

## LifeTrim™

---

---

This information is not presented with the intention of diagnosing or prescribing, but is offered for informational purposes only. In the event that the information is used without a Physician's approval, the individual will be diagnosing for himself. No responsibility is assumed and no guarantees of any kind are made for the performances or effectiveness of the items mentioned in this guide. All should seek a professional's advice before diagnosing for themselves.

**Garcinia Cambogia (Malabar Tamarind)** - An all-natural substance derived from the dried fruit rind of *Garcinia Cambogia* that has been used for decades in southern India as a spice for foods. It decreases the appetite, speeds up calorie burning, and inhibits the body's ability to store new fat. It is touted by researchers and the medical community as the "Amazing Medical Breakthrough" for weight loss, as well as cholesterol and triglyceride reductions. The natural diet ingredient that is extracted from this dried fruit is called HCA - Hydroxycitric Acid. It is chemically similar to the citric acid found in oranges and other citrus fruits. Citric acid, however, does not produce any therapeutic benefits for weight control that HCA does. Research proves safety and effectiveness of HCA. It has been intensively researched for more than 20 years. This research consistently shows HCA can produce significant health benefits in several areas including weight control; control of blood fat such as cholesterol; energy metabolism; inhibiting the body's strong tendency to store fat; decreasing appetite; and speeding up the body's ability to burn fat.

**Magnesium/Potassium Aspartate - minerals** - Magnesium helps prevent depression, dizziness, muscle weakness, twitching, heart disease, high blood pressure, and aids in maintaining the proper pH balance. Also helps protect the arterial lining from stress caused by sudden blood pressure changes, and plays a role in the formation of bone and in carbohydrate and mineral metabolism. Potassium helps prevent stroke, aids in proper muscle contraction, and works with sodium to control the body's water balance. Aids in maintaining stable blood pressure, in transmitting electrochemical impulses and regulates the transfer of nutrients to the cells.

**Kola Nut Standardized Extract** - an antidepressant herb that has a stimulant effect. Tonic for exhaustion, low energy, and poor appetite. Used as a catalyst to aid in the immediate absorption of other dietary supplements.

**Chromium (ChromeMate, Chelate, Picolinate, Polynicotinate)** - a mineral that helps with the metabolism of glucose, synthesis of cholesterol, fats and protein. Helps maintain stable blood sugar levels through proper insulin utilization in both the diabetic and hypoglycemic. "The average American diet is chromium deficient. Researchers estimate that two out of every three Americans are either hypoglycemic, prehypoglycemic or diabetic. The ability to maintain normal blood sugar levels is jeopardized by the lack of chromium in our soil and water supply and by a diet high in refined white sugar, flour and junk foods."

**Ginger Root Powder** - Helps with circulation, digestion, kidney/bladder, colitis, diverticulosis, nausea, indigestion, hot flashes and menstrual cramps. Cleanses the colon, stimulates circulation and reduces spasms and cramps.

*LifeTrim™ (con't)...pp2*

**Green Tea - Polyphenol Catechin Extract** - Helps stimulate the nervous system and has diuretic and bactericidal effects. Used to help with diarrhea, dysentery, hepatitis and gastroenteritis.

**L - Carnitine - (L-Carnitine Tartrate)** - Is found in foods such as avocados, dairy products and red meats. Promotes normal health and development. This amino acid aids in weight loss, decreases the risk for heart disease, and improves athletic ability. Also enhances the effectiveness of antioxidant vitamins E and C.

**Ginkgo Biloba Leaf Powder** - Today Ginkgo is the subject of widespread scientific inquiry for its ability to increase circulatory oxygenation to the brain cells as well as other body areas. Helps dilate the bronchial tubes and blood vessels, controls allergic responses and stimulates circulation. Has antifungal and antibacterial effects. Improves memory loss, brain function, circulatory complaints, varicose veins. Also aids in glucose utilization, depression, stress, and vascular disease.

**Capsicum Powder** - A catalyst for all herbs to aid in immediate absorption. Helps improve circulation, aids digestion, and stops bleeding from ulcers. Good for the kidneys, lungs, spleen, pancreas, heart, and stomach. Helps with nausea, rheumatism, arthritis, and pleurisy.

**Grape Seed Leucoanthocyanin Extract** - Impressive antioxidant properties and is considered substantially more effective than either Vitamin C or Vitamin E in scavenging free radicals (highly reactive molecules with an unpaired electron, that bind and destroy healthy cells). Grape Seed is anti-inflammatory and is especially good for vision problems, water retention, cardiovascular conditions, diabetics, skin aging, ulcers, cancer, heart disease, multiple sclerosis, colds, flu, prostate disease, lupus, and many other conditions. These compounds found in grape seed have the ability to stabilize collagen and retard skin aging.

*LifeTrim™ contains no starches, salt, artificial colors, flavors, preservatives, yeast, lactose, corn or wheat.*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.