

Optimized Irvingia with Phase 3™ Calorie Control Complex

120 vegetarian capsules

Item Catalog Number: 01492



Weight Loss Guide

Public health agencies blame gluttonous behavior and lack of physical activity as the sole reasons for today's obesity epidemic. Ignored are a plethora of age-related metabolic changes that predispose us to weight gain, even when we try to cut back on caloric intake. The good news is that you don't have to do it alone. Scientists have identified natural compounds that function via multiple mechanisms to combat the underlying factors involved in excess accumulation of body fat.

New Phase 3™ sucrase modulator

A recent study in the journal *Science* concluded that a calorie-restricted diet can delay disease onset and age-related mortality in primates.¹ While Life Extension® readers understand the benefits of calorie restriction, that doesn't make it any easier to cut back on one of the major calorie culprits in the American diet: refined sugar.

Sucrase is an enzyme that breaks down sucrose in the digestive tract for absorption into the bloodstream. Phase 3™ is a new, patented compound that functions as a beneficial modulator of sucrase. By delaying the rapid absorption of sucrose, Phase 3™ can help support the healthy release of insulin and sugar into the bloodstream in response to sucrose ingestion that readily converts to body fat. Phase 3™ contains a natural substance found in plants called arabinose that provides an important new weapon in the battle to reduce the number of absorbed calories from sugar.

Green tea phytosome cellular energy enhancer

The ability of green tea extracts to inhibit the breakdown and absorption of dietary fat has been the subject of research studies across the globe. Mounting scientific research has documented the metabolic effects of green tea polyphenols. A proprietary phytosome complex has shown an ability to increase the absorption of green tea polyphenols into the bloodstream better than conventional tea extracts — resulting in peak plasma levels of the critical green tea polyphenol epigallocatechin-3-gallate.²

Participants in a clinical trial showed an average weight loss of 30 pounds and a 10% reduction in waist circumference in 90 days when 300 mg/day of this new green tea phytosome was consumed in conjunction with a reduced-calorie diet.² The placebo group that followed the same reduced-calorie diet lost only 9.9 pounds and only 5% of their waist size.

The alpha-amylase enzyme

Aging reduces our ability to utilize the carbohydrates (and fats) that constitute what most would consider part of a healthy diet. The result is that as we grow older, our bloodstreams become chronically bloated with glucose and triglycerides in direct contrast to the youthful metabolic profile we have in our younger years. Emerging scientific research suggests that the alpha amylase enzyme plays an undesirable role in the digestion of dietary carbohydrates and subsequent absorption of calories from starch and sugar.

A natural bean extract (*Phaseolus vulgaris*) moderates alpha amylase activity. In a human trial in which all overweight participants were placed on a 2,000–2,200-calorie, carbohydrate-rich diet, those who received *Phaseolus vulgaris* lost 6.5 pounds and 1.2 inches in waist size in only 30 days compared with 0.8 pounds and 0.2 inches in the placebo group.³

The alpha-glucosidase enzyme

Another intestinal enzyme that enables carbohydrate absorption is alpha-glucosidase. A patented seaweed extract (InSea^{2™}) has demonstrated the ability to help maintain healthy levels of both alpha-glucosidase and alpha-amylase. When given to laboratory animals, this seaweed extract reduced after-meal (postprandial) glucose elevations by up to 90% compared with nonsupplemented animals.⁴

Remember, young healthy individuals rapidly convert ingested fats and sugars into energy. Age-related changes decrease our metabolic capacity to efficiently utilize dietary fats and sugars. It is thus paramount for aging people to reduce their absorption of

excess calories. By taking nutrients before each meal that reduce the activity of carbohydrate-fat digesting enzymes, the calorie burden is significantly reduced.

Leptin sensitivity

Fat cells (adipocytes) secrete a hormone called leptin that tells our brain we have eaten enough. Leptin can also facilitate the breakdown of stored triglycerides in our adipocytes via the process of lipolysis. Heavy individuals have startlingly high blood levels of leptin, indicating that their cells have become resistant to the leptin that is supposed to prevent them from putting on so many fat pounds.

