

CUTE BELLY

DESCRIPTION

A key component of GC extract Hydroxy Citric Acid (HCA) acts as an inhibitor of lipogenesis and increases lipid oxidation, thus reducing the accumulation of fat in Adipocyte. It also acts as an appetite suppressant and Controls Cravings.

BENEFITS

Weight loss.
Supports Healthy Lipid Levels.
Leads to Balanced Serotonin levels and balanced moods in case of emotional eaters.
Helps in managing cortisol levels, a stress hormone.
No significant side effects.

DOSAGE

Cute belly 250 mg /500 mg 3 times a day before food for period of 3 months or as directed by physician. The recommended daily allowance of supplement is 1500 mg/day.

ADVERSE EFFECTS

Headache, Upper respiratory symptoms and gastrointestinal effects.

REFERENCE

Mattes RD, Bormann L. Effects of (-)-hydroxycitric acid on appetitive variables. *Physiol Behav* . 2000;71(1-2):87-94.

Thom E. A randomized, double-blind, placebo-controlled trial of a new weightreducing agent of natural origin. *J Int Med Res* . 2000;28(5):229-233.



REDMED MEDICAL SERVICES

Healing Lives

For the use of a registered medical practitioner or a hospital or a laboratory only. RMS/PC/CB/02/10/17



CUTE BELLY
GARCINIA CAMBOGIA
REDUCE WEIGHT FEEL LIGHT

Reduction of adipose tissue and body weight: Garcinia extract

Authors: Chulaporn R MD1, Rungthiwa KMS2 and Wanjarus R MD

Why was this study done?

Obesity is a global public health problem. About 315 million people worldwide are estimated to fall into the WHO defined obesity categories .Traditional herbal medicines may have some potential in managing obesity. Botanical dietary supplements often contain complex mixtures of phytochemicals that have additive or synergistic interactions. (-)-Hydroxy citric acid (HCA) is a principal constituent (10-30%) of the dried fruit rind of Garcinia family. This study was to evaluate the efficacy and safety of water soluble calcium hydroxycitrate from Garcinia extract on the short term treatment of obese women.

How was this study done ?

In a randomized control trial 50 obese women with a body mass index (BMI) over 25 kg/m2 were randomly allocated into two groups, 25 in each. Group 1, with a mean (±SEM) age of 40.0±2 years, received water-soluble calcium hydroxycitrate (HCA) as garcinia extract . Group 2, with a mean age of 35.6±1.8 years, received placebo. All subjects were recommended a similar diet with 1000 Kcal/day. The trial lasted for 2 months.

What were the finding?

After data analyzed at baseline the means BMI of Group 1 and Group 2 were 27.5±0.2 kg/m2 and 26.7±0.5 kg/m2, respectively. Group 1 lost significantly more weight (2.8 vs1.4 kg, p<0.05) and at a greater rate than Group 2 throughout the study.

Implications:

The decrease in their body weight was due to a loss of fat storage as evidenced by a significant decrease in the triceps skin fold thickness. On a short-term basis, HCA in garcinia cambogia extract was an effective treatment for weight management.

Efficacy of a novel calcium/potassium salt of (-)- hydroxycitric acid(HCA) in weight control.

Authors: Preuss H.G, Garis R.I, Bramble JD, Bagchi D, Bagchi M, Rao CV,

Why was this study done?

The weight-loss efficacy of a novel, water-soluble, calcium-potassium salt of (-) hydroxycitric acid (HCA) was re-examined in 90 obese subjects (BMI: 30-50.8 kg/m2). We combined data from two previously reported randomized, double blind, placebo controlled clinical studies in order to achieve a better statistical evaluation based on a larger population. This re-examination of data also allowed us to reflect more intensely on various aspects of weight loss studies.

How was this study done ?

Subjects were randomly divided into three groups: group A received a daily dose of HCASX (Garcinia Cambogia Extract) 4, 667 mg (providing 2,800 mg HCA per day); group B was given a daily dose of a combination of HCA-SX 4,667 mg, niacin-bound chromium (NBC) 4 mg (providing 400 µg elemental chromium), and Gymnema sylvestre extract (GSE) 400 mg (providing 100 mg gymnemic acid); and group C received a placebo in three equally divided doses 30-60 min before each meal. All subjects were provided a 2,000 kcal diet/day and participated in a supervised walking program for 30 min/day, 5 days/week.

What were the finding?

82 subjects completed the study. At the end of 8 weeks, in group A, both body weight and BMI decreased by 5.4%, low-density lipoprotein and triglycerides levels were reduced by 12.9% and 6.9%, respectively, while high-density lipoprotein levels increased by 8.9%, serum leptin levels decreased by 38%, serotonin levels increased by 44.5% and urinary excretion of fat metabolites increased by 32-109%. Group B demonstrated similar beneficial changes, but generally to a greater extent. No significant adverse effects were observed. The combined results confirm that HCA-SX and, to a greater degree, the combination of HCA-SX plus NBC and GSE reduce body weight and BMI, suppress appetite, improve blood lipid profiles, increase serum leptin and serotonin levels and increase fat oxidation more than placebo.

Implications:

This study conclude that dosage levels, timing of administration, subject compliance and bioavailability of HCA-SX significantly affect results and that when taken as directed, HCASX(Garcinia Cambogia Extract) is a highly effective adjunct to healthy weight control.