



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. 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 Camellia sinensis (green tea) are included to enhance glucose control and insulin performance along with the minerals chromium, vanadium, zinc and magnesium. ForsLean™ (Coleus forskohli), Garcinia cambogia (Hydroxycitric acid), 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, magnesium and carnitine provide nutrients for optimal mitochondrial function and metabolism. N-acetyl-tyrosine supports thyroid function and proper catecholamine balance. The addition of GABA, along with magnesium, 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 forskohli, a root extract of the perilla plant, stimulates the metabolic messenger, cyclic AMP and its active principle, forskolin, has been utilized to increase lean body mass. (<http://www.forslean.com/clinical.htm>). Designs for Health chose the only clinically researched Coleus on the market, trademarked as ForsLean®. ForsLean has been documented in 2 open field and 2 double-blind studies for management of healthy body weight and body composition. ForsLean® has obtained the US and EC patents for use of diterpene forskolin in enhancing lean body mass and promoting weight loss (US patent #5,804,596) as well as pending patents in Japan and Canada.

It should be emphasized, based on new research, that healthy functioning of the body depends not so much 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/m². 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.

THIS FORMULA MAY BE USED FOR:

- Appetite Control
- Blood Sugar Support
- Fat Loss
- Improving Metabolism
- Improving Muscle Mass
- Stress Control

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. What this means is, this unique ingredient found in *Garcinia cambogia* favors the storage of glucose as glycogen in the muscles and liver rather than storing them as triglycerides, in the form of fat. Bottom line: less sugar is stored as fat and more fat is disposed from the body.

Also enhancing this formula is carnitine, magnesium, 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. After all, these are the main goals for healthy weight loss.

Banaba and green tea along with chelated chromium, vanadium, magnesium and zinc improve entry and metabolism of glucose in the cells and help to normalize insulin levels. One of insulin's jobs is to store excess sugar as fat. Keeping insulin levels at bay means better control of weight gain. Better control of blood sugar also results in 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 normalization of another stress hormone, cortisol. The goal being: better sense of well-being, 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

For best success, the following nutrients should 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 (i.e: Carniclear liquid, Carnitine Tartrate powder or Carnitine Synergy - up to 10 grams in divided doses)
- Omega-3 fatty acids (Omega Ultra 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

How to take EndoTrim™

For best results, take two capsules twice daily, total of 4 per day on an empty stomach.

Who should not take EndoTrim™

Pregnant and lactating women and children under 12 years old.

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