

## Prestige Labs\_Burn AM\_45-Day Trial

Burn AM is a revolutionary thermogenic and fat mobilization supplement. To better understand the advantages of the product I wanted to experience it first hand. The following data illustrates my time on and off the product. I will take my weight every morning upon waking and every night before bed. I will follow my normal weekly training routine and record my calorie expenditure using MyZone and/or Apple Watch. I will also take notes daily on how I feel.

DAY	DATE	AM_WEIGHT	WORKOUT	CAL_INTAKE	PM_WEIGHT	NOTES
ONE	10/16	190.75	NO	2518	193	Took my first dose at 0724 on an empty stomach. I took before pictures at 0500. I did not workout.
TWO	10/17	191	799 calories	2316	192.5	Worked out from 0700 to 0800 metabolic dynamic resistance training.
THREE	10/18	192	569 calories	2556	194.15	Ate pizza for dinner which is not my norm. It bumped up my calorie intake.
FOUR	10/19	192.25	NO	1611	194.75	Ate over a 1000 calories worth of Chinese food for dinner and I feel like a balloon.
FIVE	10/20	193	200 calories	2155	195	Went on a family bike ride and played in the park.
SIX	10/21	193	740 calories	2474	192	I finally deflated from all the Chinese food.
SEVEN	10/22	190	736 calories	3154	190	I missed my morning workout so I got it in at 1630 with Dana.
EIGHT	10/23	190	NO	2015	190.15	This was the first day that I felt that this supplement may be starting to have an effect on my body.
NINE	10/24	189	500 calories	2399	188.5	This was the second night that my PM weight was lower than my AM weight. That has never happened to me before.
TEN	10/25	188	514 calories 616 calories	2498	187 / 189.85	I did another assessment this morning and found a flaw in the formula that I use. All of my inches were astonishing but my formula gave me the same BF% because my neck and waist went down 1/2 inch each. The neck and the waist are the measurements used to determine the BF%. I use the InBody Scale and set a new baseline I did 2 workout between 1820 and 2000. I ate 1400 calories after 2030. I took my weight before and then after I ate.
ELEVEN	10/26	187.5	NO	2245	190.25	I ate late again and took my PM weight right after. It will be interesting to see what my AM weight in will say.
TWELVE	10/27	188	NO	2239	190	I've been eating the bulk of my calories between 1800 and 2100. I'd like to see what will happen if I stop eating by 1800.
THIRTEEN	10/28	188	NO	2322	188.25	Today I stopped eating at 1620 to see if it has an effect on my night time weigh in and as you can see there is definitely a difference between the last two nights and this weigh in result. This is a great illustration of how eating schedules can effect the body's results.
FOURTEEN	10/29	188	880 calories	2320	189.5	I finished my last meal just before 1930.
FIFTEEN	10/30	187	NO	2239	187.5	Business as usual today there's nothing to report.
SIXTEEN	10/31	186	697 calories	2872	189	Hit the lowest AM weight since I started so I decided to take measurements. I was really happy with the results however I'm having trouble finding an accurate body fat tester. My measurement formula and the InBody scale are inconsistent with the tape measurement results and how my body looks and feels. I had dry coppa, dry salami and 2 cheese squares for dinner and I felt puffy before bed. My PM weight was also higher but that could also be the extra calories.

