

# A Smarter Way to Manage Weight

Weight gain is directly related to energy expenditure by your body and energy consumption. **SlimmerSystem** helps you lose weight in two ways: it decreases appetite, thereby decreasing the desire to eat, and it increases your body's metabolism, thereby increasing energy consumption by your body. That means you'll eat less, burn more fat, and increase your energy levels.

Six capsules of **SlimmerSystem** offer 300 mg of medicinal 75% EGCG from green tea extract

## Get Started with SlimmerSystem

**SlimmerSystem** is a well-researched formula that contains the nutrients you need to lose weight. It also contains the recommended daily allowance (RDA) for several vitamins and minerals. Take advantage of **SlimmerSystem**'s comprehensive weight-loss formula for an effective and safe approach to weight loss, when combined with a proper diet and good exercise.



## Ingredients

Six (6) non-GMO vegetable capsules contain:

Malabar tamarind ( <i>Garcinia cambogia</i> ) fruit, 50% hydroxycitric acid.....	1500 mg
<i>Coleus forskohlii</i> ( <i>Plectranthus barbatus</i> ) root extract, 10% forskolin .....	300 mg
Chromium (from chromium(III) picolinate) .....	235 mcg
Inositol.....	100 mg
<i>Spirulina platensis</i> .....	100 mg
Cayenne fruit.....	100 mg
Choline (choline bitartrate).....	100 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 6% caffeine.....	400 mg

## Supplying:

EGCG (pure).....	300 mg
Gymnema ( <i>Gymnema sylvestre</i> ) leaf extract, 25% gymnemic acid.....	150 mg
Betaine hydrochloride .....	25 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome .....	100 mg
Kola nut ( <i>Cola acuminata</i> ) extract, 10% caffeine.....	510 mg

## \*100% of the RDA of the following:

Vitamin B <sub>3</sub> (niacinamide) .....	20 mg
Vitamin B <sub>6</sub> (pyridoxine hydrochloride) .....	2 mg
Vitamin B <sub>12</sub> (methylcobalamin).....	6 mcg
Vitamin B <sub>2</sub> (riboflavin) .....	1.7 mg
Vitamin E (RRR- $\alpha$ -tocopheryl acetate) [30 IU].....	20.1 mg AT
Iodine (from potassium iodide) .....	150 mcg
Folate (from calcium L-5-methyltetrahydrofolate).....	400 mcg
Selenium (from selenomethionine) .....	50 mcg
Ascorbic acid (vitamin C) .....	60 mg
Biotin .....	300 mcg
Potassium (from potassium citrate) .....	25 mg

**Other ingredients:** Vegetable magnesium stearate, dicalcium phosphate, and microcrystalline cellulose in a non-GMO vegetable capsule made of vegetable carbohydrate gum and purified water.

NPN 80047815 · V0344-R5

Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- HPLC with Diode Arrays UV-VIS Detectors / Refractive Index Detectors
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- Near-Infrared Spectroscopy (FT-NIR Spectrometer)
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration Unit, Dissolution Unit

HP1212

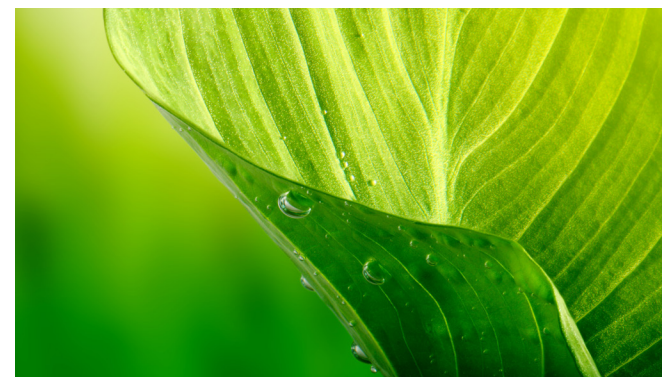


**Slimmer System**  
Sold exclusively to finer health food stores  
[newrootsherbal.com/store](http://newrootsherbal.com/store)



# SlimmerSystem

Intelligent weight management and disease prevention

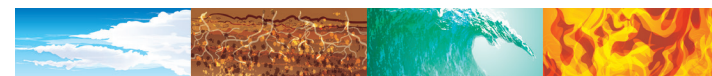


- Offers a natural way to a slimmer body
- Effective and safe approach to weight loss
- Increases energy levels

**ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)



# The Recipe for Reaching Your Perfect Weight

**SlimmerSystem** combines the most effective weight-loss nutrients available. These nutrients work synergistically to help curb your appetite and burn fat, while increasing lean muscle, metabolism, and energy. **SlimmerSystem** also contains green tea (75% EGCG), which helps protect against breast, mouth, colon, prostate, lung, and stomach disease.

## **Garcinia cambogia** 50% Hydroxycitric Acid

*Garcinia cambogia* is one of the most beneficial nutrients for regulating the body's fat metabolism. It works by inhibiting cholesterol and fat synthesis, controlling appetite, and reducing cravings for sweets.

