Cara Trim™

Fat Control & Metabolic balance

Herbs India Pure Nutrition
Natural Treasures

Natural Weight Management Formula

Cara Trim helps to:

- 4 in 1 Formula gives you an effective weight management solution in one single capsule
- Enhance metabolic function and appetite control system
- Reduces body fat percentage without altering lifestyle

- **LIKELY USERS:**
  - Individuals who are looking for natural safe and healthy weight loss
  - Individuals who suffer from stress and emotional related eating
  - Individuals who cannot exercise consistently
  - Individuals battling with food and sweet cravings
  - Individuals looking at increasing lean mass

- **KEY INGREDIENT(S):**
  Caralluma Fimbriata Extract, Garcinia Cambogia, Coleus Forkohili, Green Tea, Alpha lipoic Acid, Guggle sterones and pepper extracts.

- **MAIN PRODUCT FEATURES:**
  - **Cara Trim Blend:** All natural appetite control with metabolic boost, fat loss and body toning.
  - **Caralluma Fimbriata:** Clinically proven to control appetite. Burn fats, Promotes healthy blood lipid levels, Increases level of serum serotonin, Reduces BMI, Regulates mood. Supports healthy weight control by promoting the development of lean muscle mass· Inhibits the formation of body fat with photochemical pregnane glycoside, which blocks two fat-forming enzymes, citrate lyase and Malonyl Coenzyme A.
  - **Coleus Forkohlii:** Initiates release of fat from fat cells, Increases lean body mass, Optimizes body composition, Releases energy.
  - **L-carnitine :** Shuttles long chain fatty acids into the mitochondria (furnace of the cell), where fatty acids are broken down and burned and energy is released. Dissolves arterial lipids/ blood vessels,cardiovascular fats, fatty liver.
  - **Metabolic Balance with Green tea, Garcinia Cambogia , Alpha Lipoic Acid, . Tribulus Terrestris :** The Powerful metabolic booster ,Curbs appetite ,Intense fat burning abilities, Increases Thermogenesis ,Maximizes weight loss.

- **OTHER IMPORTANT ISSUES:**
  Cara Trim effectively reduce the body fat, boosting metabolic system, helps in reduce bad cholesterol and increase in lean body mass with an additional side benefit of balancing blood sugar.Supports healthy weight control by promoting the development of lean muscle mass· Contains high levels of antioxidants which help guard against free radicals that can contribute to the negative effects associated with aging and disease. May also get benefits of cholesterol balance.

- **SUGGESTED USE:**
  As a dietary supplement, take 1 capsules three times daily 30 minutes before meal.

SCIENTIFIC AND CLINICAL STUDIES FOR CARATRIM :

Caralluma fimbriata in weight management

Caralluma fimbriata is a succulent plant in the family Apocynaceae. It has been eaten in rural India for centuries, raw, as a vegetable with spices Nicknamed the 'famine food,' this edible 'cactus' was used in India during times of famine and on hunting treks for its powerful appetite-suppressing and thirst-quenching qualities. Containing potent natural elements that help curb food cravings, inhibit fat formation, and build lean muscle mass, this remarkable Indian cactus is nature's ultimate fat fighter.

Clinical studies have shown Caralluma can significantly suppress appetite by diminishing hunger in the appetite control center of the brain. Activates metabolism naturally without harsh stimulants and supports energy levels by burning stored fat. Inhibits the formation of body fat with phytochemicals pregnane glycoside, which blocks two fat-forming enzymes, citrate lyase and Malonyl Coenzyme A.

A study at the Institute of Population Health and Clinical Research at St. Johns National Academy of Health Sciences in India utilized the extract form of the cactus in a study that explored the benefits of the caralluma fimbriata as a supplement. This study revealed that *Caralluma fimbriata* extract does suppress the appetite and does reduce the size of the waist; this supports the many claims that have been made by a variety of sources, ranging from traditional Indian medical professionals to the main stream American media including television news stories and print media.

But how does this supplement work?

The key phytochemical constituents and potentially active molecules in *Caralluma*

Fimbriata include pregnane glycosides, flavone glycosides, megastigmane glycosides,

Bitter principles, saponins and various flavonoids. The pregnane glycosides in Caralluma fimbriata are believed to prevent fat accumulation via blocking citrate lyase already proven to be safe for weight loss. It is further believed that the pregnane glycosides also inhibit the sensory mechanisms of the hypothalamus.

