

Garcinia Plus

UNIQUE COMBINATION FORMULA

Garcinia Plus is a unique combination food supplement and slimmers' complex support formula, with a range of specialist weight management ingredients.

It contains Garcinia Cambogia powder, green coffee extract, glucomannan, kidney bean extract, cinnamon, Conjugated Linoleic Acid (**CLA**) and chromium picolinate.



BENEFICIAL FOR...

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- **Weight loss (burning fat and building muscle)**
 - **Increased burn rate of carbohydrates and fats**
 - **Healthy cholesterol and triglyceride levels**
 - **Normal macronutrient metabolism**
 - **Normal blood sugar levels**
 - **Those with Type II adult-onset diabetes or insulin resistance**
 - **Increased satiety, appetite control and the regulation of cravings**
 - **Increased energy levels**

SHAPE-UP
SUPPORT*

ABOUT THE INGREDIENTS...

Garcinia Plus powder: A small fruit that resembles a miniature pumpkin. It is indigenous to India and parts of Asia.

The active ingredient in garcinia cambogia, called hydroxycitric acid (HCA), from its fruit and rind is popular in many natural weight loss products. It is used to **suppress appetite and enhance fat-burning**.

The theory behind garcinia cambogia is that HCA inhibits an enzyme called citrate lyase that helps to turn excess carbohydrates into fat. By inhibiting this enzyme, the body boosts carbohydrate oxidation i.e. it **burns up the extra carbohydrates**. In some human double-blind studies using garcinia cambogia or a placebo, the HCA group doubled or tripled their weight loss results over a 12-week period as compared to the control group.



ABOUT THE INGREDIENTS CONT...

Glucomannan: A sugar made from the root of the konjac plant, which has been used for centuries in traditional Japanese cooking as a thickener or gelling agent. It is so renowned in Japan that it is now widely referred to as "the broom of the intestines". Glucomannan **acts to create a sense of fullness** (without leaving you feeling gassy or bloated), by absorbing water and expanding to form a bulky fibre in the stomach. It can therefore assist with appetite control and the regulation of cravings. When consumed, glucomannan also "sponges" up water in the digestive tract, **reducing the absorption of carbohydrates and cholesterol** and thus supporting weight loss.

Green coffee extract: Green coffee beans are beans that have not been roasted. The roasting process reduces amounts of the active chemical, **chlorogenic acid**. Therefore, green coffee extract (from unroasted beans that have been soaked and then concentrated) have a higher level of this acid compared to regular, roasted coffee beans. Chlorogenic acid in green coffee beans has been shown in studies to have potential health benefits for the **heart, diabetes and weight loss**. For high blood pressure, it can affect blood vessels so that pressure is reduced. For weight loss, chlorogenic acid is thought to affect how the body handles **blood sugar and metabolism**.



A study in India found that people taking pills with green coffee bean extract lost an average of 18 pounds - 10% of their body weight - over a period of 22 weeks. The study, published in the journal **Diabetes, Metabolic Syndrome and Obesity**, tested two doses of extract - 700 and 1,050mg per day. Garcinia Cambogia Complex contains the equivalent of 1,500mg of green coffee powder, along with the other specialist ingredients.

Kidney bean extract: Kidney bean extract is a natural substance commonly sold in supplement form. Technically referred to as *Phaseolus vulgaris*, it is typically referred to in weight loss circles as a "**starch blocker**". It works by preventing alpha-amylase (an enzyme that occurs naturally in the body) from breaking down carbohydrates into glucose (sugar). By slowing down alpha-amylase activity, **less glucose is present for the body to turn into fat**. Kidney bean extract has also been associated with stable blood sugar levels, protecting against diabetes and heart disease, enhanced athletic performance and **increased energy levels**.

Conjugated Linoleic Acid (CLA): Conjugated Linoleic Acid is a well-researched fatty acid that is found in red meat and dairy products. Slimmers usually wish to avoid these foods, due to the high levels of saturated fat and calories present in them, but still wish to benefit from the weight loss actions of CLA. Weight loss products containing CLA are therefore popular, as they provide a convenient solution to this dilemma.

CLA is a powerful antioxidant, immune system supporter and, as a weight loss aid, **helps muscle tissue to burn more fat**, thus lowering body fat and cholesterol levels. It can also: raise levels of "good" cholesterol (HDL) and lower elevated triglycerides; help improve bone strength and increase muscle tissue; and help the body to regulate fat and protein metabolism.

Cinnamon: Cinnamon is widely recognised as a **metabolism booster**, which assists the body in the **faster burning of calories and fat stores for use as energy**. It also has a regulatory effect on **blood sugar levels** and simultaneously increases insulin levels in the body, helping to control both the appetite and cravings.



It imitates the biological activity of insulin and increases the metabolism of glucose. Since high blood sugar levels can lead to increased storage of fat by the body, cinnamon facilitates weight loss by helping to prevent this. In addition, it:

- influences the manner in which sugar is metabolised by the body and prevents the transformation of the metabolised sugar into fat
- delays the passing of food from the stomach into the intestine. As a result, you feel satisfied for a longer time and eat less
- helps the body to process carbohydrates more efficiently
- is rich in manganese, iron, calcium and fibre
- supports digestive health
- has been used since medieval times to help with diarrhoea, indigestion and bloating
- supports healthy cholesterol levels.

Chromium picolinate: An essential trace mineral that plays an important role in normal **carbohydrate metabolism**, which converts food into sugars. Chromium helps insulin (a natural hormone that is released in response to eating carbohydrates) to properly "transport" these sugars into cells to be stored as energy. It also supports **stable blood sugar levels** - crucial for slimmers as high and low spikes can lead to cravings, excessive hunger and binge eating.