



designs for health®

## ENDOTRIM™

NUTRITIONAL SUPPORT FOR FAT LOSS AND HEALTHY BODY COMPOSITION

120 VEGETARIAN CAPSULES | NPN80057646 | END120-CN

**EndoTrim™** is a comprehensive endocrine and metabolic balancing formula designed to promote optimal body composition by supporting healthy glucose metabolism and normal fat metabolism.

EndoTrim™ contains the non-stimulating American ginseng, which may help support normal cortisol levels. The herbs banaba and green tea are included to support healthy glucose metabolism, along with the minerals chromium, vanadium and zinc. *Coleus forskohlii*, *Garcinia cambogia* and the polyphenol EGCg from green tea promote lean body mass through ergogenic activity, stimulating metabolism.

Activated B vitamins and carnitine provide nutrients for optimal mitochondrial function and metabolism. N-acetyl-tyrosine may help support thyroid function and proper catecholamine balance. The addition of GABA helps promote a sense of calmness, which may help reduce stress-related eating.

### HOW DO THESE INGREDIENTS WORK?

*Coleus forskohlii*, a root extract of the perilla plant, stimulates the metabolic messenger cyclic AMP. Forskolin, its active principle, may help support lean body mass. The *Coleus forskohlii* used in EndoTrim™ is standardized to contain 20% forskolin in order to help with the proper management of healthy body weight and body composition.

Based on research it should be emphasized that the healthy functioning of the body does not necessarily depend on a lower fat content, but rather on obtaining a higher percentage of lean body mass. The health-promoting value of increasing lean body mass can be appreciated indirectly due to the known benefits derived from physical exercise in building lean body mass and stamina. Consider that lean body mass correlates positively with the performance of an incremental treadmill exercise test and that the fat percentage in the abdomen is significantly less in athletes than non-exercising controls. Because abdominal fatty tissue is a significant risk factor for cardiovascular disease, exercise (as well as any other means) that results in increased lean body mass may have a positive impact on long-term cardiovascular risk and life span.

### WHAT IS LEAN BODY MASS?

Lean body mass consists not only of muscles, but also of vital organs, bone and bone marrow, connective tissue and body water. Lean body mass can simply be described as total body weight minus fat. The proportion of lean body mass to fat not only determines the body's aesthetic look, but more importantly, it determines a person's physical fitness, health status and the risk of morbidity (disease) and premature mortality due to variety of causes. A person can assess

approximately his/her lean body mass by calculating body mass index (BMI), attained by dividing body weight in kilograms by the square of height in meters. The BMI norm is between 18 and 25 kg/m<sup>2</sup>. A value over 25 puts a person in the overweight category. The increase in lean body mass in an overweight person can indirectly be assessed by a drop in BMI value.

### ADDITIONAL HIGHLIGHTS

The dried fruit rind of *Garcinia cambogia*, also known as Malabar tamarind, is a unique source of hydroxycitric acid (HCA), which has been used for centuries in Southeastern Asia to prepare more filling meals. HCA has been demonstrated to inhibit ATP-citrate lyase (a building block for fat synthesis), and is effective in weight management in experimental animals and in humans. Thus, this unique ingredient found in *Garcinia cambogia* favors the storage of glucose as glycogen in the muscles and liver rather than storing it as triglycerides, in the form of fat.

Also enhancing this formula are carnitine and pantothenic acid, which optimize the conversion of fat and carbohydrates into energy. Carnitine improves fat transport into the mitochondria where it can be burned as fuel. EGCg from green tea also favors fat burning over the burning of carbohydrates while reducing fat storage. Again, more fat burned means less fat stored in fat cells. Plus, lean body mass is being preserved for optimal body function.

Banaba and green tea along with chelated chromium, vanadium and zinc improve the entry and metabolism of glucose in cells and may help support normal insulin levels.

GABA (Gamma-Aminobutyric Acid) exerts calming effects at the cellular level while green tea promotes healthy moods through the support of adrenaline (also known as epinephrine) levels. Additionally, American ginseng, which is nonstimulating, N-acetyl-tyrosine, B vitamins, and zinc all support sustained energy and the normalization of another stress hormone, cortisol. The overall goal is that a better sense of well being is created by less stress eating.

### WHO SHOULD NOT TAKE ENDOTRIM™

Pregnant and lactating women and children under 12 years old.

