



Burning Fat®



Herbal Formula for weight loss

30 Film Coated Tablets



condition called nonalcoholic fatty liver disease. Choline increases rate of lipid catabolism and helps better weight loss.

Inositol

It belongs to the B-complex family and helps fat metabolism along with choline. It prevents fatty build up in the liver and aids in metabolism of nutrients into energy.

Contraindications

No contraindications have been reported to date. This product includes extracts of Gymnema, Coleus, Inositol and Chromium so people with hypertension, diabetes, bipolar disorder and heart diseases, should consult with physician before use.

Pregnancy and Lactation

This product is safe to use by Pregnant or lactating women. Pregnant or lactating women should consult a physician before using this product.

Interaction

No interaction has been reported to date. This product includes extracts of Gymnema, Coleus, Inositol and Chromium, so patients who take Anti diabetic, Anti hypertensive, Anti inflammatory, Anticoagulant and Anti platelet drugs, should consult a physician before use.

Adverse Effects

References:

- PDR for herbal medicines by Joerg Gruenwald, ph.D
- Linus Pauling Institute, **Oregon state university**, *Micronutrient information center*
<http://lpi.oregonstate.edu/mic>
- H.G. Preuss, D.Bagchi, **Effect of Hydroxycitric acid and Gymnema sylvestre extract on weight loss, 2004**, *Department of medicine*, Gerogetown university, USA

No adverse effects have been reported to date. This product includes extracts of Gymnema, Coleus, Inositol and Chromium which in rare case, cause flushing, hypotention, throat irritation, cough, itching, vomiting and mood change.

Supplement Facts		
Composition per tablet		RDA%
Garcinia quaesita	800 mg	*
Gymnema sylvestre	50 mg	*
Coleus forskohlii	4.55 mg	*
Cr (Chromium picolinate)	10 mcg	33
Vitamin B6	15 mg	>100
Choline bitartrate	50 mg	10
Inositol	50 mg	*

*Recommended daily allowance (RDA) not Stablished.

Presentation

30 Film Coated tablets

Administration

Take one tablet half an hour before each main meal.

Marketing Authorization Holder Darman Yab Darou
Under license of Vitex Pharmaceuticals pty Ltd (Golden Life) Australia



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Gymnema sylvestre

It is a woody climbing shrub native to India and Africa. The leaves are used to make medicine. Gymnema has a long history of use in India's Ayurvedic medicine. The Hindi name, gurmar, means "destroyer of sugar".

Today, Gymnema is used for weight loss, diabetes and metabolic syndrome. It is also used as digestive stimulant, laxative and appetite suppressant.

The plant contains a large number of chemicals, including triterpenoids and saponins which have pharmacological properties. **Gymnemic acid** content of this plant has also been found useful against obesity, according to recent reports. This is attributed to the ability of gymnemic acids to delay the glucose absorption in the blood. The atomic arrangement of gymnemic acid molecule is similar to that of glucose molecules and fills the receptor location in the absorptive external layers of the intestine, thereby curbs the binding of glucose to the receptors in the intestine, which prevents the absorption of excess glucose and turn less fat get stored, so that the body does not go into obese stage, It also helps balance blood sugar and has been found to increase fecal excretion of cholesterol.

Coleus forskohlii

It is a plant native to India, belongs to the family Labiatae, better known as the mint family. Chemically, it is a plant rich in alkaloids, which are considered to have a high probability of influence on the biological systems. The main bioactive ingredient is called **Forskolin**. It has been used in ayurvedic medicine for many years. Forskolin increases the amount of intracellular levels of cyclic adenosine monophosphate (cAMP) through activating an enzyme called adenylate cyclase. Cyclic AMP is an important second messenger necessary for the proper

biological response of cells to hormones and other extracellular signals. It promotes lipolysis- the breakdown of stored fats in animal and human fat cells- and stimulates thyroid hormone production and release, which can help enhance metabolic rate.

Forskolin has been shown to not only enhance lipolysis but it may also inhibit fat storage from occurring without loss of muscle mass. It regulates the body's thermogenic response to food, increases the body's basal metabolic rate.

Chromium

It functions as an organic complex known as glucose tolerance factor (GTF), which helps insulin function properly and regulates the absorption of glucose into cells and thus influences carbohydrate, fat and protein metabolism. Chromium supplementation may help stabilize blood sugar levels and so diminishes the desire for carbohydrate craving. Some double-blind, placebo-controlled experiments have shown that chromium picolinate supplementation reduces fat mass, increases lean body mass and can lead to weight loss. It may also combat insulin resistance.

Vitamin B6

It acts as a cofactor for enzymes that are involved in more than 100 reactions affecting protein, lipid and carbohydrate metabolism to produce energy. Pyridoxal phosphate is also involved in the synthesis of several neurotransmitters like serotonin which can suppress appetite.

Choline

It is a vitamin-like essential nutrient and a methyl donor involved in many physiological processes, including normal metabolism and transport of lipids. Choline deficiency causes abnormal deposition of fat in the liver, which results in a



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Obesity is a complex, multi factorial and chronic condition characterized by excess body fat resulting from an imbalance between energy expenditure and calorie intake.

Low levels of physical activity, sedentary lifestyle, stress, depression and consumption of high fat and fast foods are responsible for unwanted weight gain. Recent studies have shown that approximately a third of the variance in adult body weights result from genetic influences.

Obesity and adipose tissue expansion increase the risk of hypertension, type 2 diabetes, arthritis, elevated cholesterol, cancer and serious hormonal imbalances in women which lead to sterility.

However low caloric diet and exercise can help with temporary weight loss, but they alone have not proven successful for long-term solution in weight management.

Supplementation with ingredients that help burn more fat and suppress appetite, would have potential efficacy for a long time weight loss.

Fire up your fat!

Indications

- Promotes thermo genesis
- Burns more calories and excess fat
- Suppresses appetite
- Helps achieve ultimate weight loss goals

Ingredients

Garcinia quaesita

The herb is a subtropical variety of plants in Garcinia species. The medicinal part of the plant is the fruit rind. The main active ingredient is

hydroxycitric acid (HCA). It inhibits an extra-mitochondrial enzyme, Adenosine triphosphate citrate lyase. The chemical process involves reduction in the transformation of citrate into acetyl CoA; initial steps of de novo lipogenesis in the liver. Furthermore, hepatic glycogen accumulates in the presence of hydroxycitric acid; this metabolic change may in turn cause the activation of glucoreceptors leading to a sensation of fullness and reduced appetite. It also suppresses appetite by increasing serotonin levels, which may make you feel less hungry. Unlike appetite suppressant drugs, Garcinia has no CNS stimulant activity. Preliminary research indicates that Garcinia may improve cholesterol levels, lowering triglycerides and LDL, raising HDL and have a positive effect on energy and metabolism. Studies have reported that individuals using Garcinia, combined with niacin-bound chromium and a reduction in dietary fats, had three times the weight loss of those on diet alone. In one study, the acute and chronic effects of hydroxycitric acid (HCA) on energy metabolism was studied in laboratory animals. The results suggested that chronic administration of HCA may promote lipid oxidation and spare carbohydrate utilization at rest and during physical activity.

