



VITA TRIM PRO™

Garcinia, Hoodia, Fucoxanthin, & Gymnema

A Breakthrough in a Natural Approach to Weight Loss and Weight Management

BY DR. LARRY J. MILAM, H.M.D., PH.D.
CLINICAL NUTRITIONIST

Finally, a new breakthrough in weight loss with the potential to help you trim off unsightly excess body fat and inches, naturally. We have learned that successful weight reduction requires a multi-dimensional approach. We know definitely that starvation diets do not work, but create a “yo-yo” effect of weight loss, followed by weight gain.† Vita Trim Pro™ can be used for effective weight loss, reduction in waist and hip measurements, and long term weight management.

PRODUCT DESCRIPTION

Vita Trim Pro™ is formulated to play a key role in addressing metabolic issues critical to long term results.

- *It effectively lowers appetite and reduces carb cravings.
- *It incorporates Dietary and Adaptive Thermogenesis to reinvigorate metabolism and turn stored body fat into protein.
- *It further pushes metabolism through Gluconeogenesis to effectively take advantage of the body’s ability to step up its potential to burn additional calories and manage healthy blood sugar levels with out the requirement of dietary carbs.
- *Normal blood sugar levels are also supported through herbs like Gymnema and minerals, including Chromium, Vanadium, Magnesium, and Potassium.

Vita Trim Pro™ contains NO stimulants, like ephedra or caffeine. It contains only natural ingredients that work synergistically to deliver bottom line results.

SUPPLEMENT FACTS

Serving Size: 3 Capsules		90 Capsules per bottle
Servings Per Bottle: 30		Item # 2008pro
	Amt. Per Serving	%DV*
Garcinia Cambogia, fruit	1500mg	†
Hoodia Gordonii (20:1), plant	75mg	†
Gymnema Sylvestre, leaf	60mg	†
L-Carnitine	30mg	†
Vanadium (amino acid chelate)	3mg	†
NSN Proprietary Blend	50mg	†
Fucoxanthin brown seaweed, Lamanaria japonica, Undaria pinnatifida)		
Selenium (L-Selenomethionine)	90mcg	128%
Chromium Poly Nicotinate	150mcg	125%
Magnesium (amino acid chelate)	75mg	6%
Potassium (chloride)	75mg	<1%

*Percent of daily value are based on a 2,000 calorie diet.
† Daily value is not established

THE SCIENCE OF WEIGHT LOSS

Obesity is a dangerous and a highly prevalent condition in America and in many parts of the world. Almost 61% of the US population is either overweight or obese. The number of children and adolescents considered overweight has more than doubled since 1976.

Obesity increases the risk of many diseases, including *degenerative arthritis, obstructive sleep apnea, dyslipidemia, hypertension, diabetes mellitus, and coronary artery disease*. An obese person may have a lower quality of life due to the complication of illnesses incurred due to the excess weight.

Fortunately, *obesity is treatable* and there is strong evidence that *even modest weight loss (5% of body weight)* significantly *decreases the risk of these diseases, especially diabetes and cardiovascular disease*.

Our research shows that successful weight loss must be addressed on many levels. New Spirit Naturals’ array of weight loss and weight management products have been formulated to:

- Reduced food consumption using natural appetite suppressants.
- Increase *Gluconeogenesis* to maintain healthy blood sugar levels and a corresponding sense of satiety.
- Increase *Thermogenesis*, boosting caloric expenditure to burn stored fat.
- Boost “*Adaptive Thermogenesis*” to help turn white adipose tissue (particularly abdominal fat) into useful energy without stimulating the central nervous system.

Any long term successful diet program requires a sensible diet and should be supplemented with some form of exercise.

