



ZENITH™ by AWAKEND.

FREQUENTLY ASKED QUESTIONS



Q What is Zenith?

A Zenith is an all-natural dietary supplement that contains clinically effective and patented ingredients that accelerate and support weight management by working through the body's leptin system.

Q What are the ingredients in Zenith?

A Zenith is a proprietary blend of specific, highly-viscous polysaccharides and a cetylated fatty acid complex. Zenith uses the exact serving size and formula used in a clinical study with proven results.¹

Q What are viscous polysaccharides?

A Viscous polysaccharides are unique, non-fermentable dietary fibers derived from cellulose.

Viscous polysaccharides work in a number of ways to support healthy weight management. First, they gel and expand in the stomach, signaling the brain that you are full. Second, this gelling and expanding activity also helps bind up food making it less immediately bioavailable, so calories are absorbed more slowly.

Q What are cetylated fatty acids?

A Cetylated fatty acids are a group of naturally occurring fats from plants and/or animals. They include cetyl myristoleate, cetyl myristate, cetyl palmitoleate, cetyl laureate, cetyl palmitate, and cetyl oleate.

Q What does the calcium do in the product?

A The calcium carbonate in Zenith is added to support gut health, aid digestion and absorption, and help the capsule disintegrate quickly once ingested.

Q How do I take Zenith?

A Take three (3) capsules twice a day, 30 minutes before your two largest meals. For best results, take on an empty stomach with at least eight (8) ounces of water.

Q I have difficulty swallowing pills and have pill fatigue. How can I take Zenith?

A If you have trouble taking capsules, try opening them up and mixing with a spoonful of yogurt, or applesauce, or directly into warm water.

Q I don't feel full after taking Zenith? What should I do?

A We recommend opening the three (3) capsules and pouring them into a spoonful of applesauce, yogurt, into a small amount of a smoothie, or directly into warm water. Take 30 minutes before your two largest meals.

Q I just want to maintain my fat loss and don't have a lot of weight to lose. What should I do?

A You may not need the full serving of (6) capsules a day! All bodies are different. Reduce your serving size to two (2) capsules twice a day, 30 minutes before your two largest meals. If you haven't already, be sure to increase your water intake. We also recommend adding a high-quality magnesium supplement and a probiotic to your daily routine.

Q Can children take Zenith?

A Though all-natural, Zenith was formulated for adult use.



Q What can I do to make sure I have the best results with Zenith?

For best results:

- Drink plenty of water (64 oz/day). For Zenith to work properly, you must hydrate. If you are not hydrated, the insoluble fiber in Zenith might cause you to retain water.
- Incorporate healthy eating and body movement into your daily routine with Zenith.
- Take before pictures & measurements. Be sure to track inches, not just pounds. The scale never tells the full story! In fact, in many studies on body composition in untrained or novice exercisers, participants experience simultaneous fat-free mass (glycogen, water, and muscle tissue) gain and fat loss. This is not only possible, but quite common in advanced research studies in exercise physiology.
- Don't compare your transformative journey to others! Everyone is different. All participants in the clinical study experienced the majority of their fat loss in their second month on Zenith.

Q I currently have digestive issues (gas, burping, bloating, constipation, or diarrhea on a regular basis). How should I take Zenith?

A Start slow. We recommend two (2) capsules a day 30 minutes before a meal with a glass of water. You can also open the capsule and sprinkle it on food. Zenith has no taste. When your body gets used to Zenith, increase your dose until you are taking the full dose.

Q I started taking Zenith and I am experiencing some gastrointestinal distress. Can I continue taking Zenith?

A Yes, if you start getting any digestive symptoms after starting Zenith, reduce your dose to one to two capsules 30 minutes before a meal with a glass of water, or open the capsules and sprinkle it on food (Zenith has no taste). When your body gets used to Zenith, increase slowly until you are taking the full dose. If your gastrointestinal distress persists, cease taking Zenith and consult a physician.

Q Does Zenith contain any stimulants?

A No, Zenith does not contain any stimulants.

Q What is the shelf life of Zenith?

A Zenith has a two-year shelf life.

Q I have a medical condition, can I take Zenith?

A For anyone with a medical condition, please take the product with the label and fact sheet to your physician or healthcare provider for consultation.

Q I am taking medication (any type), can I take Zenith?

A Please consult your physician or healthcare provider before taking Zenith. Zenith is a dietary supplement and does not replace any type of medication.

Q Are there any human clinical trials on Zenith?

A Yes. In an eight-week randomized, double-blind, placebo-controlled trial, women were placed on a diet and exercise program. Half of the women took Zenith, and the other half took a placebo. The women taking Zenith¹:

- Lost 20.3 lbs (9.2 kg) of weight
- Lost 21.4 lbs (9.7 kg) of fat* (more than 25 percent of their starting body fat)*
- Maintained all of their muscle mass and even gained 1.1 lbs (0.5 kg- although not statistically significant)*
- Lost 3.9 inches (9.8 cm) off their waist*
- Lost 2.9 inches (7.4 cm) off their hips*
- Lost 1.2 inches (3.1 cm) off their thighs*
- Reduced circulating leptin levels by 43%*
- Increased circulating adiponectin by 116%*
- Reduced circulating insulin levels by 30%*
- Lost, on average, an extra 1.4 lbs (0.6 kg) of weight AND 1.3 lbs (0.6 kg) of body fat per week compared to the placebo group on the same diet and exercise program.*

The women taking Zenith lost 119 percent more body weight, 97 percent more body fat, and 92 percent more off their waist than those participants taking the placebo.¹

Q What is leptin?

A Leptin is a signaling hormone that helps regulate appetite by telling your brain to either “keep eating and store fat” (when leptin levels increase) or “stop eating and burn fat” (when leptin levels decline). Leptin is made in your body’s fat cells. Research has shown that leptin levels correlate with body fat -- the more body fat you have, the higher your leptin levels are likely to be. Over time, this can result in the brain not being able to receive the “stop eating” signals from leptin. Lower levels of leptin enhance metabolism and reduce appetite.



Q What is adiponectin?

A Adiponectin is also produced in your body's fat cells and a few other tissues. Research has shown that adiponectin levels correlate with body fat, however, in the opposite way of leptin -- the more body fat you have, the lower your adiponectin levels are likely to be. Adiponectin is involved in a number of cellular and metabolic processes, including working with leptin and insulin, and helping to maintain a healthy and balanced immune system.

Q What analytical testing does Zenith go through?

A Zenith is manufactured at a cGMP facility and is tested for microbes, heavy metals, and other contaminants following cGMP standards.

Q Can you speak to the strength of the Zenith human clinical trial on Zenith?

A There are many factors that go into determining the strength and validity of a scientific publication, especially as it relates to human clinical trials. Below are eight important points to consider.

Q Does Zenith contain allergens?

A No. Zenith is free of soy, peanuts, tree nuts, sesame, eggs, dairy, fish, shellfish, and wheat/gluten.

Q Does Zenith contain GMOs?

A No. Zenith GMO-free.

<https://pubmed.ncbi.nlm.nih.gov/19048277>

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