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DAY	DATE	AM_WEIGHT	WORKOUT	CAL_INTAKE	PM_WEIGHT	NOTES
SEVENTEEN	11/1	187	548 calories	2405	189.5	Had 3 street tacos and 1 burrito for my first meal and my tummy hasn't been happy since. I'm going to finish my day with my protein cookies and see how the Mexican food will effect my body tonight and tomorrow morning.
EIGHTEEN	11/2	187.35	NO	2754	187.85	My stomach was doing flips this morning. I felt hungry so I took in extra calories. I was craving salt so I had 4 oz. of organic chips a a late night snack. PM weigh in surprised me. I thought for sure I'd be higher like previous nights where I took in extra calories.
NINETEEN	11/3	185.5	NO	2477	187	Hit the lowest AM weight since I started. This morning was also the first time that I voided prior to taking weight. Because of the drop in weight I decided to take my waist measurement and was shocked to find that I dropped another half inch with a value of 31".
TWENTY	11/4	186	866 calories	2418	185.5	I took a dexa scan today, my last one was in February, from then to now the results yielded a surprising revelation. My visceral fat was cut in half. Visceral fat levels have been directly linked to chronic disease in America so having that reduced is a game changer. I believe that this product is directly responsible for that. It also could explain the inches lost at my waist. I also got a Styku body scan which digitally measures body dimensions.
TWENTY ONE	11/5	185	NO	3000	188.5	Hit the lowest AM weight today. Still surprised at how well my body is responding to this supplement. I felt hungrier this evening so I took in 1900 calories after 1830 which as you can see effected my night time weight in. It'll be interesting to see what my weight is tomorrow morning.
TWENTY TWO	11/6	186.5	826 calories	2477	187.25	Daylight savings finally caught up to me and I turned in early. Sometimes your body just needs more rest and you've got to listen to it.
TWENTY THREE	11/7	186	NO	2401	188	I've felt hungrier the last two days and I don't know why. My little girls birthday was today and we went out to celebrate at a place of her choosing. I had one beef slider and a personal BBQ chicken pizza from Claim Jumpers. I still woke up the next morning not bloated and my abs were still tight. I was surprised. I began taking Prestige Labs Men's Vitality Multivitamin today.
TWENTY FOUR	11/8	186.5	NO	2726	187	Got a lot of work done today just sitting on my butt. I make it a point to eat more if I feel the need which is why you'll notice a distinct fluctuation in my intake. On the other hand if I don't feel the need to eat more, then I don't.
TWENTY FIVE	11/9	184.5	NO	2613	188.5	I took my AM weight at 0830 instead of 0430. I ate out for lunch and dinner and it took its toll on my body for sure. I also had a pumpkin muffin from Estelle's French Patisserie. I stopped eating around 2145 which is really late for me.
TWENTY SIX	11/10	186.75	NO	2623	187.5	It was a very productive day for the Phillips household. No going out today at all. Home cooking does a body good I am telling you.
TWENTY SEVEN	11/11	187.25	NO	2885	186.5	I was 187.25 at 0448 this morning and 186.5 by 1600 and that was after I had eaten about 2200 calories. That's how much eating out had effected me. This morning I was still feeling the effect but by the afternoon it had run its course and I returned to normal.
TWENTY EIGHT	11/12	185.75	1028	2995	186.15	It's official, I feel like I need more calories and I believe in listening to your body. What's fascinating is even though I've been eating more, as long as I'm eating cleaner it hasn't effected my weight loss at all. After I eat out my weight goes up but after I eat home cooked meals, even if my calories are high, I still lose. Crazy
TWENTY NINE	11/13	184.5	532 calories	2578	186	Did Pepper's Soul Climb class today. I was really busy and didn't start eating until around 1300 and finished before 1700. I wasn't as hungry today as I had been the previous 3 days. I did feel like I was dehydrated today so I drank 32oz of coconut water in addition to my normal water intake.

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DAY	DATE	AM_WEIGHT	WORKOUT	CAL_INTAKE	PM_WEIGHT	NOTES
THRITY	11/14	184.75	NO	2796	186.15	Today is the last dose of the product but not the last day of the trial. Now it's time to see how my body reacts when I'm not taking the Burn AM. I'm am still in awe at my results so far but I keep getting asked, "what happens when you stop taking it?" Hopefully this next phase will offer some answers.

For the next 15 days I will track what happens to my body when I stop taking the Burn AM.

