

## Weightlose

To provide support with a balanced nutrient uptake

### Ingredients per capsules:

600 mg hoodia powder  
100 mg topinambur  
35 mg citrus flavonoids 60%  
0,15mg chrom-III-chloride = 30 µg chrome  
200µg folic acid



### Consummation reference:

2 capsules a day, taken with water during a meal

### Common description:

**Hoodia** is a knee-high, prickly plant. It appears inconsiderable and less nutritious. The Hoodia cactus grows in the half-deserts in the south of Africa. It is food for the bush folks, their drink and their medicine. During their long hunting trips they put a peeled plant in their mouth and chew it. Like this they can suppress their hunger for days. In 1996 scientists of the South-African Council for Scientific and Industrial Research (CSIR) attended to the cactus. They succeeded in to gain the ingredient which deadens hunger. They called it "P57" and had it patented. The result is that the cactus decreases the daily calorie absorption and helps loosing weight.

Ingredients:

Water: 9,8 %

Proteins: 3,7 %

Fat: 2,4 %

Total dietary fibre per 100 mg: 582 kJ (138kcal)

Carbohydrate exchange per 100 g: 2,1 BE = 47,0 g

**Topinambur** is an extract from the Jerusalem artichoke and contains fructan, which has an positive effect on the gut flora. So it conveys an efficient processing of the ingested nutrients and has a beneficial effect on the immune function of the gut system.

**Citrusbioflavonoids** have, as has been proved, anti-inflammatory, anti-oxidant, anti-allergic, liver-protecting, antithrombotic, antimicrobial and anti carcinogen activities.

**Chromium** is needed to regulate the blood glucose and the cholesterol level. If it is missing there will be disturbances with the application of glucose and symptoms of diabetes can appear. These are very seldom and only appeared with patients who were totally parenteral nutritioned.

**Folic acid** takes part in the process of constructing blood capsules and mucous membranes. Moreover it helps with the regulation of DNA-, RNA- and the protein metabolism. It plays a big part in the regulation of gene expression. Furthermore, it is involved in the decomposition of homocysteine which is unhealthy for the cardiovascular system.