

DietPlex

Metabolic Support Formula



Item # 52920
Available in bottles of 75 tablets

The Possible Benefits of DietPlex, a Dietary Supplement

- May help the body utilize fat for energy and spare lean muscle body mass during exercise*
- Supports the body's healthy utilization of dietary fat*
- Supports production of healthy connective tissue*

Description

DietPlex contains nutrients known to assist the body in utilizing fat for energy and spare lean body mass during exercise.* It also contains nutrients that support the regulation of blood sugar within normal levels, absorption of dietary fat and production of healthy connective tissue.* DietPlex provides chitosan, L-carnitine, Arthred®, hydroxy citrate, calcium pyruvate, chromium nicotinate, and vitamin B-6.

Chitosan is derived from chitin, which comes from crustacean exoskeletons. Chitosan is a cellulose-like dietary fiber polysaccharide, comprised of chains of D-glucosamine. Chitosan can ionically bond to fats, lipids, and bile, forming large polymer compounds that are not digestible.* It also helps coagulate other bowel wastes, promoting their excretion along with the high-calorie complex sugars and carbohydrates they contain, preventing their conversion into fat.* As a fiber, chitosan provides bulk, enhancing satiation and bowel regularity, and preventing build-up of metabolic wastes and toxic by-products.* Chitosan may also support cholesterol, especially LDL-cholesterol, within normal levels, possibly due to its bile acid sequestration activity.*

L-Carnitine can be found in most of the body's cells, where it transports long-chain fatty acids in the mitochondria, a key step in the production of cellular energy (ATP). When utilized along with an exercise program, L-

carnitine can reduce muscle soreness after exercising, and may support positive changes in metabolism and un-toned muscles.* L-carnitine also supports healthy circulation, the cardiovascular system, and healthy fat metabolism in the liver.*

Arthred® is a patented, low molecular weight hydrolyzed collagen product. It is made using a proprietary process that breaks down the collagen into very small pieces, resulting in a free flowing predigested powder that is easily absorbed. Arthred® is extremely digestible and well tolerated.* It contains high amounts of glycine, proline, hydroxyproline and arginine, which have been linked to optimal body composition, healthy bone and connective tissue, healthy skin appearance, tissue anabolism, normal metabolism and growth hormone secretion.*

Garcinia fruit (*Garcinia cambogia*) has been used in Indian food for centuries, and the dried fruit rind in Ayurvedic medicine.* It is also a source for hydroxycitric acid (HCA). HCA can inhibit the enzyme ATP citrate lyase, potentially suppressing the synthesis of fatty acids and fat.* HCA may also help control appetite by stimulating liver gluconeogenesis.* Animal studies suggest HCA may support weight regulation, however human studies so far have not confirmed this.*

Pyruvate, naturally found in fruits and vegetables, is generated in the human body

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when glucose (a six-carbon molecule) splits to yield two molecules of pyruvate (a three-carbon molecule), or more specifically, pyruvic acid. Research suggests that pyruvate can potentially increase resting metabolic rate in animals (as determined by a decrease in respiratory quotient), and fat utilization in humans.* Clinical studies in humans suggest that pyruvate can increase glycogen storage, enhance muscular endurance, increase anabolism (protein uptake), and potentially help the body utilize fat for energy, and promote retention of lean muscle mass.*

Chromium is involved in carbohydrate metabolism and the maintenance of normal glucose tolerance.* Chromium is involved in insulin binding and support of insulin receptor

activity, resulting in what is called “insulin potentiation”, increased insulin sensitivity, and normal glucose tolerance.* Chromium may enhance efficient metabolism through its support of blood glucose.*

Research has recently associated dietary calcium with beneficial effects on metabolism, fat utilization, excretion of dietary fat and prevention of fat storage.* More information on this can be found in our June 2005 Focus newsletter. Vitamin B6, especially as coenzyme pyridoxal-5-phosphate, is involved in the metabolism of amino acids and glycogen, and in the synthesis of many important metabolites, including nucleic acids and neurotransmitters.

Serving Size: 3 tablets

Servings Per Container: 25

Amount Per Serving:

Calories	5
Total Carbohydrates	0.6 g
Dietary Fiber	0.6 g
Vitamin B6 (as Pyridoxal-5-Phosphate and Pyridoxine Hydrochloride)	22.5 mg
Calcium (as Calcium Pyruvate and Dicalcium Phosphate)	68 mg
Chromium (as Chromium Nicotinate)	6 mcg
Chitosan	600 mg
L-Carnitine	150 mg
Arthred® (Hydrolyzed Collagen)	450 mg
Garcinia (Fruit) Extract (75% Hydroxycitric Acid)	300 mg
Pyruvate (as Calcium Pyruvate)	320 mg

Other ingredients:

Dicalcium phosphate, modified cellulose, magnesium stearate, silicon dioxide, ethyl vanillin.

Suggested Use: As a dietary supplement, 3 to 5 tablets one to three times daily 20 minutes before a meal, or as directed by a healthcare practitioner. Drink at least 64 oz, or eight 8 oz glasses of water daily.

Note: Chitosan can bind to the fat soluble vitamins A, D, E and K, carotenoids and flavonoids, and possibly some minerals. Pregnant women and nursing mothers should not take this product..



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