DAY	DATE	AM_WEIGHT	WORKOUT	CAL_INTAKE	PM_WEIGHT	NOTES
ONE	11/15	184.60	NO	2952	187.25	It is official, I need more calories. It will be interesting to see if there is a need to drop back down since I'm not taking the Burn AM right now.
TWO	11/16	185	500 calories	2918	187.25	My AM weight was 185 and my post AM workout weight was 182. I've been feeling dehydrated the last few days so I decided to see how my workouts were effecting my body. Today I consciously focused on my fluid intake. Today I ate within a 12 hour window just to mix it up ( I usually do between 6 and 8 hours) with my last meal at 2125.
THREE	11/17	186	NO	2210	188.25	I feel like my hydration is back up to where I like it to be. I wasn't as hungry today as with previous days. Not sure if that is because I sat at my desk using my brain instead of my body for hours upon hours. Eager to see how my body presents tomorrow morning. Experienced a weird fluctuation today. I took my weight at 0630 and it was 186, but when I took it at 0810 it was 180.5. It was inexplicable which had me questioning my scale. I'll calibrate and see what tomorrow brings.
FOUR	11/18	186.75	250	3050	186.5	Once again the effects of eating out over the weekend is beginning to ware off. I really just need to stop eating out or just order salads with shrimp and no dressing. I don't feel as tight around my waist but I'm not sure if that is because of the eating out or because I haven't had the AM in four days. We will see.
FIVE	11/19	185.25	300	2840	185.5	My hydration is definitely back to normal as I am using the restroom in a pattern that I am more accustomed to. I taught my PowerUp class this morning which was my only workout. Eating out on the weekends has been sending my body on a rollercoaster since the beginning. I'm going to do much better this weekend in terms of my choices. Would love to see how my week goes without up and down affect from eating out.
SIX	11/20	183.5	350 calories 887 calories	3029	182.5	Today I taught a class at 930am, ate between 12 and 1530, and worked out at 1600. Even though I ate over 3000 calories, my PM weigh in was lower than my AM weight in. So far today I've hit my lowest weight thus far and I've been off the product for 6 days
SEVEN	11/21	181.5	No	3012	183.5	I can't say for sure if this is the product or not, but my body feels as if its working better. I've gained muscle better than I have in a long time and fat continues to mobilize more efficiently. By that I mean it appears that my body is still using it well. I know that the product is designed to not only mobilize the fat, but use it as well for energy. The fact that mu body seems to be carrying the ball on its own is a good sign. I will continue to monitor for another 7 days then retest.
EIGHT	11/22	183	No	3294	186.75	Still feel better eating between 2800 and 3000 calories. I've noticed when I take in the majority of my calories late, it causes my PM weigh in to be much higher.
NINE	11/23	184.5	1000 calories	2984	186.15	I taught a 6 hour training course for Climb Society Instructors. The listed calorie burn is just an estimate, but I worked out off an on over the course of 6 hours.
TEN	11/24	184.75	1000 calories	3082	185.35	Finished the another 6 hour training day at CSF. I put that I burned 1000 calories but I'm sure it was much more than that.

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DAY	DATE	AM_WEIGHT	WORKOUT	CAL_INTAKE	PM_WEIGHT	NOTES
ELEVEN	11/25	184.5	No	2818	187	Still feel like my body is recuperating from the 12-hour training. Still keeping my caloric intake up, it makes me feel better.
TWELVE	11/26	184	600 calories	2735	185.25	I taught my Power Up class today.
THIRTEEN	11/27	183	No	2799	184.85	I taught another class today.
FOURTEEN	11/28	183.85	200 calories	1449	188	I had my Thanksgiving boot camp this morning. As expected I ate quite a bit and didn't bother tracking dinner. The calories listed are for intake prior to dinner.
FIFTEEN	11/29	185	No	2908	No scale available.	Drove up to Tahoe today and got caught in a snow storm. It took us eight hours to reach our destination. Not a good start to the wife's birthday weekend but we did make it safely. No scale here in the condo so no PM weight. What a last day. That's it for this trial. I'll get my last Dexascan next week then publish my findings.

