

LeptiTrim6 Drink— not for Lightweights

We have to warn readers: Do not use **LeptiTrim6 Meal Replacement Shake** if you are considered to be “too thin,” or “underweight.” You could lose *too much* weight. **LeptiTrim6 Shake** is not a weight-loss supplement for lightweights.

On the other hand, the accelerator drink can be an important part of your overall weight-management strategy—especially if you are committed to weight loss and reducing calories; increasing your protein intake while lowering your carbs; and building and reshaping your body into the slim person you know you can be.

Building Upon Weight-loss Success

We've reported in past issues of *Healthy Living* how impressed we are with **LeptiTrim6** capsules with leptin-enriched colostrum from Anovite. Thousands of people have used the original **LeptiTrim6** capsules to slim their bodies—this thanks to the ability of leptin to blunt physiological cravings for sugar and chocolate, and put an abrupt end to the need for late-night (or any other time) snacking.

LeptiTrim6, as we've seen firsthand, is the surest antidote around to prevent snacking on carbohydrate-rich sweets and candy.

There are four major purposes for the **LeptiTrim6 Shake**

—weight loss; use as a meal replacement; energy boosting; and blood sugar balance—that we think make this product an important addition to the **LeptiTrim6** program.

“You will lose more weight than ever before if you follow our sensible guidelines,” says **LeptiTrim6** creator Anthony Kleinsmith, Ph.D.

“People are telling us that the drink not only tastes wonderful but that they are also losing one or two sizes in their clothing,” says Kleinsmith. “They're mixing it in the morning and having it for breakfast,



then another at lunch with a sensible meal and, together with their **LeptiTrim6** leptin capsules, they just aren't snacking as much, and they're losing weight and finding their body shape changing. They're becoming *slim*. The results are very gratifying.”

Key Accelerator Ingredients

This is a special drink, meant to complement original **LeptiTrim6** leptin-rich colostrum capsules. Not only does the Accelerator Drink supply essential nutrients required for optimal nutrition, it is extremely high in protein and low in carbohydrates and fat.

Let's look at some of its key ingredients:

- Each serving supplies five grams of **Anovite First-milking Colostrum**, one of nature's most

complete foods, providing not only additional leptin and insulinlike growth factor-1 (IGF-1), but also all essential amino acids. Something else about colostrum that you should know: it makes all of the nutrients within its matrix more bioavailable to the human body. Colostrum's nutrient-rich composition wasn't designed by nature to be wasted but, rather, maximally utilized. Thus, the other nutrients included (in both **LeptiTrim6** products) are also able to take advantage of colostrum's protein-based transport molecules to make sure they are maximally utilized.

- **Conjugated linoleic acid (CLA)** is a fatty acid that affects fat metabolism and is being shown to influence the balance between body fat and muscle. CLA has been shown to be an effective supplement to aid in the conversion of abdominal fat to lean muscle mass and is used extensively by bodybuilders and for weight loss. “Diets containing CLA reduce adipose mass in various depots of experimental animals,” note researchers in the January 2003 issue of the *Journal of Nutrition*. “In addition, CLA delays the onset of diabetes in the ZDF rat model for obesity-linked type 2 diabetes mellitus.” One serving provides 1200 mg.

- **Garcinia cambogia** contains the active ingredient known as HCA (hydroxycitric acid), which naturally curbs excessive appetite and prevents the body from turning extra calories into fat. It supports the storage of glycogen in the liver and muscles rather than as fat and activates thermogenesis for the burning of excess fat. “A growing body of evidence demonstrates the efficacy of *Garcinia cambogia*-derived natural (-)-hydroxycitric acid (HCA) in weight management by curbing appetite and inhibiting body fat biosynthesis,” note

researchers from the Department of Pharmacy Sciences, Creighton University School of Pharmacy and Allied Health Professions, Omaha, Nebraska. "Furthermore, HCA-SX can...also increase [serotonin] availability...in a manner similar to that of SRRIs [serotonin-re-uptake inhibitors such as Paxil, Prozac, Zoloft], and thus may prove beneficial in controlling appetite, as well as treatment of depression, insomnia, migraine headaches and other serotonin-deficient conditions." One serving provides 1,000 mg.

