

# EndoTrim™



Nutritional support for fat loss and healthy body composition

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EndoTrim™ is a comprehensive endocrine and metabolic balancing formula designed to promote optimal body composition by favorably modulating the hormones insulin, leptin and cortisol; balancing blood sugar; optimizing the lipoprotein lipase enzyme; and limiting cravings. The ingredients in EndoTrim™ were chosen based on the latest research in overcoming the challenges of losing body fat while maintaining and even increasing lean body mass and basal metabolic rate. This formula was also designed to control appetite, the stress response, moods and energy.

EndoTrim™ contains the non-stimulating American ginseng for cortisol balance. The herbs banaba and green tea are included to enhance glucose control and insulin performance, along with the minerals chromium, vanadium and zinc. Coleus forskohlii, Garcinia cambogia and the polyphenol EGCG from green tea promote lean body mass through ergogenic activity, stimulating metabolism and allowing for greater fat burning.

Activated B vitamins and carnitine provide nutrients for optimal mitochondrial function and metabolism. N-acetyl-tyrosine supports thyroid function and proper catecholamine balance. The addition of GABA provides an element of craving control to this unique product. These nutrients help keep us calm when stressed which helps reduce stress-related eating.

## How do these ingredients work?

Coleus forskohlii, a root extract of the perilla plant, stimulates the metabolic messenger cyclic AMP. Forskolin, its active principle, helps to increase lean body mass. The Coleus forskohlii used in EndoTrim™ is standardized to contain 20% forskolin in order to help with the proper management of healthy body weight and body composition by enhancing lean body mass and promoting weight loss.

Based on research it should be emphasized that the healthy functioning of the body does not necessarily depend on a lower fat content, but rather on obtaining a higher percentage of lean body mass. The health-promoting value of increasing lean body mass can be appreciated indirectly due to the known benefits derived from physical exercise in building lean body mass and stamina. Consider that lean body mass correlates positively with the performance of an incremental treadmill exercise test and that the fat percentage in the abdomen is significantly less in athletes than non-exercising controls. Because abdominal fatty tissue is a significant risk factor for cardiovascular disease, exercise (as well as any other means) that results in increased lean body mass may have a positive impact on long-term cardiovascular risk and life span.

## What is lean body mass?

Lean body mass consists not only of muscles, but also of vital organs, bone and bone marrow, connective tissue and body water. Lean body mass can simply be described as total body weight minus fat. The proportion of lean body mass to fat not only determines the body's aesthetic look, but more importantly, it determines a person's physical fitness, health status and the risk of morbidity (disease) and premature mortality due to variety of causes. A person can assess approximately his/her lean body mass by calculating body mass index (BMI), attained by dividing body weight in kilograms by the square of height in meters. The BMI norm is between 18 and 25 kg/m<sup>2</sup>. A value over 25 puts a person in the overweight category. The increase in lean body mass in an overweight person can indirectly be assessed by a drop in BMI value.

| Supplement Facts   |               |                    |   |         |   |
|--|---------------|--------------------|---|---------|---|
| Serving Size 4 capsules<br>Servings Per Container 30   |               |                    |   |         |   |
| Amount Per Serving   | % Daily Value | Amount Per Serving | % Daily Value   |         |   |
| Vitamin C (as Ascorbic Acid)   | 100 mg        | 167%               | American ginseng ( <i>Panax quinquefolius</i> ) (root) [standardized to contain 5% ginsenosides]        | 200 mg  | * |
| Vitamin B-6 (as Pyridoxal-5-Phosphate)   | 5 mg          | 250%               | Garcinia Extract ( <i>Garcinia cambogia</i> ) (fruit) [standardized to contain 50% hydroxydictric acid] | 200 mg  | * |
| Pantothenic Acid (as d-Calcium Pantothenate)   | 100 mg        | 1000%              | Banaba Extract ( <i>Lagerstroemia speciosa</i> ) (leaf) [standardized to contain 1% corosolic acid]     | 100 mg  | * |
| Zinc (TRAACS® Zinc Bisglycinate Chelate)   | 5 mg          | 33%                | N-Acetyl-Tyrosine   | 100 mg  | * |
| Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)   | 200 mcg       | 167%               | GABA ( <i>gamma</i> -Aminobutyric Acid)   | 100 mg  | * |
| Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf) [standardized to contain 98% polyphenols and 45% EGCG] | 300 mg        | *                  | L-Carnitine (as Carnitine Fumarate)   | 100 mg  | * |
| Forskolin Extract ( <i>Coleus forskohlii</i> ) (root) [standardized to contain 20% forskolin]                | 250 mg        | *                  | Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)  | 100 mcg | * |

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, rice bran extract.

