



## Garcinia Combination

Stock #906-9 (100 capsules)

Garcinia Combination is an herbal weight management formula containing herbs which inhibit fat production, encourage the burning of fat for energy, decrease appetite, and maintain balanced blood sugar levels. Garcinia Combination can be taken alone or combined with other weight management products for increased effectiveness.

**Chickweed** provides ample amounts of viscous fiber and stimulates digestion due to the presence of triterpenoid saponins. Chickweed is believed to help break up fat and fatty deposits in the body, perhaps due to these same saponins. Chickweed has been shown to help gastrointestinal problems such as constipation, hemorrhoids, intestinal toxicity, and ulcers, as well as balance intestinal flora, provide bulk to the stool, and reduce bowel transit time. Chickweed also helps reduce inflammation and acts as a blood purifier and anti-rheumatic agent. Chickweed also promotes a cleansing, soothing, tonic effect on the urinary system for relieving cystitis and urinary tract inflammation. Chickweed has been

found beneficial for iron-deficiency anemia due to its high iron content, as well as debility and weakness because of its combined nutrient profile and ability to enhance assimilation and absorption of dietary nutrients.

**Chromium** stimulates enzymes which are part of glucose metabolism, and is the primary mineral involved in insulin production. Chromium is also a key component of GTF (glucose tolerance factor), a substance which enables cells to absorb glucose, or blood sugar, to burn for energy. Chromium improves the effectiveness of insulin and its ability to monitor glucose, preventing both diabetes (elevated blood sugar) and hypoglycemia (low blood sugar). Chromium is also required for carbohydrate metabolism, especially sugars, and for protein synthesis. Chromium increases HDL cholesterol, while reducing overall cholesterol levels. Chromium supplementation has been used for arteriosclerosis, atherosclerosis, diabetes, high blood pressure, hypercholesterolemia and hypoglycemia.

**Garcinia cambogia**, also called brindleberry, is a lipogenic inhibitor (lipo meaning fat, genic meaning production). Garcinia contains a high concentration of hydroxycitrate (HCA), known to inhibit the production and storage of fat in the body by blocking excess citrate metabolism, which is responsible for fat synthesis in the cells. Studies show HCA does not affect any necessary energy production. Short- and long-term studies have found HCA supplementation reduced the rate of fat synthesis in the liver, small intestine, and existing fat stores in the body. Garcinia also suppresses appetite, reduces body weight gain, and increase glycogen storage to maintain balanced blood sugar levels, thereby decreasing the body's cravings for sweets. Garcinia promotes fatty acid oxidation in the liver, thereby enabling the liver to convert excess carbohydrates into glucose (or glycogen) rather than into fat. NSP's garcinia cambogia is standardized to 50% hydroxycitric acid for maximum results.

**L-carnitine** is an amino acid which promotes fat metabolism in muscles, the heart, and other organs. Research indicates that L-carnitine significantly reduces elevated blood fats, by lowering triglyceride levels and raising HDL (beneficial cholesterol) levels. L-carnitine supplementation has been used for angina, high blood pressure, hypercholesterolemia, irregular heartbeat, liver damage, muscular dystrophy, myocardial infarction, weakened heart function, and weight loss. The *New England Journal of Medicine* confirms that L-carnitine is essential for breaking down fatty acids and producing energy.