DATE	BMI	BF%	WEIGHT	LBM	FM	NECK	CHEST	WAIST	HIP	THIGH
10/16	26	11	190.75	170	21	16	40	32.5	40	24.75
10/25	25	11	188	166.5	21	15.5	40.5	32	40	24
10/25	25.6	12.7	188.9	164.9	24	15.5	40.5	32	40	24
10/31	25.2	13.7 / 11	186.9 / 186	161.2	25.8	15	40.75	31.5	39.5	24
11/4		13.2	187.3	154.9	24.7	14.7	41.7	29.4	39.7	24.8
11/14		10.1	185 / 184.75	166.5	18.5	15	40	31.15	39.15	23.75
11/14	25	10.58	184.75	165.1	19.55	15	40	31.15	39.15	23.75
11/15		11.7	187	158	21.8					
11/21	24.7	10.1	181.9	163.6	18.3	15	41	31.10	39	24
12/02		12.3	185.5	155.1	22.9	14.5	40.8	29.3	39.2	24.1

My measuring tape     
  InBody Scale     
  Dexascan & Styku Digital Scan

**Before pic on the left 10/16 and after pic on the right 11/15**







<b>Name:</b> Phillips, Marquis	<b>Birth Date:</b> 08/29/1975	<b>Measure Date:</b> 11/04/2019
<b>Age:</b> 44.1	<b>Height:</b> 72.0 in.	<b>Measure Time:</b> 11:08:00 AM
<b>Gender:</b> Male	<b>Weight:</b> 188.0 lbs.	

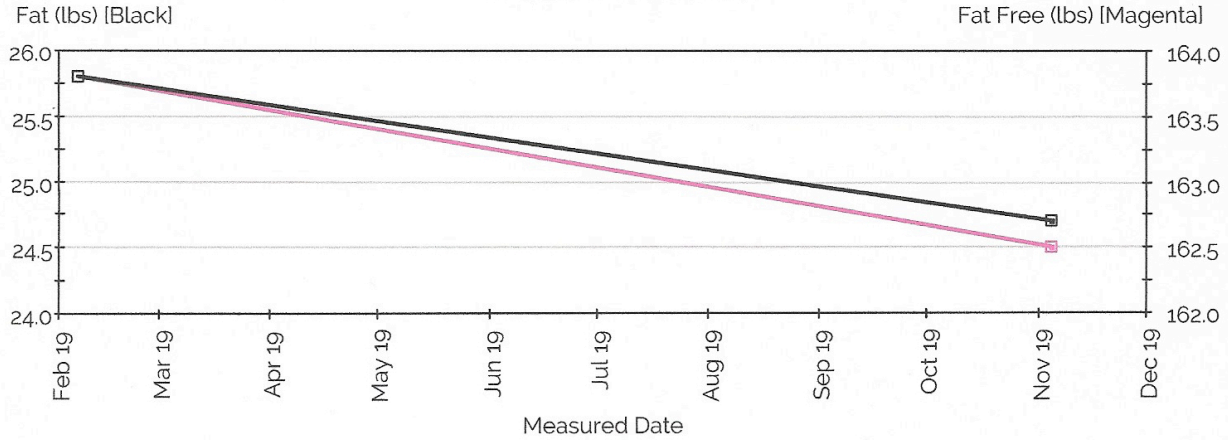
**DexaFit Summary Analysis Page**

**Summary - Total Body Composition Analysis**

The total body composition table summarizes the metrics of your entire body and displays your Total Body Fat %, Total Mass (lbs), Fat Tissue (lbs), Lean Tissue (lbs), Bone Mineral Content (BMC), and Visceral Fat (lbs).