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## Additional Highlights

The dried fruit rind of *Garcinia cambogia*, also known as Malabar tamarind, is a unique source of hydroxycitric acid (HCA), which has been used for centuries in Southeastern Asia to prepare more filling meals. HCA has been demonstrated to inhibit ATP-citrate lyase (a building block for fat synthesis), and is effective in weight management in experimental animals and in humans. Thus, this unique ingredient found in *Garcinia cambogia* favors the storage of glucose as glycogen in the muscles and liver rather than storing it as triglycerides, in the form of fat. The bottom line: less sugar is stored as fat and more fat is disposed from the body.

Also enhancing this formula are carnitine and pantothenic acid, which optimize the conversion of fat and carbohydrates into energy. Carnitine improves fat transport into the mitochondria where it can be burned as fuel. EGCg from green tea also favors fat burning over the burning of carbohydrates while reducing fat storage. Again, more fat burned means less fat stored in fat cells. Plus, lean body mass is being preserved for optimal body function.

Banaba and green tea along with chelated chromium, vanadium and zinc improve the entry and metabolism of glucose in cells and help to normalize insulin levels. One of insulin's jobs is to store excess sugar as fat. Keeping insulin levels in bay means better control of weight gain. Better control of blood sugar also results in a better control of appetite and less cravings for sugar and starch.

GABA (Gamma-Aminobutyric Acid) exerts anxiety-relieving effects at the cellular level while green tea elevates mood through the support of adrenaline (also known as epinephrine) levels. Additionally, American ginseng, which is non-stimulating, N-acetyl-tyrosine, B vitamins, and zinc all support sustained energy and the normalization of another stress hormone, cortisol. The overall goal is that a better sense of well being is created by less stress eating.

### What about Leptin?

*"Low fasting leptin levels mean that leptin is able to do its job and that your body won't sabotage your weight loss efforts by making you constantly hungry. More importantly, leptin levels are a bellwether as to how well a person is aging. If their leptin levels are high, it bodes ominously for their health, and that bodes poorly for longevity. Leptin not only controls hunger, but it is the hormone that tells the body whether it should burn away excess fat. When leptin levels are properly 'heard' it alerts your brain and other body tissues that you have eaten enough and stored away enough fat. If you want to lose weight, and keep it off, you must first maintain lower leptin levels so that your brain and body tissues can relearn how to listen to leptin."*  
- Ron Rosedale, M.D., *The Rosedale Diet* book pp. 6-7

### How to Take:

- For best results, take four capsules per day, two capsules with breakfast and lunch, or as directed by a health care practitioner.

### Who should not take EndoTrim™

Pregnant and lactating women and children under 12 years old.

**For optimal results, the following nutrients may be used along with EndoTrim™ as well as positive lifestyle and dietary changes:**

- Metabolic Synergy™: 2 per meal, a multivitamin for metabolic syndrome
- CLA for its ability to improve insulin sensitivity, reduce leptin levels, improve lean body mass and increase fat loss
- Additional carnitine (CarniClear™ liquid, Carnitine Tartrate powder or Carnitine Synergy™ - up to 10 grams in divided doses)
- Omega-3 fatty acids (OmegAvail™ Marine softgels or liquid) 1-3g/day
- CraveArrest™ if more intense craving control is required
- Glutamine helps reduce sugar cravings as well and helps prevent loss of muscle tissue as does chromium, carnitine and CLA

*For a list of references cited in this document, please visit:*

<http://www.ncbi.nlm.nih.gov/sites/myncbi/collections/public/1HAGqNhUQcvC47XApFDiPGT51/>

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### This formula may be beneficial for:

- Appetite control
- Blood sugar support
- Fat loss
- Improving metabolism
- Improving muscle mass
- Stress control