

## Integra-Lean® Irvingia

### 30 vegetarian capsules

Item Catalog Number: 01294



[Weight Loss Guide](#)

Scientists have identified specific biological mechanisms that cause aging people to gain weight... no matter how little they eat. The problem was that there was no way to circumvent the underlying factors that cause excess body fat... until now! As you are about to learn, gaining control over your body's command signals is critical to maintaining a healthy weight.

Leptin is a hormone that tells our brain that we have consumed enough calories and can stop eating. Leptin also induces a process whereby fat stored in cells is broken down. As we age, our cells (including the appetite control center in our brains) become "leptin resistant." This means that leptin is unable to effectively regulate body weight.

Adult-onset weight gain is characterized by the enlargement of existing adipocytes (fat cells) that store too much fat. The size of **fat cells** is controlled by gene transcription factors. Fat cell size is closely related with adiponectin expression — with reduced adiponectin expression in larger fat cells. In addition, gene transcription factors help regulate adiponectin, and this crucial hormone is critical for supporting insulin sensitivity.

### WEIGHT LOSS SUPPLEMENTS

An enzyme called glycerol-3-phosphatedehydrogenase is critical for synthesizing fatty acids in our bodies. Suppressing this enzyme helps reduce the amount of glucose (sugar) in our bloodstream from being converted into fatty acids.

Weight loss utilizing diet modification, supplements, hormones or drugs usually functions via a single mechanism. Adipocytes (fat cells), on the other hand, possess numerous means to ensure their survival. An extract from a West African plant called Irvingia has been shown to help maintain healthy body weight in four ways:\*

#### ***Weight Management: Reversing Leptin Resistance***

Fat cells produce C-reactive protein, a pro-inflammatory compound that leads to "leptin resistance." Overweight people given Irvingia have lower levels of CRP, and therefore less CRP is able to block the activity of leptin. Leptin is important in **weight management** because it promotes the breakdown of fat in adipocytes and tells the brain to turn off chronic hunger messages.

#### ***Hormones: Increasing Adiponectin***

Large fat cells secrete less adiponectin, and adiponectin is a crucial hormone that helps support insulin sensitivity as well as cardiovascular health. Overweight people given Irvingia show markedly increased adiponectin levels.

#### ***Body Fat: Inhibiting the Fat Converting Enzyme***

An enzyme called glycerol-3-phosphate dehydrogenase facilitates the conversion of glucose into triglycerides that increase adipocyte size. Irvingia inhibits glycerol-3-phosphate dehydrogenase, thus reducing the amount of glucose (sugar) that is converted to fat in the body.

#### ***Diet: Reducing Carbohydrate Absorption***

In order for carbohydrates to be fully absorbed, they must be broken down in the digestive tract by the amylase enzyme. Irvingia inhibits amylase, and thus reduces the amount of ingested starches that will be absorbed as sugar.

Several studies demonstrate the **weight loss** properties of Irvingia.<sup>1</sup> In the largest placebo controlled human study, those taking Irvingia lost 28 pounds over a 10-week period compared to only up to 3 pounds in the placebo group.<sup>2</sup> The study participants did not alter their **diet**.\*

Based on impressive human data, a dose of 150 mg of Integra-Lean® Irvingia taken twice a day is all that was needed to achieve unprecedented clinical results.

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

## References

1. Lipids Health Dis. 2005 May 25;4:12.
2. Lipids Health Dis. 2008 Mar 31;7:12.

## Supplement Facts

Serving Size 1 capsule

Servings Per Container 30

### Amount Per Serving

Integra-Lean® *Irvingia gabonensis* proprietary extract (seed)

150 mg

Other ingredients: rice flour, stearic acid, silica, magnesium stearate, maltodextrin, vegetable cellulose (capsule).

Contains tree nuts. Contains corn and rice.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, wheat, yeast, or gluten.

Contains NO artificial sweeteners, flavors, colors, or preservatives.

Integra-Lean® Irvingia is protected by U.S. Patent No. 7,537,790. Other patents pending.

## Dosage and Use

- Take one capsule twice daily with or without food, or as recommended by a healthcare practitioner.

## Please Note

This product is designed to target several critical factors involved in age-related weight gain. Those who ingest more calories than what their body has the metabolic capacity to utilize will not see results. This is because some people are ingesting so many excess calories that no matter how much their metabolic rate is increased, or how much improvement occurs in their post-meal blood sugar and serum triglyceride levels, or by how much youthful insulin sensitivity and other body fat-regulating systems are restored, they are overwhelming the metabolic capacity to utilize these calories. This will result in excess calories being stored in adipocytes. One cannot consume limitless calories and expect to shed fat pounds by taking drugs, nutrients, and/or hormones that demonstrate weight-loss effects in clinical studies.

## 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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