



## Slim Me<sup>+</sup>

Slim Me is a dietary supplement that helps to manage appetite and reduce fat storage. It contains extracts of several well-known plants which are effective in suppressing appetite and decreasing accumulation of abdominal fat mass.

### Slim Me helps to:

- Control appetite<sup>1</sup>
- Decrease body weight, body mass index, body fat mass, waist circumference, hip circumference and visceral fat area<sup>2</sup>
- Increase energy expenditure and fat oxidation<sup>3</sup>
- Increase metabolic rate<sup>4</sup>
- Improve body composition<sup>5</sup>

**Dosage:** Two capsules per day, morning and evening

**Precautions:** In pregnancy, breast feeding, diabetes or patients taking prescription and non-prescription medications.

**Packaging:** Bottles containing 60 capsules

#### References:

- <sup>1</sup>A. Conte, "The Effects of (-)-Hydroxycitrate and Chromium (GTF) on Obesity", 1994.
- <sup>2</sup>T. Nagao, et al., "A green tea extract high in catechins reduces body fat and cardiovascular risks in humans", 2007.
- <sup>3</sup>P. Auvichayapat, et al., "Effectiveness of green tea on weight reduction in obese Thais: A randomized, controlled trial", 2008.
- <sup>4</sup>A. T. Roberts, et al., "The effect of an herbal supplement containing black tea and caffeine on metabolic parameters in humans", 2005.
- <sup>5</sup>V. Crawford, et al., "Effects of niacin-bound chromium supplementation on body composition in overweight African-American women", 1999.

**BioPerine** is the standardized extract obtained from black pepper with the ability to enhance the natural thermogenic mechanisms of the body as a key factor in maintaining weight loss. It also increases body's energy level and fat burning potential which are very important in the process of weight loss. In addition, bioperine increases the bio-availability of certain nutritional compounds.



**Guarana** is derived from the seeds of a South American tree with the same name. Guarana seeds are rich in caffeine. The caffeine level in guarana is up to 4-8% more than coffee beans. Due to its thermogenic effects, caffeine has been referred to and used as a weight reducing agent.

**Garcinia Cambogia** is the fruit of a tropical tree found in certain parts of Asia and Africa. It naturally contains hydroxycitric acid (HCA). HCA decreases LDL and triglyceride levels by inhibiting the enzyme known as citrate lyase. In addition, this compound suppresses the appetite by increasing serotonin concentration.



**Green Tea** and **Rhodiola Rosea** are well-known for their remarkable fat burning power. They increase fat oxidation and thermogenesis thereby enhancing cellular metabolism.

**Chromium** is known to enhance the action of insulin, a hormone critical to the metabolism and storage of carbohydrate, fat and protein in the body<sup>1</sup>. Chromium also appears to be directly involved in carbohydrate, fat and protein metabolism, enhancing the general body metabolism.<sup>2</sup>

#### References:

- <sup>1</sup>Mertz W., "Chromium occurrence and function in biological systems." Physiological Reviews, 1969; 49:163-239.
- <sup>2</sup>L. L. Hopkins Jr., O. Ransome-Kuti, A. S. Majaj, "Improvement of impaired carbohydrate metabolism by chromium (III) in malnourished infants." Am Journal of Clinical Nutrition, 1968; 21:203-11.

