

**Nature's Diet Caps ®**  
**Weight management support †**

**DESCRIPTION**

Nature's Diet Caps ® is a combination of *Garcinia cambogia* and chromium specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise. This formula supports healthy carbohydrate, protein and fat metabolism by way of hepatic gluconeogenesis and lipogenesis. †

**FUNCTIONS**

Each capsule of Nature's Diet Caps ® 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. 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 *Garcinia cambogia* in addition to the consistent results in animal studies. Consumption of 2.8 grams of HCA in 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%. †

Chromium is also provided at a significant level by Nature's Diet Caps ® + .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 ® capsules may be a useful dietary supplement for those who wish to support their weight.

**FORMULA (#202306)**

Each Capsule Contains:  
 Garcinia Cambogia CITRIMAX .....500 mg  
 supplying 250 mg of (-)hydroxycitric acid (HCA)  
 Chromium GTF (Polynicotinate).....100 mcg  
 CHROMATE™

**SUGGESTED USE**

Adults take 1 capsule with 8 ounces of pure water 1/2 to 1 hour before each meal or as directed by physician.

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**Weight management support †**  
**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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**For more information on Nature's Diet Caps® +  
Weight management support visit [douglaslabs.com](http://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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