

Natural Appetite Control (Stimulant Free)

90 softgels

Item Catalog Number: 00891

A study published in the *Journal of the American Medical Association* found that overweight adults who followed a program of modest caloric restriction achieved significant reductions in body fat mass in just six months, while improving the ability of cells to normally utilize insulin, i.e., improving sensitivity to insulin.³⁰⁻³²

Hunger is the factor that often precludes most people from even considering a low-calorie diet. The remarkable news is that pinolenic acid, a polyunsaturated fatty acid found in Korean pine, has been shown to suppress appetite dramatically without causing any stimulatory effect.*

Pinolenic acid stimulates the release of two of the body's most powerful hunger-suppressing hormones: CCK (chole-cystokinin) and GLP-1 (glucagon-like peptide-1).³³ This not only helps the body digest fats better, but also sends a feeling of satiety or "fullness" to the brain, decreasing the desire to eat and helping to control excessive calorie intake.* People taking this oil had an increase in the satiety hormones CCK and GLP-1 in the bloodstreams and a reduced desire to eat by 36%.³³

Life Extension's Natural Appetite Control formula was developed for adults seeking to lower their calorie intake and maintain a successful, long-term weight management program. Each softgel of Natural Appetite Control provides 1000 mg of a standardized extract of Korean pine nuts containing the highest concentration of pinolenic acid found in any pine nut species.

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

References

Supplement Facts

Serving Size 3 softgels

Servings Per Container 30

Amount Per Serving

Calories	27
Calories from Fat	27
Total Fat	3 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	0.78 g
Saturated Fat	0.21 g
Cholesterol	0 mg
Korean Pine Nut (<i>Pinus koraiensis</i>) Seed Oil (triglyceride mixture containing pinolenic acid)	3000 mg

Other ingredients: gelatin, glycerin, purified water, annatto.

Contains soybeans and tree nuts. This product contains NO milk, egg, fish, peanuts, crustacean shellfish, wheat, yeast, gluten, corn, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- To reduce meal size, take three softgels 30-60 minutes before the meal with the highest caloric content, or as recommended by a healthcare practitioner.
- To reduce snacking, you can take three softgels between meals.
- Do not exceed six softgels daily.
- The best time to use this product may be in the evening to reduce food intake before bedtime.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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