### Medicinal Ingredients (per capsule):

Green tea extract

( <i>Camellia sinensis</i> -Leaf) (45% Epigallocatechin 3-gallate, 98% Polyphenols, 20:1).....	75 mg
Forskohlii ( <i>Plectranthus barbatus</i> -Root) (20% Forskolin) .....	62.5 mg
American ginseng ( <i>Panax quinquefolius</i> -Root) (5% Ginsenosides).....	50 mg
Malabar tamarind ( <i>Garcinia gummi-gutta</i> -Fruit peel) (50% Hydroxycitric acid).....	50 mg
Banaba ( <i>Lagerstroemia speciosa</i> -Leaf) (1% Corosolic acid).....	25 mg
GABA (gamma-Aminobutyric acid, 4-Aminobutanoic acid).....	25 mg
L-Carnitine (L-Carnitine fumarate).....	25 mg
N-Acetyl tyrosine (Propanoic acid) .....	25 mg
Pantothenic acid (D-Pantothenic acid, Calcium D-pantothenate) .....	25 mg
Vitamin C (Ascorbic acid) .....	25 mg
Vitamin B6 (Pyridoxal 5-phosphate).....	1.25 mg
Zinc (Zinc bisglycinate).....	1.25 mg
Chromium (Chromic bisglycinate, Chromium nicotinate).....	50 mcg
Vanadium (Vanadium amino acid chelate).....	25 mcg

**Non-Medicinal Ingredients:** Hypromellose, microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide. **Recommended Dose:** Adults: Take before meals. Take a few hours before or after taking other medications. Take 1 capsule per day or as directed by your health care practitioner. Consult a health care practitioner for use beyond 2 weeks.

### REFERENCES

For a list of references cited in this document, please visit: <http://www.ncbi.nlm.nih.gov/sites/myncbi/collections/public/1HAGqNhUQcvC47XApFDiPGT5I/>

# EndoTrim™

## Nutritional support for fat loss and healthy body composition

### Are you:

- Looking for a way to enhance the effects of a healthy diet and exercise regimen?
- Concerned about preserving your hard-earned, lean muscle mass while also lowering body fat?
- Experiencing cravings when under stress—especially for refined carbohydrates?

EndoTrim™ contains a powerful blend of vitamins, minerals, and plant extracts formulated to address all of these issues. By supporting a healthy balance of the hormones involved in blood glucose handling, the stress response, and the regulation of appetite, EndoTrim™ supports healthy metabolism and improvements in body composition naturally.

### Highlights

- **Tyrosine** – an amino acid required to make thyroid hormone. The thyroid gland is one of the “master regulators” of basal metabolic rate, and therefore determines how much energy you burn even while at rest. Tyrosine is also a precursor to neurotransmitters involved in promoting balanced moods—a key factor in how you react to stress and cravings.
- **Coleus forskohlii, Garcinia cambogia, EGCG (Green Tea Extract)** – promote lean body mass and enhance fat loss by stimulating metabolism and ergogenic activity, which enhances stamina and energy burning during exercise.
- **American ginseng** – in Eastern medicine ginseng root has a long history of supporting healthy physiology in a many ways. In this blend, it helps the body’s natural management of blood sugar levels and is useful for controlling sugar cravings induced by cortisol, the body’s primary stress hormone. High cortisol levels (caused by stress) can be the undoing of even the most effective diet and exercise program because of their effect on blood sugar and insulin.
- **Carnitine** – supports the metabolism of body fat by helping to shuttle fats into the mitochondria, our body’s “furnaces,” where they are burned to generate energy.
- **Chromium, Vanadium, Banaba** – shown to aid insulin sensitivity and facilitate the entry of glucose into cells, thereby helping to maintain proper blood glucose levels that can be affected during times of stress. Optimal insulin sensitivity also helps your body use carbohydrates effectively for energy, which may result in a reduction in the amount stored as fat. Along with this product’s B vitamins, zinc, and other highly bioavailable chelated minerals, these factors promote healthy metabolism and mitochondrial function.
- **GABA & Magnesium** – two substances that help produce a body-wide calming effect, thus moderating the anxiety and irritability sometimes associated with stress, and also tempering the familiar carbohydrate cravings you might occasionally feel during difficult times.

**Recommended Dose: Adults:** Take four capsules per day, two capsules before breakfast and lunch, or as directed by your healthcare practitioner. Take a few hours before or after taking other medications. Consult a health care practitioner for use beyond 2 weeks. **Does not contain gluten.**

**Do not use if you are pregnant or breastfeeding.**



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.CA](http://WWW.DESIGNSFORHEALTH.CA)

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