Caralluma fimbriata is hypothesized to block the activity of enzymes that contribute to fat formation, resulting in the burning of fat stores instead of the transformation of newly ingested food into fat. Paired with the plant's ability to suppress the appetite by affecting chemicals and other mechanisms in the brain, this property allows individuals that ingest caralluma in any form (extract, raw, or cooked) to experience a decrease in weight. This particular benefit can lead to a variety of other health incentives, as the loss of weight can also decrease blood pressure and improve the health of the vascular system, among other things. Though these benefits are not a direct result of consuming caralluma cactus, they can be caused indirectly by the weight loss that individuals may experience.

To further solidify the value of the *Caralluma fimbriata*, no negative side effects have been found. The plant is not toxic and generally safe. The test subjects and other individuals that consume the plant have not indicated any adverse reaction to its use. In an acute toxicity study conducted on C*aralluma fimbriata* no mortality was observed after ingesting a very high dose (5gm/kg of body weight) of *Caralluma fimbriata*.

A second human clinical trial was conducted in Los Angeles, California, also reporting Statistically significant weight loss and further confirming the safety of *Caralluma Fimbriata*. That study reported minimal side effects (acidity; bloating) in only two patients, one of whom was on placebo.

Green Tea Extract and Metabolic balance:

There are numerous studies conducted all over the world on green tea and its health benefits. Here is the generalized discussion of the results done from two studies done.

In a Japanese study, 240 men and women were given varying amounts of green tea extract for three months. Those who got the highest amount of green tea extract lost fat and weight and had lower blood pressure and lower LDL cholesterol.

In a Dutch study, participants that drank green tea which is a source of polyphenols such as catechins and also caffeine lost weight. What's interesting is people who consumed decaffeinated green tea have also seen decrease in waistlines and body weight. So researchers concluded that though caffeine helps in fat oxidation, the anti-oxidant rich compounds catechins play a vital role in the weight loss effect of green tea.

All this weight loss potential of green is reviewed using meta-analysis. Fifteen research articles published in peer reviewed journals on green tea were chosen. On meta-analysis of the studies evaluating green tea catechins with caffeine group compared with caffeine group, the green tea group showed significant reductions in body weight, BMI and waist circumference was observed. This is attributed to increased energy expenditure and fat oxidation properties of green tea extract.

Reference:

Phung OJ, Baker WL, Matthews LJ, Lanosa M, Thorne A, Coleman CI. Effect of

green tea catechins with or without caffeine on anthropometric measures: a

Systematic review and meta-analysis. Am J Clin Nutr. 2010 Jan;91(1):73-81. Epub

2009 Nov 11. Review. PubMed PMID: 19906797.

COLEUS FORSKOHLII as Fat burner and body toning:

Coleus forskohlii is an ancient Ayurvedic plant and member of the mint and lavender family, which grows in the mountains of Asia. Recent research has shown that the active ingredient in coleus is forskolin, which plays a major role in a variety of important cellular functions, including inhibiting histamine release, relaxing muscles, increasing thyroid function, and increasing fat-burning activity. Though scientists are only just confirming the many benefits of coleus, there's a definite "buzz" circulating about its potential for aiding in fat loss.

How it works

The main argument for using it to drop fat is that the active chemical forskolin initiates a cascade of chemical reactions that cause fat cells to basically release their energy and melt away. In more technical terms, what happens is forskolin increases an enzyme called adenylate cyclase, which increases levels of another enzyme called cAMP (cyclic AMP), which is found in fat. cAMP then stimulates another enzyme, hormone sensitive lipase, to burn fat. Additionally, by a similar mechanism using cAMP, coleus increases thyroid hormone production and release, thereby increasing the body's metabolism, to burn more calories.

Basically, forskolin initiates a similar cascade of chemical reactions as ephedrine. Where coleus differs from ephedrine is ephedrine stimulates adrenergic receptors (which is the primary mechanism for ephedrine, even though this process is not totally accountable for its fat-burning effects) before it reaches cAMP. Unfortunately,

many negative side effects can be experienced when some of these adrenergic receptors are stimulated, such as increased blood pressure, anxiety, etc. (This is basically why users of ephedrine-based supplements oftentimes experience unwanted and sometimes dangerous side effects.)

