

## PROSLIMIA

<b>NPN</b>	80061945	<b>FORMAT</b>	270 capsules
<b>INDICATIONS</b>	The formulation of Proslimia is a unique combination of dietary supplements, whose use is recognized for weight control, for maintaining good general health as well as part of a weight loss program.	<b>POSOLOGIE</b>	3 capsules daily to be swallowed with large amount of water
<b>CAUTION</b>	<p>To be used with a program of reduced intake of dietary calories and increased physical activity to observe a significant result.</p> <p>Take with at least 240 ml of liquid and food 2 hours before or after taking other medications. Not to be taken before bedtime.</p> <p>Taking this product with insufficient liquid may result in choking and/or esophageal blockage/obstruction of the throat, esophagus or intestine.</p> <p>Consult a health care practitioner prior use if you suffer from liver disorder or symptoms of liver trouble (such as abdominal pain, dark urine or jaundice), iron deficiency or have diabetes or if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAMe), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea and anti-migraine medication.</p> <p>Consult a health care practitioner for use beyond 12 weeks.</p> <p>Do not use if you are pregnant or breastfeeding, if you have scleroderma or if you have difficulty swallowing.</p> <p>Some people may experience soft stools, flatulencies, diarrhea, nausea, vomiting and abdominal pain.</p> <p>If you experience chest pain, vomiting, or difficulty swallowing or breathing after taking the product, seek immediate medical attention.</p>		

### COMPOSITION

Green tea .....	200 mg
<i>Caffeine</i> .....	30 mg
<i>Epigallocatechin gallate</i> .....	95 mg
Saw palmetto .....	62.5 mg
Glucomannan .....	200 mg
Malabar tamarind fruit.....	25 mg
L-5 Hydroxytryptophane.....	50 mg
Chromium .....	50 mcg

### DOCUMENTATION

The combined action of Green Tea, saw Palmetto , Konjac fiber ( Glucomannan ), Malabar tamarind fruit ( Garcinia - gutta, L- 5Hydroxytryptophane and Chromium, target the metabolism of fats and sugars as well as the feeling of hunger<sup>1</sup>.

## **GREEN TEA**

Validated by clinical studies, green tea is recognized in Chinese medicine for the elimination of fats<sup>2-5</sup>. It contains a high amount of polyphenols including epigallocatechin gallate (48 %), which works in synergy with caffeine (15%) to stimulate the fat metabolism, activate thermogenesis and limits the absorption of lipids and carbohydrates. Finally it was shown that green tea could prevent the formation of fatty tissue by limiting the production of fat cells.

## **SAW PALMETTO**

In addition to its digestive and diuretic properties, saw palmetto, like green tea, can prevent the formation of fatty tissue by limiting the production of fat cells<sup>2,6,7</sup>.

## **GLUCOMANNAN**

Ingested with plenty of water, soluble fiber Konjac ( Glucomannan ) will form a viscous and bulky gel in the stomach, which will accelerate the feeling of satiety<sup>8</sup>. In addition the fiber gel will limit fat absorption and improve the intestinal transit. These mechanisms reduce the level of bad cholesterol (LDL) in the bloodstream and therefore protect from cardiovascular diseases<sup>9</sup>.

## **MALABAR TAMARIND FRUIT**

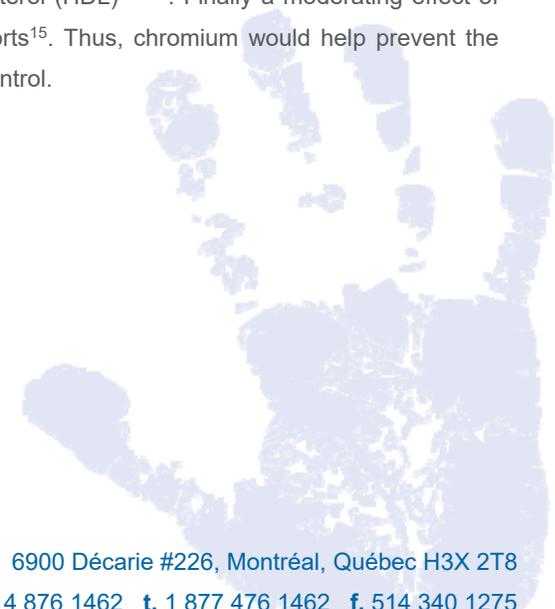
The hydroxycitric acid (HCA) is the active ingredient of the Malabar tamarind fruit (Garcinia cambogia). HCA blocks the enzyme responsible for the synthesis of lipids from sugars, which has the effect of limiting the accumulation of fat in the abdomen, buttocks and hips, and accelerates the feeling of satiety by formation of glycogen (energy source for muscle cells)<sup>10,11</sup>.

## **L5-HYDROXYTRYPTOPHANE**

Tryptophan is the precursor of serotonin, a neuropeptide able to influence feeding behavior. In the brain, serotonin plays an important role as a moderator of appetite and a mood regulator<sup>12,13</sup>.

## **CHROMIUM**

Chromium is a very important trace element in the glucose metabolism. It helps maintain healthy blood sugar levels<sup>14,15</sup>. Also, it has been shown that chromium would be able to reduce the levels of triglycerides and bad cholesterol in the blood while promoting the increase of good cholesterol (HDL)<sup>16-19</sup>. Finally a moderating effect of appetite, for sweet foods, has also been described in scientific reports<sup>15</sup>. Thus, chromium would help prevent the onset of metabolic syndrome, while contributing to a healthy weight control.



## RÉFÉRENCES

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