



Fat Grabbers®

Stock # 3035-9 (120 capsules)

Stock #3030-4 (360 capsules)

Fat Grabbers is a patented herbal supplement designed to assist weight management efforts by reducing the absorption of dietary fats and facilitating their elimination through the intestinal tract. Fat Grabbers contains herbs and nutrients that may also help promote healthy cholesterol levels and reduce food intake.¹

Each capsule of Fat Grabbers contains a proprietary blend of:

Guar gum (*Cyamopsis tetragonoloba*) is comprised of approximately 86% water-soluble mucilage, a type of dietary fiber. Guar gum's high fiber content makes it an effective bulk laxative and may also be beneficial for weight-loss. Dietary fiber intake has been shown to be inversely associated with body weight and body fat. Research shows that fiber can reduce caloric intake in obese subjects and fiber supplements, combined with a reduced-calorie diet, can enhance weight reduction in overweight people. Guar gum not only reduced food intake and body weight gain in animal studies, but also provided significant hunger-reducing effects in a human study. In addition, guar gum's soluble fiber may have therapeutic value in the treatment of hypercholesterolemia. Clinical trials indicate that guar gum can reduce serum total cholesterol levels by 10 to 15%.²⁻¹²

Psyllium hulls (*Plantago ovata*) are a source of dietary fiber that has been shown to reduce feelings of hunger, as well as reduce food intake in human studies. Epidemiologic evidence strongly supports the intake of dietary fiber to prevent obesity, as fiber intake has been shown to be inversely associated with body weight and body fat. Psyllium has also been shown to lower serum total cholesterol, LDL cholesterol and triglyceride levels. In addition, research indicates that psyllium shortens gastrointestinal transit time and increases stool weight and moisture content. As a result, psyllium is effective for restoring and maintaining regular and easy bowel movements, while also binding with bile acids, carcinogens and other toxins in the colon.^{5,12-21,22}

Chickweed leaf extract (*Stellaria media*) contains saponins that break down fats, such as cholesterol, and inhibit their absorption. Chickweed also contains mucilage, a type of dietary fiber that has been shown to facilitate weight-loss in obese patients, as well as lower plasma cholesterol and triglyceride levels. In addition, chickweed appears to have a mild diuretic and laxative action that may help reduce edema (excess fluid retention) and facilitate the elimination of toxins.^{1,2,18,23-26}

Lecithin, also known as phosphatidylcholine, helps emulsify (break down) fats and has been shown to reduce elevated LDL cholesterol levels in both animal and human studies of hypercholesterolemia. Lecithin has also been shown to reduce food intake in rats and may help prevent the formation of gallstones.^{1,27-35}

U.S. Patent No. 6,214,349

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