■ **Suma (*Pfaffia paniculata*)** is an adaptogenic herb from the Amazon rainforest. It has numerous active compounds that have been used for centuries by the native peoples, to combat a wide variety of conditions. It is known as *Para Toda* (which means "for everything"). One of the active ingredients, betacyclodextrone, is highly anabolic and has been used by athletes to enhance muscle building and endurance. Suma contains 19 different amino acids, a large number of electrolytes, and many trace minerals, including a high content of the mineral, germanium, which accounts for its properties as an oxygenator at the cellular level. Other active compounds include plant sterols, which support the immune system. Each serving supplies 500 mg.

■ **Taurine** is a building block for all other amino acids. It is also a key component of bile, which is needed for the digestion of fats, the absorption of fat-soluble vitamins, and the control of serum cholesterol levels. Taurine is vital for the utilization of several minerals, including calcium and mag-

nesium. Each serving supplies 525 mg.

■ **L-glutamine** helps to build lean muscle and increase circulating levels of IGF-1. Each serving supplies 775 mg.

■ **Calcium caseinate** is an excellent source of protein. It contains all of the essential amino acids required to maintain healthy bodily functions, especially during weight loss. Casein is also a very efficient carrier for the mineral calcium, helping it to be absorbed with greater ease. Each serving supplies 15,000 mg.

■ **Inositol**, one of the B vitamins, is known for its anti-anxiety and blood sugar-balancing effects. Each serving supplies 200 mg.

Also found in the **LeptiTrim6 Drink**:

■ **Calcium citrate** is an absolutely essential mineral. It is required for healthy skeletal and muscular systems and is involved in the activation of lipase, which breaks down fats. Recent medical studies have shown the absolute importance of calcium in almost every function in the body, and deficiency has been linked to most of the degenerative diseases. Calcium citrate is one of the most bioavailable and easily absorbed forms of calcium.

■ **Alpha-lipoic acid**, an antioxidant, enhances the functions of vitamins C and E. It also assures the proper functioning of key enzymes that convert food to energy. ❖

REFERENCES

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Prescription for Healthy Slimming

Use the **LeptiTrim6 Shake** once or twice daily. Many people use it in the morning for breakfast, mixed with fresh fruit and at lunch combined with a sensible high-protein/low-carb meal. It comes in chocolate and vanilla flavors and mixes easily with milk or water. Be sure to also take **LeptiTrim6** leptin-rich colostrum capsules.

Compliments Of:

Importance of the LeptiTrim6 Drink

The development of the **Lepti-Trim6 Drink** comes at a propitious time for Americans who are struggling with portion control in the face of the oversized meals that are now being routinely served at restaurants and fast food establishments, many with artificial flavor enhancers that make the body crave even more and more calories. A new study in *The Journal of the American Medical Association* is the first to document this trend that we've all noticed, writes lead researcher Barry M. Popkin, Ph.D., an epidemiologist with the University of North Carolina at Chapel Hill.

"Between 1977 and 1996, food portion sizes increased both inside and outside the home for all categories except pizza," Dr. Popkin adds. "Hamburgers got bigger by 1.3 ounces, french fries by half an ounce, Mexican food by 1.7 ounces, and soft drinks by 6.8 ounces. Only pizzas were cut in smaller slices."

It's no wonder so many people are fat, Popkin points out. Eating just a few extra calories every day—and not burning them off—adds up to extra pounds of weight at the end of the year. He concludes that, although the exact contribution of portion size to the increase in overweight and obesity cannot be determined, the prevalence of adult obesity has increased from 15 percent to 30 percent from 1971-1999. "These findings suggest that the public requires better education about the control of portion sizes, both inside and outside the home." Also, maybe people need to start using LeptiTrim6.