An extract from a West African food called *Irvingia gabonensis* has been shown to help support leptin sensitivity in overweight people. In a recently published study, *Irvingia* demonstrated beneficial effects upon leptin blood levels, followed by weight loss and inches off the waistline.⁵ In addition to supporting healthy leptin sensitivity, *Irvingia* has demonstrated the following beneficial effects on key aspects of metabolism:

- Glycerol-3-phosphate dehydrogenase is an enzyme involved in the complex biochemical process that converts ingested starch and sugar calories to stored body fat. *Irvingia* has been shown in studies involving fat cells to reduce the activity of glycerol-3-phosphate dehydrogenase⁶, which may help reduce the impact of starch and sugar calories on body fat.
- Scientific research on fat cells suggests that *Irvingia* has alpha amylase-inhibiting properties⁷ (like InSea²TM and *Phaseolus vulgaris*), which can help support a slowing of the rate of carbohydrate absorption from the intestines and a reduction of the caloric impact of starchy and sugary foods.⁸
- Adiponectin is a hormone involved in helping to maintain insulin sensitivity on the membranes of energy-producing cells. Large fat cells produce less adiponectin. Overweight people need to be especially concerned about maintaining healthy levels of adiponectin to support insulin sensitivity and metabolic fitness. Scientific data suggests that *Irvingia* helps support healthy adiponectin levels.⁶

In reviewing the remarkable effects demonstrated by these natural compounds, one might think that any one of them might be a solution to their weight problem. The reality is that aging individuals often fall victim to many molecular factors that can sabotage the best weight-loss programs.

The new Optimized *Irvingia* formula provides a combination of nutrients that combat age-related fat accumulation via the following eight distinct mechanisms:

1. Delaying digestion and absorption of sucrose.
2. Enhancing resting energy expenditure at the cellular level.
3. Slowing the absorption of dietary fat from the intestines.
4. Moderating alpha-amylase enzyme activity to reduce carbohydrate absorption in the bloodstream.
5. Reducing alpha-glucosidase enzyme activity to further slow the absorption of starches and sugars into the bloodstream.
6. Supporting leptin sensitivity to reduce hunger and stimulate lipolysis.
7. Supporting youthful levels of adiponectin to help maintain healthy insulin sensitivity.
8. Moderating glycerol-3-phosphate dehydrogenase enzyme activity to reduce the amount of ingested starches that are converted to triglycerides and stored as fat.

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

References

1. Science. 2009 Jul 10;325(5937):201-4.
2. Integr Nutr. 2008;11(2):1-14.
3. Int J Med Sci. 2007;4:45-52.
4. Unpublished internal data
5. Lipids Health Dis. 2009 Mar 2;8:7.
6. Lipids Health Dis. 2008 Nov 13;7:44.
7. Ann Nutr Metab. 1993;37(1):14-23.
8. Lipids Health Dis. 2008 Mar 31;7:12.
9. Submitted for publication, 2009.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 60

Amount Per Serving

Iodine (typical value naturally occurring from *Ascophyllum nodosum* and *Fucus vesiculosus*)

18 mcg

Chromium (as Chromium GlycoProtein Matrix)	100 mcg
Integra-Lean® <i>Irvingia gabonensis</i> proprietary extract (seed)	150 mg
Calorie Control Complex providing:	
InSea²™ [proprietary composition of demineralized polyphenols from brown seaweeds Kelp (<i>Ascophyllum nodosum</i>) and Bladderwrack (<i>Fucus vesiculosus</i>)]	125 mg
TeaSlender™ Green Tea Phytosome Green Tea (<i>Camellia sinensis</i>) Phytosome decaffeinated extract (leaf) containing standardized green tea extract bound to phosphatidylcholine (from lecithin)	150 mg
Phase 2® <i>Phaseolus vulgaris</i> white kidney (bean) extract	445 mg
Phase 3™ Sucrase Inhibitor L-Arabinose and Chromium GlycoProtein Matrix (supplying 475 mg L-arabinose and 100 mcg chromium in a food bound state)	550 mg

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

Contains soybeans and tree nuts. Contains yeast and corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), wheat, gluten, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

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

InSea²™ is a trademark of innoVactiv™

Phase 2® and Phase 3™ are used under license.

Dosage and Use

- Take two capsules twice daily 15 minutes before meals.
- Best if taken before meals containing carbohydrates or starches, or as recommended by a healthcare practitioner.

Caution

Individuals with low blood sugar as well as individuals taking medication known to lower blood sugar should carefully monitor their blood sugar when taking this product.

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 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.

Note

Due to license restrictions this product cannot be sold in Korea or France.

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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