

DIET FORMULA

Ultimate Support for
Weight Loss*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG EXTRACT PER 3 CAPSULES
Garcinia Fruit rind	(<i>Garcinia cambogia</i>) 300 mg
Green Tea leaf	(<i>Camellia sinensis</i>) 225 mg
Coleus root	(<i>Coleus forskohlii</i>) 138 mg
Turmeric rhizome	(<i>Curcuma longa</i>) 90 mg
Elder Berry	(<i>Sambucus spp.</i>) 90 mg
Yohimbe bark	(<i>Corynanthe yohimbe</i>) 60 mg
Bitter Orange Peel	(<i>Citrus aurantium</i>) 57 mg
Gymnema leaf	(<i>Gymnema sylvestre</i>) 51 mg
Bladderwrack fronds	(<i>Fucus vesiculosus</i>) 27 mg
Ginger Rhizome, Supercritical CO ₂ Extract	(<i>Zingiber officinale</i>) 12 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Hydroxycitric acid (from Garcinia)	135 mg
Polyphenols (from Green Tea)	120 mg

THE METABOLISM OF WEIGHT LOSS

This formula helps to correct fat cell metabolism by promoting a state of fat utilization rather than storage. It is particularly useful for what is known as the classic 'Venus' body type, where fat storage is concentrated around the hips, thighs and buttocks. Likewise, for individuals who lose weight - only to have it return - this formula is of particular benefit.

The primary focus of this formula is to establish a metabolic environment where breakdown and utilization of fat (adrenergic-receptor mediated lipolysis) is enhanced due to an increase of available cAMP. Two primary adrenergic receptors control lipolysis (beta-1 and alpha-2 type). The beta-1 receptor is coupled positively to adenylate cyclase, whereas the alpha-2 sites are negatively coupled to the enzyme. The underlying strategy of this botanical formula utilizes these receptors. The approach is three-fold:

1. To block the alpha-2 adrenergic sites - thereby reducing their impact of decreasing cyclic AMP
2. Activate beta-1 sites to encourage the formation of cyclic AMP
3. Prevent the breakdown of cyclic AMP via phosphodiesterase inhibition

In summary, this compound serves to elevate intra-cellular cyclic AMP levels via those receptor-dependent and independent mechanisms associated with forskolin (from *Coleus forskohlii*). Additionally, the inhibition of the phosphodiesterase regulated hydrolysis of the cyclic AMP nucleotide to its ester group allows cAMP to be more available. This strategy results in a net increase of cyclic AMP and an associated increase in lipolysis, or the conversion of

DOSAGE

Liquid Phyto-Caps: 1 capsule, 3 times daily

DURATION OF USE

3-4 months

BEST TAKEN

Between meals, with a small amount of warm water

Note: Dietary and lifestyle adjustments must be made in conjunction with this formula's use. The 3 Season Diet by Dr. John Douillard, D.C., Ph.D. is recommended reading.

triglycerides into fatty acids and glycerols. This is the form of fat that is utilized rather than stored.

Other strategies of this important formula are to:

- Enhance thermogenesis (heat production), thereby promoting fat metabolism
- Balance sugar metabolism, thereby correcting food cravings
- Promote healthy liver metabolism, thereby supporting healthy detoxification and elimination patterns.

Diet-Slim thus increases function at the cellular level of numerous processes involved with weight management. It is the combination of these factors which makes Diet-Slim so effective.

Green Tea has traditionally been used to support mental function, promote digestion, reduce flatulence, and to regulate body temperature. It is used here for the effect of several of its components to stimulate lipolysis by preventing the breakdown of cyclic AMP. Cyclic AMP affects hormonal messages within a fat cell. This 'message' helps to amplify the response of a fat cell to adrenaline, the hormone that tells it to burn fat. Green Tea is also valuable here as an established antioxidant and as a moderate stimulant, further assisting the underlying function of the formula.

Garcinia-Malabar Tamarind is a natural source of hydroxycitric acid (HCA). HCA is known to cause an increase in fat metabolism, possibly via its influence on liver function.

Coleus Forskohlii is perhaps Green Tea's best friend when it comes to weight-loss. As mentioned above, utilization of fat is in part controlled by the hormone adrenaline, along with its capacity to form cyclic AMP inside a fat cell. Green Tea and

Coleus both modify the fat burning affect of adrenaline (via modification of beta-1 adrenergic-receptor cAMP expression). Forskolin, one of the main active molecules in Coleus, also plays a role by promoting a healthy nervous state and supporting thyroid hormone production, making it particularly well suited for weight management.

Elderberries bring a number of desirable qualities to this formula. They are recognized to promote healthy elimination patterns and support the liver. Via these actions, Elderberry promotes the removal of cellular wastes and helps to correct general metabolism.

Gymnema leaf is a digestive or stomach tonic with well-known support to the urinary system. It has been reported to "neutralize the excess sugar present in the body". Gymnema is also known as gur-mur (which literally means sugar destroying) because of its noted ability to abolish the taste of sugar.

Bladderwrack fronds have been widely used for weight management. Such benefit quite possibly results from its supportive effect on thyroid function. Bladderwrack fronds must be harvested however from pristine water, as they are known to absorb toxic waste metals from polluted waters.

Turmeric root serves this formula through its outstanding antioxidant and liver supportive effects. Normalizing liver function during weight management is highly desirable. The liver is actively involved in regulating blood sugar availability, and metabolism of the 3-ketosteroids, a group of hormones which affect fat metabolism.

Ginger root addresses healthy digestion and works as an antioxidant. In addition to these benefits, Ginger is useful here as a support to the circulatory system, helping to deliver the entire formula throughout the body.

Yohimbe has been included in this formula specifically for its ability to redirect adrenaline toward the receptors on fat cells that burn fat (Beta-1), and by blocking those receptors which result in fat storage (Alpha-2).

Bitter Orange is used for weight loss due to its purported thermogenic effects.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these

formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

SAFETY EVALUTATION/CONTRAINDICATIONS

Do not take during pregnancy and lactation.

KNOWN DRUG INTERACTIONS

Consult a physician if you are taking any prescription drugs.

COMPLEMENTARY HERBS/FORMULAS

Cleanse Maintenance, Supreme Cleanse

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.