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Irvingia gabonensis is a novel seed extract of the West African plant. Irvingia gabonensis significantly helps to reduce body weight and improves metabolic parameters in overweight humans.

The Irvingia gabonensis extract is prepared from the seed of the African mango, which has also been called the "bush mango". The seeds have been used by tribesmen in Africa as a means of suppressing hunger when running long distances. Not only does it help to suppress hunger and appetite, but it also gives more energy without tiring.

Researchers across the globe found that consumption of Irvingia gabonensis significantly:

- Reduces body weight in obese patients
- Improves leptin sensitivity,
- Regulates lipid levels
- Inhibits amylase activity and glycerol-3-phosphate dehydrogenase activity.

Irvingia gabonensis extract is rich in soluble fiber which itself helps in blood glucose regulation.

OBESITY

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m²).

The WHO definition is:

- BMI greater than or equal to 25 is overweight
- BMI greater than or equal to 30 is obesity.

ROLE OF LEPTIN

Leptin is a secreted protein hormone that affects the hypothalamus to inhibit food intake and stimulates thermogenesis. Leptin is a circulating signal that reduces appetite, obese individuals generally exhibit an unusually high circulating concentration of leptin. These people are said to be resistant to the effects of leptin, the high sustained concentrations of leptin from the enlarged adipose stores result in leptin desensitization.

Leptin resistance stimulates obesity. Therefore Leptin resistant people find it difficult to lose weight.

- When leptin levels rise, we stop eating.
- When leptin levels fall, we get hungry.

MODE OF ACTION

Irvingia gabonensis is one of the most significant proven supplements for weight reduction. This West

African herb works in four different ways:

- Reverses Leptin Resistance — by lowering C-reactive protein in fat cells, Irvingia is able to improve leptin sensitivity in the brain. Leptin is very important in weight management as leptin signals to the brain that the body has had enough to eat. This helps prevent consuming excess calories.
- Suppresses Fat Converting Enzyme Glycerol Phosphate Dehydrogenase-- by suppressing this enzyme, Irvingia reduces the glucose converted to fat.
- Reduces Carbohydrate Absorption -- by inhibiting the action of the amylase digestive enzyme, Irvingia reduces the amount of carbohydrates that will be converted and absorbed as sugar.
- Increases the Secretion of Adiponectin -- increased adiponectin secretion has been linked to shrinkage in fat cells. Adiponectin is a very important hormone that also aids in insulin sensitivity.

FACTS

Each capsule contains 150 mg* of Irvingia gabonensis extract.

Serving per pack: 140 capsules

Serving size: 1-2 capsules

It takes 8-12 weeks to develop sensitivity to leptin, thus it is advised to continue the product for at least 10 weeks.

Dosage- 1-2 capsules, twice a day, half an hour before meals

SALIENT FEATURES

- Well known & researched ingredient
- Pesticide-free ingredient
- Manufactured in WHO- GMP, ISO 9001:2015, ISO 22000:2005, FSSC:22000, KOSHER, HALAL, NSF-US GMP, ZED-Gold certified facility

*Clinical studies on Irvingia gabonensis are easily available in public domain.

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