Measured Date	Total Body Fat %	Total Mass	Fat Tissue	Lean Tissue	BMC	Visceral Fat
11/04/2019	13.2%	187.3 lbs	24.7 lbs	154.9 lbs	7.6 lbs	0.19 lbs
02/06/2019	13.6%	189.6 lbs	25.8 lbs	156.3 lbs	7.5 lbs	0.43 lbs

**Composition Trend: Total**



**Lean Mass Balance**

Lean mass balance is a comparison of your body's right to left lean mass symmetry. A lean mass difference close to zero indicates a balance of muscle. An injury, non-symmetrical training, or a health condition may cause disproportionate lean mass differences, but only your physician can determine if a health condition is the related cause.

Region	Measured Date	Lean Mass Right	Lean Mass Left	Lean Mass Difference
<b>Arms:</b>	11/04/2019	11.4 lbs	11.3 lbs	0.2 lbs
	02/06/2019	11.4 lbs	11.1 lbs	0.3 lbs
<b>Legs:</b>	11/04/2019	27.0 lbs	27.3 lbs	-0.3 lbs
	02/06/2019	26.0 lbs	26.0 lbs	0.0 lbs
<b>Total:</b>	11/04/2019	76.8 lbs	78.1 lbs	-1.4 lbs
	02/06/2019	78.7 lbs	77.6 lbs	1.1 lbs



DexaFit Folsom  
www.dexafit.com  
(916) 461-7020

<b>Name:</b> Phillips, Marquis	<b>Birth Date:</b> 08/29/1975	<b>Measure Date:</b> 11/15/2019
<b>Age:</b> 44.2	<b>Height:</b> 72.0 in.	<b>Measure Time:</b> 1:09:05 PM
<b>Gender:</b> Male	<b>Weight:</b> 188.0 lbs.	

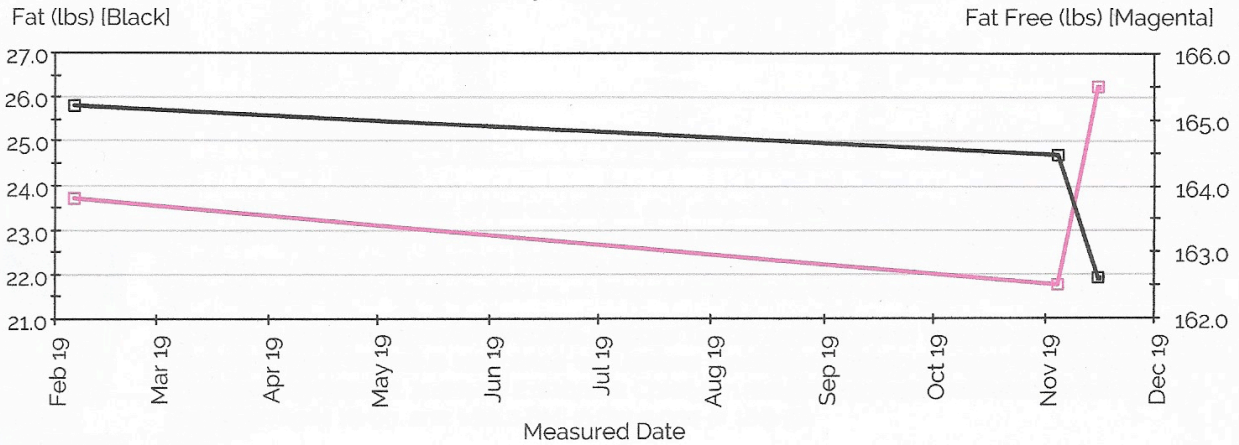
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11/15/2019	11.7%	187.4 lbs	21.9 lbs	158.0 lbs	7.5 lbs	0.35 lbs
11/04/2019	13.2%	187.3 lbs	24.7 lbs	154.9 lbs	7.6 lbs	0.19 lbs
02/06/2019	13.6%	189.6 lbs	25.8 lbs	156.3 lbs	7.5 lbs	0.43 lbs

