINNER

1 Multigrain Chapatti/ 1/2 Multigrain Bhakri/1 Small Bajra Roti/1 Small Jowar Roti/1 Multigrain/ Oats Dosa + 1 Katori Vegetable + 1 Katori Sambhar/Dal/Curd/Raita/Chicken (2 Small pcs/1 pc Fish + 1 Bowl Salad





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