

Therapeutic Actions

1. Promotes weight loss
2. Reduces blood glucose
3. Increases lean mass
4. Greenexcellent reduces fats from adipose tissue
5. Increases glucose sensitivity
6. Antioxidant activity

Administration

1 tablet BID per day with meals
60 tablets, 200mg, 30 day supply

Ingredients

Greenexcellent (proprietary green coffee extract—decaffeinated)

Formula Rationale

There have been two clinical trials with Greenexcellent. The first study evaluated the effects of Greenexcellent on blood sugar concentration; a second study evaluated the effects on the lean mass to fat mass (LM/FM) ratio.

In the first study, fifteen healthy volunteers took part in the trial. During the six weeks of the trial subjects did not change their dietary habits or their participation in physical exercise. Blood sugar concentration was measured with a glucose tolerance test. The first measurement was made without prior administration of Greenexcellent; the second was made after administration of Greenexcellent. Each individual received three tablets per day, one each in the morning, mid-day, and at evening. Each tablet contained 200mg of Greenexcellent. A reduction in blood sugar concentration was observed in 60 percent of the subjects, corresponding to a mean reduction in blood sugar concentration of 50 percent. In addition, the mean weight loss was slightly over 3.3 lbs (1.5kg) after six weeks of treatment.

The next study was a double blind placebo controlled clinical study with fifty people with a BMI greater than 25, between nineteen and seventy-five years of age. Thirty patients were administered 2 pills per day during their main meals, each containing 200mg of Greenexcellent. The remaining patients took a placebo under the same conditions. After sixty days, the placebo group lost 3 percent of their body weight, the active group lost almost 6 percent of their body weight, corresponding to mean reduction weight of 10.93 lbs. in the active group and 5.39 lbs. in the placebo group. Due to the significant reduction in weight in the active group, a significant decrease in the BMI was observed. Greenexcellent induced a significant increase in lean mass, while the placebo group only showed a slight increase. The conclusion is that Greenexcellent is capable of significantly reducing the BMI and reduces weight and blood glucose in overweight individuals at a recommended dosage of 400mg per day, corresponding to two tablets of Greenexcellent.

Greenexcellent is more than a coffee product. It is a patented extract from a specific variety of green coffee beans that is rich in chlorogenic and 5-caffeoyliquinic acid. It is decaffeinated and does not contain allergens or impurities. With a proven ability to reduce blood sugar, body weight, and significantly increase lean mass, Greenexcellent is an excellent addition to a weight loss program including exercise and a diet rich in fruits, vegetables, and lean protein.

Clinical notes

Greenexcellent and Leantain GT can be combined if desired. Where **Leantain GT** is best taken before meals, Greenexcellent is designed to be taken with meals.

Additional Formulas

Health Concerns also produces **Leantain GT**, a proprietary blend of Chitoglucan™ - enoki mushroom extract, catechin rich green tea extract, and acacia gum. Whereas Leantain GT is particularly indicated for reducing cravings and appetite, Greenexcellent is useful for lowering blood sugar and has been clinically proven to lower weight and increase lean mass.