*Garcinia cambogia* works on both sides of weight loss: it inhibits the formation and buildup of fats, and it also has been shown in studies to suppress appetite — it can actually reduce caloric intake by 10%. *Garcinia cambogia* stops the conversion of carbohydrates and proteins into fat. If more calories are consumed than expended, the excess is stored in the liver and muscles, in the form of glycogen. When glycogen stores are filled, the excess calories are converted to fat, and the brain sends out signals indicating hunger.

The hydroxycitric acid (HCA) in *Garcinia cambogia* enhances the ability of the liver and muscles to store glycogen, helps reduce fat production, prevents the brain from sending out signals that indicate hunger, and curbs appetite. This accomplishes three things: more calories are burned as energy, less are turned into stored fat, and less hunger is felt.

Studies have shown that HCA can suppress fat production by 40% to 80% for eight to twelve hours after eating. As a side benefit, HCA may also prevent heart disease by lowering triglyceride levels. When HCA is combined with a thermogenic formula (substances that increase fat burning, for example capsaicin, green tea, ginger, and chromium), an even greater effect may be achieved.

## **Coleus forskohlii** Root 10% Forskolin

*Coleus forskohlii* initiates the release of stored fat into the bloodstream to be used for energy. It promotes lean body mass and inhibits the synthesis of fat. *Coleus forskohlii* does this by increasing the levels of the enzyme adenylate cyclase.

Adenylate cyclase is the enzyme responsible for converting ATP (the body's main source of energy) into a compound called cyclic adenosine monophosphate (cAMP). cAMP is what's referred to as a "secondary messenger," which is needed to start lipolysis (conversion of fat into energy).

## **Chromium** (from chromium picolinate)

Studies have shown that chromium can lower body fat while increasing lean body mass and muscle by improving insulin sensitivity. This is an important goal in a weight-loss program. Loss of insulin sensitivity leads to obesity. Chromium is a trace mineral necessary for the proper action of insulin on blood sugar control. Studies have shown that men taking chromium lost an average of seven times more body fat than those taking a placebo. Chromium also helps with weight loss in other ways: it burns fat and reduces cholesterol and triglycerides. Most North Americans are chromium deficient and, therefore, supplementation with chromium may be very important.

## **Ginger and Capsicum annuum** (Cayenne pepper)

Ginger and *Capsicum annuum* have thermogenic properties which stimulate weight loss by increasing metabolism, and are especially effective when combined with other weight-loss nutrients. Thermogenics not only increase the body's metabolism to burn more calories, but also curb hunger and appetite.

## **Green Tea Extract (75% EGCG)**

Studies suggest that EGCG increases metabolism and helps burn fat. In a French study, resting metabolic rate increased by 4% after 90 mg of EGCG was consumed three times per day. Scientists at the University of Chicago have found that EGCG caused rats to lose up to 21% of their body weight. Rats injected with EGCG derived from green tea leaves lost their appetite and consumed up to 60% less food after seven days of daily injections.

Epigallocatechin-3-gallate is an antioxidant isolate found in green tea that helps protect the skin from tumour formation and UV radiation-induced damage. EGCG has been shown to dramatically reduce the early stages of breast disease.

## **Gymnema sylvestre** 25% Gymnemic Acids

*Gymnema sylvestre* helps to prevent the desire for sweets. It also enhances insulin production and improves blood sugar control.

## **Kola Nut** 10% Caffeine

This standardized extract from the seed of *Cola acuminata* is a natural source of caffeine that stimulates body and mind and can delay the onset of hunger.

## **Choline (Bitartrate), Inositol, and Betain Hydrochloride**

Choline bitartrate, inositol, and betain hydrochloride are lipotropics that help the body to get rid of excess fat, primarily by helping the liver to break down fat and excrete it from the body, a function of the liver that is impaired in many overweight people.

This unique formula also contains the RDA for several vitamins and minerals. **SlimmerSystem** contains nutrients to help with all of the possible ways to lose weight. Take advantage of **SlimmerSystem's** comprehensive weight loss formula for an effective, safe and intelligent approach to weight loss.

## **Suggested Use**

**Adults:** Take 2 capsules three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product 2 hours before or after them. Consult a health-care practitioner for use beyond 2 months.

**SlimmerSystem** is to be used with a program of reduced intake of dietary calories and increased physical activity to help in weight management. Helps the body to metabolize carbohydrates, fats, and proteins. Helps to support liver function. Provides support for healthy glucose metabolism. Antioxidants for the maintenance of good health.

**Cautions and warnings:** Consult a health-care practitioner prior to use if you have a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine, or jaundice); if you have an iron deficiency; if you have stomach ulcers or inflammation; if you have diabetes; if you have intestinal disorders, or symptoms such as abdominal pain, nausea, vomiting, or fever; or if you have cardiovascular disease. Do not use if you are pregnant or breast-feeding.

## **References**

- Godard, M.P., B.A. Johnson, and S.R. Richmond. "Body composition and hormonal adaptations associated with forskolin consumption in overweight and obese men." *Obesity Research* Vol. 13, No. 8 (2005): 1335–1343.
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