

Metabolic Management Pack

DESCRIPTION

Metabolic Management Pack, provided by Douglas Laboratories, supplies essential minerals, vitamins, herbs and other nutrients designed to support a healthy weight management program.

FUNCTIONS

Garcinia cambogia:

This natural extract comes from a tropical fruit grown in several Asian rain forest areas. Research shows that (-) hydroxycitric acid helps maintain a healthy balance of hepatic lipogenesis and gluconeogenesis, thus preventing excessive conversion of glucose from dietary carbohydrate into body fat. Research also indicates that (-) hydroxycitric acid plays an important role in the regulation of normal appetite.

Conjugated Linoleic Acid:

Research in several animal models has demonstrated that CLA reduces body fat accumulation. Some studies have shown that the reduction in body fat occurs regardless of whether the diet is high or low in fat. It appears that increased energy expenditure is responsible for the decreased fat accumulation. Researchers have observed an increase in fat oxidation, but not a decrease in fat biosynthesis. Mice fed a high fat diet with 1% CLA exhibited a 50% reduction in weights of adipose depots, but no significant effects on body weight or energy intake. Energy expenditure persistently increased almost 8% through the trial period. This chronic increase in metabolic rate is thought to be responsible for the reduction in body fat stores.

Phosphatidyl-Serine:

Phosphatidylserine (PS), a phospholipid nutrient, is active in cell membranes and is the major acidic phospholipid component in the membranes of the brain. Membranes are the working surfaces of every cell, carrying out the essential functions of cellular communication and hormonal signal transduction. Nerve cells, in particular, depend on healthy membrane function for normal neurotransmitter metabolism and nerve signal transmission.

One function of PS is its role in controlling the normal balance of stress hormones. PS is involved in the body's response to counterbalance the excessive release of adrenocorticotrophic hormone (ACTH) and adrenaline after physical stress from exercise, while supporting normal growth hormone release at the same time.

Flax Seed:

Essential fatty acids such as those found in flax seed oil, are important for healthy mucous membranes, skin and hair, and serve as precursors for steroid production and hormone synthesis. The inclusion of flax seed in a healthy diet ensures that the body's requirements for omega fatty acids are being met.

Relora:

Relora® is a patent-pending combination of two herbal extracts of Magnolia and Phellodendron bark (Asian cork tree). Both herbs have been used in Traditional Chinese Medicine for several hundred years. In a human study, 82% of the participants taking Relora® agreed with the statement that: "Relora® helps control... irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, fatigue, and concentration difficulties." Relora® was found not to cause sedation, though 74% of the patients had more restful sleep. Additionally, no adverse side effects were reported during the trial. A healthy weight management program should include strategies to help support stress and anxiety, especially in individuals sensitive to stress-induced eating.

Chromium and B vitamins:

Chromium is an essential trace mineral that can help potentiate insulin action and thus influences carbohydrate, protein, and fat metabolism. As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin

(continued on reverse)

B₁₂). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

INDICATIONS

Metabolic Management Pack, provided by Douglas Laboratories, may be a useful dietary supplement for individuals wishing to successfully manage their weight.

FORMULA (#63157)

1 Pack contains:

Calories	19
Calories from Fat	19
Total Fat	2 g
Saturated Fat	0 g
Polyunsaturated Fat	1 g
Vitamin A(as beta carotene).....	430 IU
Thiamine	10 mg
Riboflavin	10 mg
Niacinamide	10 mg
Vitamin B-6	10 mg
Folic Acid	200 mcg
Vitamin B-12	100 mcg
Chromium(from chromium polynicotinate)	200 mcg
Conjulate™	1,000 mg
Supplying:	
Conjugated Linoleic Acid	680 mg
Garcinia cambogia	1,000 mg
Supplying:	
(-)Hydroxycitric acid	500 mg
Omega-3 fatty acids(as alpha linolenic acid)	460 mg
Relora™	500 mg
(a proprietary blend of patent-pending plant extracts from Magnolia officinalis and Phellodendron amurense bark)	
Proprietary Herbal Blend	400 mg
(Guarana, Kola Nut, <i>Eleutherococcus senticosus</i> , Wood Betony, Beet Powder, Cayenne, American Centaury, Gotu Kola, Ho Shou Wu and Green Tea extract)	
Omega-6 fatty acids	170 mg
Omega-9 fatty acids	172 mg
Phosphatidylserine	100 mg
Phosphatidylcholine	20 mg
Phosphatidylethanolamine	20 mg

Phosphatidylinositol	10 mg
Polyphenon 60™	0.5 mg
(min. of 60% green tea catechins)	

SUGGESTED USE

Adults take 1 pack daily or as directed by physician.

SIDE EFFECTS

Warning: If you are pregnant or breastfeeding, or if you are taking any prescription medication, consult a physician prior to use. Excessive consumption may impair ability to drive or operate heavy machinery. Not recommended for consumption with alcoholic beverages.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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**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.**

**Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440**