**Composition Trend: Total**



**Lean Mass Balance**

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Region	Measured Date	Lean Mass Right	Lean Mass Left	Lean Mass Difference
<b>Arms:</b>	11/15/2019	12.1 lbs	11.2 lbs	0.9 lbs
	11/04/2019	11.4 lbs	11.3 lbs	0.2 lbs
<b>Legs:</b>	11/15/2019	26.5 lbs	27.2 lbs	-0.8 lbs
	11/04/2019	27.0 lbs	27.3 lbs	-0.3 lbs
<b>Total:</b>	11/15/2019	79.8 lbs	78.1 lbs	1.7 lbs
	11/04/2019	76.8 lbs	78.1 lbs	-1.4 lbs





DexaFit Folsom  
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(916) 461-7020

<b>Name:</b> Phillips, Marquis	<b>Birth Date:</b> 08/29/1975	<b>Measure Date:</b> 12/02/2019
<b>Age:</b> 44.2	<b>Height:</b> 72.0 in.	<b>Measure Time:</b> 11:43:28 AM
<b>Gender:</b> Male	<b>Weight:</b> 184.0 lbs.	

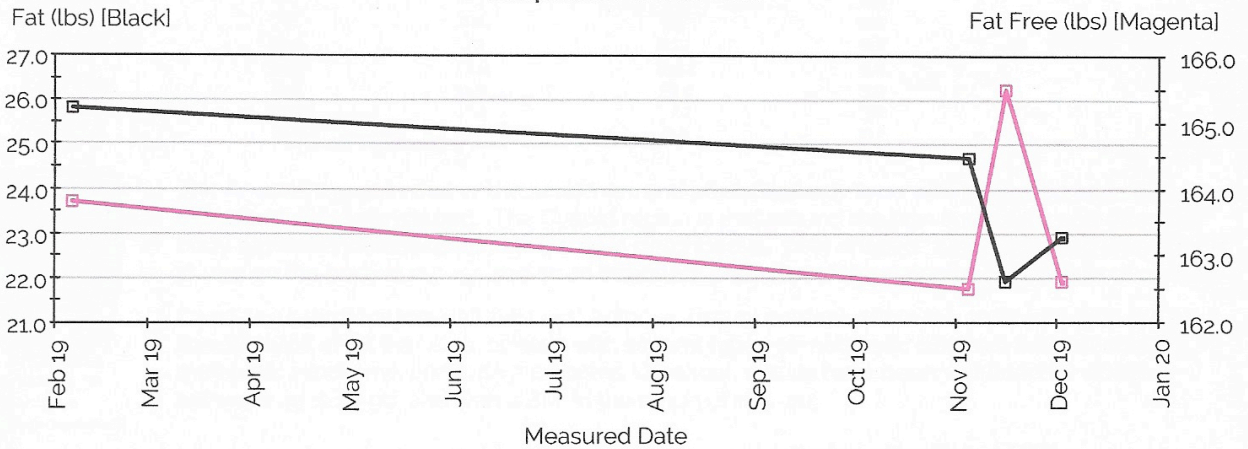
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The total body composition table summarizes the metrics of your entire body and displays your Total Body Fat %, Total Mass (lbs), Fat Tissue (lbs), Lean Tissue (lbs), Bone Mineral Content (BMC), and Visceral Fat (lbs).

Measured Date	Total Body Fat %	Total Mass	Fat Tissue	Lean Tissue	BMC	Visceral Fat
12/02/2019	12.3%	185.5 lbs	22.9 lbs	155.1 lbs	7.6 lbs	0.03 lbs
11/15/2019	11.7%	187.4 lbs	21.9 lbs	158.0 lbs	7.5 lbs	0.35 lbs
11/04/2019	13.2%	187.3 lbs	24.7 lbs	154.9 lbs	7.6 lbs	0.19 lbs
02/06/2019	13.6%	189.6 lbs	25.8 lbs	156.3 lbs	7.5 lbs	0.43 lbs