To the coleus user's advantage, however, coleus bypasses the adrenergic receptors and goes straight into the cAMP cycle, which is the next step in the ephedrine fat-burning process and subsequently also bypasses all of the potential unwanted, adverse effects associated with ephedrine. Simply stated, this is like having the option of two journeys driving to work: both will get you to the identical spot, and both will take the same amount of time, but one route (coleus) is a calm country drive with no traffic, whereas the other route (ephedrine) is a busy high-speed motorway with perils and hazards with every lane change... we know which route we prefer!

What does the science say?

Scientists have, in fact, studied the effects of coleus for over 15 years and have found an abundance of benefits, including bodyfat reduction and lean body mass enhancement. However, scientists are only now beginning to show how these effects occur in the real world. While more research is indeed needed (as is the case for many supplements), these theories and initial clinical studies adequately support its claimed benefits. Still, there is apparently some even more exciting research on the horizon.

In a double-blind, randomized study, 23 overweight females supplemented their diets with ForsLean (a patented form of coleus) extracted for 25 mg of forskolin two times per day for 12 weeks. The participants' body composition and bodyweight were examined every four weeks for the 12-week study period, and any side effects were recorded on a weekly basis. The study results found that although no significant differences were observed in caloric or macronutrient intake, ForsLean helped mitigate gains in body mass—that is, subjects taking ForsLean observed a slight decrease in bodyweight while subjects taking the placebo continued to gain weight. Additionally, the study showed users felt less fatigue, so they had more energy. And their appetites were reduced, so they felt fuller for longer. Also on the upside, there were no reported negative side effects.

L- CARNITINE and Fat metabolism

At least theoretically, carnitine is responsible for transferring fatty acids across cell membranes to the mitochondria, which in turn uses the fat as a primary source of energy. For that reason, it's been concluded that supplementing with carnitine may help ensure the fatty acids are burned (oxidized) as fuel. However, some experts on fat burners have suggested that carnitine does not increase the rate of weight loss but rather could increase the ratio of fat to muscle loss, thus preserving muscle mass while increasing the rate fat is burned. Again, this remains purely speculative at this time. But if carnitine levels are not optimal in our bodies, the level of fats in our bloodstream may be high, which may actually interfere with our ability to lose bodyfat.

What does the science say about this fat burner?

Despite the mounds of claims promoting its ability to burn fats for energy production, these bold statements have yet to be backed by conclusive fat burner research. However, fat burner research has shown that a carnitine deficiency may result in lower ATP (muscle energy) levels. Given that carnitine turnover is accelerated during exercise, shortages could limit the amount of energy available to muscles. The result is a rapid onset of fatigue and subsequent compromised recovery. As a result, recent fat burner research has

revealed that individuals who supplement with carnitine while engaging in intense exercise programs are less likely to experience muscle soreness and fatigue than those who do not.

GUGGUL LIPID (guggal sterone) and Metabolism

Guggul lipid comes from the yellowish sap gathered from the bark of the small *Commiphoral mukul* tree, which is a relative of myrrh. Gugguls are currently being marketed as the next fat-loss miracle, and while we've kept a close eye on it to see if it does ever match up to the hype, there hasn't been much evidence so far... at least in the way of human research. Until there are good, quality human studies, we're leaving this one on the shelf. That doesn't mean it should be completely forgotten, however. If heart health concerns you, this one may be worth checking out, as it's been shown to reduce "bad" (LDL) cholesterols.

How it works

Research with laboratory animals suggests guggul may work by helping enhance thyroid functioning. This is significant because the thyroid gland produces hormones that are needed to regulate metabolism. Studies show guggul may change thyroid hormone metabolism, increasing levels of circulating T3, or triiodothyroxine, a thyroxine metabolite known to raise overall metabolism. Theoretically at least, this should help the body burn significantly more fat. If this benefit is shown in humans as well, guggul will likely gain popularity for helping fight the accumulation of fat. But for now, it's only been shown to be true in little furry creatures.

What does the science say?

While there is some evidence to suggest guggul may help lower bodyfat accumulation, unfortunately, the data simply just isn't all in. However, other studies have confirmed the benefits of guggul on the cardiovascular system. In one 16-week study, 40 patients with heart disease were given twice daily divided doses of 4.5 grams of guggul lipid. The results were a 21.75% decrease in blood fats, including LDL, VLDL, and triglycerides, and a 35% increase in HDL. In this study, guggul lipid also reduced platelet stickiness, a factor in blood clotting, poor circulation, and stroke risk.