

# Nature's Diet Caps + Herbs™

## Weight reduction support

### DESCRIPTION

Nature's Diet Caps + Herbs™, provided by Douglas Laboratories®, is a combination of *Garcinia cambogia* and chromium, formulated in a base of special herbs, specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.

### FUNCTIONS

Each capsule of Nature's Diet Caps + Herbs™ delivers 250 mg of (-)hydroxycitric acid from 500 mg of a high-quality, standardized *Garcinia cambogia* extract. This natural extract comes from a tropical fruit grown in several Asian rain forest areas.

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. Research also indicates that (-) hydroxycitric acid plays an important role in the regulation of normal appetite. Unlike many commonly used diet ingredients, (-) hydroxy-citric acid is not a central nervous stimulant.

Chromium is also provided at a significant level by Nature's Diet Caps + Herbs™. This essential trace mineral potentiates insulin action and thus influences carbohydrate, protein, and fat metabolism. In its biologically active form, sometimes called glucose tolerance factor (GTF) from brewer's yeast, chromium is associated with nicotinic acid (vitamin B-3). Chromium polynicotinate closely resembles the brewer's yeast GTF in both biological activity and chemical composition as it also contains chromium associated with nicotinic acid. Chromium polynicotinate is yeast-free and has documented high bioavailability. The typical dietary chromium intake in the U.S. can vary considerably depending on eating habits. Most self-selected diets contain less than 50 mcg per day, which is below the minimum of the Estimated Safe and Adequate Daily Dietary

Intake established by the National Research Council, Food and Nutrition Board.

### INDICATIONS

Nature's Diet Caps + Herbs™ capsules may be a useful dietary supplement for those who wish to successfully manage their weight.

### FORMULA (#7442)

#### Each Capsule Supplies:

*Garcinia cambogia* ..... 500 mg  
Citrimax  
Supplying 250 mg of (-) hydroxycitric acid (HCA)  
Chromium GTF ..... 100 mcg  
ChromeMate™  
(Polynicotinate)  
In a base of Guarana, Kola Nut, Eleutherococcus  
senticosus, Wood Betony, Beet Powder, Cayenne,  
Gotu Kola and Ho Shou Wu

### SUGGESTED USE

Adults take 1 capsule with 8 ounces of pure water ½ to 1 hour before each meal or as directed by physician.

### SIDE EFFECTS

No adverse 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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**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.**

**Manufactured by  
Douglas Laboratories  
600 Boyce Road  
Pittsburgh, PA 15205  
800-245-4440**