**Composition Trend: Total**



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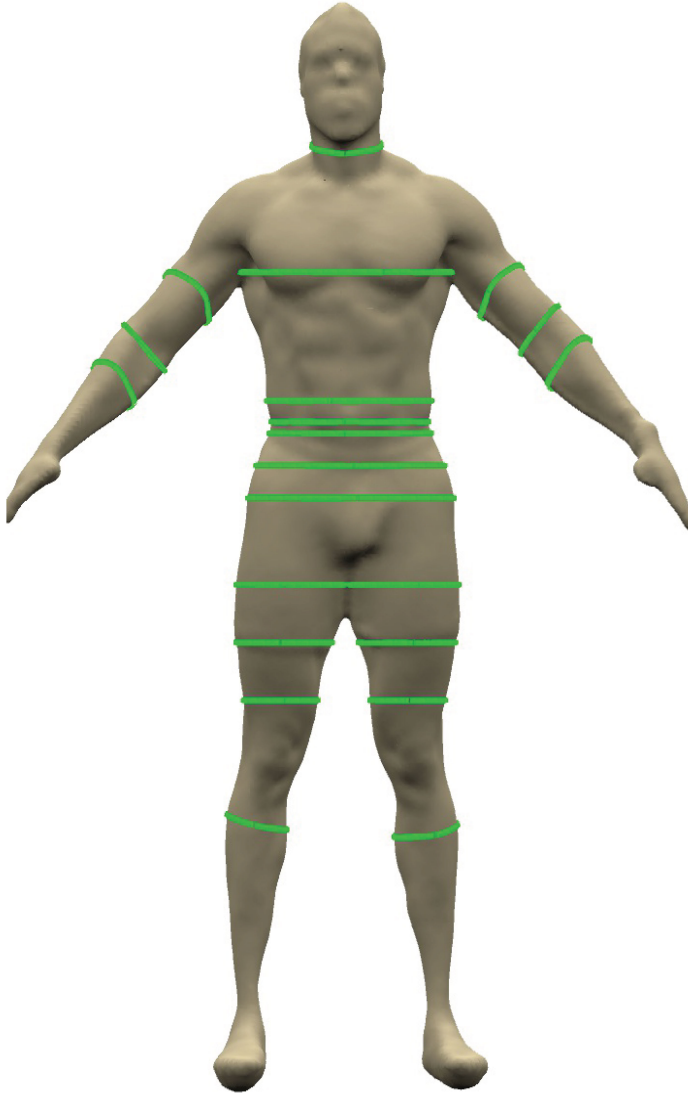
Region	Measured Date	Lean Mass Right	Lean Mass Left	Lean Mass Difference
<b>Arms:</b>	12/02/2019	11.1 lbs	11.0 lbs	0.1 lbs
	11/15/2019	12.1 lbs	11.2 lbs	0.9 lbs
<b>Legs:</b>	12/02/2019	26.5 lbs	26.7 lbs	-0.2 lbs
	11/15/2019	26.5 lbs	27.2 lbs	-0.8 lbs
<b>Total:</b>	12/02/2019	78.0 lbs	77.1 lbs	0.9 lbs
	11/15/2019	79.8 lbs	78.1 lbs	1.7 lbs



Summary Report

3D Scan and Measurements

MARQUIS PHILLIPS



Body Measurements (lbs, in)