VITA TRIM PRO™

INGREDIENTS

Garcinia Cambogia 1500mg--contains a biologically active compound which is known to inhibit the synthesis of lipids and fatty acids and lower the formation of LDL and triglycerides. Garcinia also contains significant amounts of Vitamin C and has been used as a heart tonic. Research suggests that this natural extract may also inhibit the conversion of excess calories to body fat. Additionally, appetite is also suppressed by promoting synthesis of glycogen. Glycogen is the stored form of glucose, one of the body's primary sources of energy. Increased glycogen production and storage is the body's normal way of signaling the brain's satiety center that enough food has been eaten. This has made Garcinia a very effective herbal medicine for controlling obesity and cholesterol.

Hoodia Gordonii (20:1) 75mg--It has been said that the Hoodia's appetite suppressing molecule is almost 10,000 times stronger than glucose. It has been used by Bushman tribes to suppress hunger and thirst during long hunting trips. This extract attacks obesity by helping to fool the brain into believing you are full, which in turn lowers calorie intake. Hoodia Gordonii also works by creating a feeling of satisfaction and well-being.

Gymnema Sylvestre 60mg--In healthy adults Gymnema sylvestre is believed to help curb cravings for sweets. Though not a magic bullet, when taken with a high-carbohydrate meal or a meal high in sugar, it can aid the body by passing through sugars and making carbs available for burning, rather than turning these into fat stores. In this way, it helps to build lean muscle mass.

L-Carnitine 30mg--Plays a large role in transporting fatty acids into the mitochondria where they are burned to create energy. Promotes biosynthesis of acetylcholine, a key neurotransmitter which helps benefit cognitive ability, memory, and mood.

Potassium 75mg--Potassium is an electrolyte which helps to maintain "water balance and distribution, muscle and nerve cell function". Helps keep the body from becoming too acidic. A high potassium, low sodium diet helps protect the body against cardiovascular disease. Excessive intakes of sugar, salt, alcohol, coffee, and diuretics deplete the body of potassium.

Vanadium (Amino Acid Chelate) 10% active 0.3mg

A trace element which may improve insulin sensitivity and help normalize blood sugar levels, and glucose metabolism. Vanadium also plays a role in cellular metabolism, in the formation of bones and teeth, and in the inhibition of cholesterol synthesis.

Fucoxanthin 50mg (edible brown seaweed)

Lamanaria japonica, Undaria pinnatifida--In the body Fucoxanthin breaks apart protein families in the white adipose tissue (white fat) that composes as much as 20% of the body weight in men and 25% of the body weight in women. Excessive fat accumulation in the body, particularly white adipose tissue that surrounds the abdominal region has been linked to the cause of obesity and results in an increased risk of many diseases, including Type II diabetes, hypertension, and heart disease. Fucoxanthin is also a natural appetite suppressant.

Selenium 90mcg--Selenium has been shown to mediate a number of insulin-like actions, such as stimulating and regulating of metabolic processes, including glycolysis, gluconeogenesis, and fatty acid synthesis. Also serves as a free radical scavenger.

Chromium 150mcg--Chromium has been shown to increase lean mass and decrease body fat, and is critical to the metabolism of carbohydrates. A chromium deficiency may exhibit in people with a diet high in simple sugars where the excretion of chromium may increase by as much as 300%; in people who consume large quantities of "refined" foods such as white flour and sugar; in people who exercise intensively, as this roughly doubles chromium excretion; in those with high blood-insulin levels, as this increases chromium requirements.

Magnesium (Amino Acid Chelate) 75mg--Necessary for normal cell metabolism, as it plays a key role in ATP production. Magnesium helps regulate blood sugar levels and promotes normal blood pressure. It is essential in energy metabolism and protein synthesis.

SUGGESTED USE

Take one capsule with at least 8 ounces of water, 30-60 minutes before each meal (a minimum of three capsules per day.)

Eat a sensible low fat diet and avoid high fat and sugary foods. For best results use Vita Trim Pro™ in conjunction with New Spirit Natural's Skinny Tomato™ weight management product and CarbMate™ Carb Controller with Phase 2 and/or Whey Pro Protein powder meal replacement.

Statements in this bulletin have not been evaluated by the FDA. This information is for educational and informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

No part of this document may be printed, photocopied, or duplicated without expressed permission from New Spirit Naturals, Inc.