

Super HCA

Garcinia Cambogia

DESCRIPTION

Super HCA, provided by Douglas Laboratories, supplies 1,400 mg of *Garcinia cambogia* extract, yielding 60% (-) hydroxycitric acid (HCA) as the active plant component to support weight management.

FUNCTIONS

Douglas Laboratories utilizes the trademarked brand Super CitriMax® to supply 60% HCA content from *Garcinia cambogia* that was the brand used in the clinical studies. Super CitriMax is a patented form of HCA bound to both calcium and potassium. The unique double-salt configuration of Super CitriMax makes HCA highly soluble, bioavailable and efficacious compared to generic brands of HCA. Furthermore, Super CitriMax is backed by extensive published peer-reviewed research supporting its safety and efficacy.

Hydroxycitric acid (HCA) occurs predominantly in the fruit rind of *Garcinia cambogia*, a tree native to South and Southeast Asia. Human and animal studies have examined the potential of the active ingredient HCA as an inhibitor of lipogenesis and demonstrated that HCA curbs appetite, reduces food intake and inhibits fat synthesis. HCA is a competitive inhibitor of *ATP-citrate lyase*, the enzyme responsible for catalyzing the two extra mitochondrial cleavage of citrate to oxaloacetate and acetyl-CoA, a building block of fatty acid synthesis. Inhibiting ATP-citrate lyase diverts carbohydrates away from fat synthesis and towards the synthesis of stored energy in the form of glycogen. Increased glycogen levels are believed to send a signal to the brain that the body is full, resulting in reduced appetite and food intake. Researchers showed that oral administration of HCA in rats significantly depressed *in vivo* lipogenic rates in a dose-dependent manner in the liver, adipose tissue and small intestine. Several human clinical studies have been performed with HCA from *Garcinia cambogia* in addition to the consistent results in animal studies. The human trials resulted in a reduced body weight and BMI three-times greater than diet and exercise alone, along with increased fat burning and a reduction in caloric intake by 25%. †

In summary, research shows that (-) hydroxycitric acid helps maintain a healthy balance of hepatic lipogenesis and gluconeogenesis, thus preventing excessive conversion of glucose from dietary carbohydrate into body fat. Further, research indicates that (-) hydroxycitric acid plays an important role in the regulation of normal appetite and promoting healthy serotonin levels. † Unlike many commonly used diet ingredients, (-) hydroxycitric acid is not a central nervous stimulant.

INDICATIONS

Super HCA may be a useful dietary supplement for those who wish to successfully manage their weight.

FORMULA (#98028)

Garcinia cambogia extract.....1,400 mg
(fruit) [standardized to 60% (-) hydroxycitric acid (HCA) supplying 840mg]
Calcium (from *Garcinia cambogia* extract).....100 mg
Potassium (from *Garcinia cambogia* extract).....160 mg

Super CitriMax® is a registered trademark of InterHealth N.I.

SUGGESTED USE

Adults take 1 tablet with 8 ounces of water ½ to 1 hour before each meal or as directed by a healthcare professional.

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WARNING: If pregnant, nursing, or have diabetes, consult a healthcare professional before use of this product.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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Monjok EM, et al. *Experimental Biology Meeting*, Vol.19, No. 4: abs 310.8, April 2005.

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For more information on Super HCA visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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**You trust Douglas Laboratories.
Your patients trust you.**