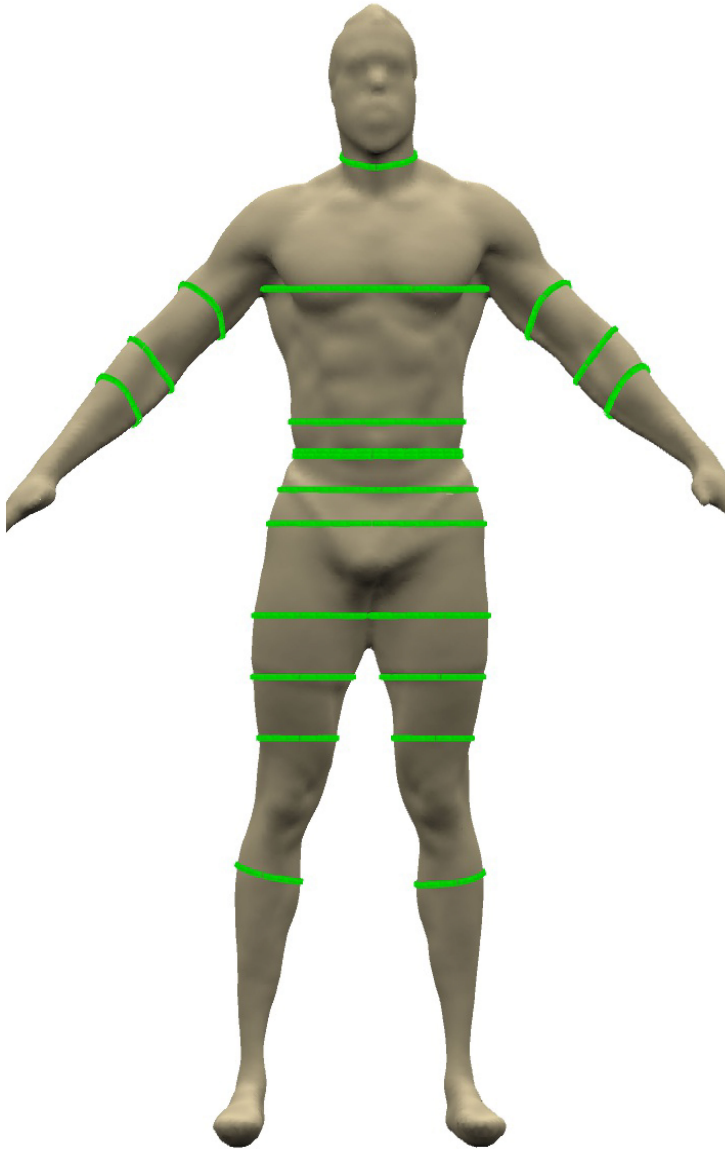
Body Fat %	10.0
Fat-Free Mass %	90.0
Fat Mass	18.7
Fat-Free Mass	168.3
Bicep Left Lower	11.1
Bicep Left	12.9
Bicep Right Lower	11.5
Bicep Right	13.2
Calf Left	13.2
Calf Right	12.9
Chest	41.7
Forearm Left	10.6
Forearm Right	10.4
High Hip	36.4
Hip	39.7
Neck	14.7
Thigh Left Lower	17.3
Mid-Thigh Left	23.6
Thigh Left Upper	24.7
Thigh Right Lower	17.4
Mid-Thigh Right	24.2
Thigh Right Upper	24.8
Waist (Abdominal)	29.4
Waist (Lower)	31.1
Waist (Narrowest)	29.8



Summary Report

3D Scan and Measurements

MARQUIS PHILLIPS



Body Measurements (lbs, in)

Body Fat %	12.3
Fat-Free Mass %	87.7
Fat Mass	22.4
Fat-Free Mass	159.6
Bicep Left Lower	11.1
Bicep Left	12.4
Bicep Right Lower	11.1
Bicep Right	12.7
Calf Left	13.3
Calf Right	13.0
Chest	40.8
Forearm Left	10.1
Forearm Right	10.3
High Hip	35.9
Hip	39.2
Neck	14.5
Thigh Left Lower	17.2
Mid-Thigh Left	23.3
Thigh Left Upper	24.4
Thigh Right Lower	17.4
Mid-Thigh Right	23.6
Thigh Right Upper	24.1
Waist (Abdominal)	29.3
Waist (Lower)	30.5
Waist (Narrowest)	29.6

**CLOSING STATEMENT**

The trial is complete. I have to say that I was extremely surprised at the results. I've never taken a thermogenic before because I don't care for stimulants but this product is stimulant free and it didn't make me feel jittery or upset my tummy at all. I highly recommend this product to anyone wanting to optimize their fat loss. As an added bonus it reduced my visceral fat significantly which as we know also reduces the probability of chronic disease.