

Leantain GT™

Enoki Mushroom extract & Green Tea extract Herbal Supplement

Therapeutic Actions

1. Use for weight management and weight loss
2. Decreases body fat, promotes weight loss, lowers BMI (body mass index), reduces waist circumference and trims visceral fat
3. Antioxidant effects and helps maintain fluid balance
4. Supports healthy blood pressure, cholesterol, triglycerides, and blood glucose

Chinese Therapeutic Effects

Reduces appetite

Promotes physical energy

Administration

Internal: 1 to 2 tablets twice per day, 30 minutes before meals with a large glass of water
60 tablets, 750mg, 30 day supply

Ingredients

Chitoglucan™ enoki mushroom extract

Green tea extract containing 180mg of catechins per tablet

Acacia gum

Formula Rationale

New research indicates that Chitoglucan - a unique patented extract of enoki mushrooms containing chitosan, beta glucan, and free fatty acids - can successfully promote weight loss by facilitating the breakdown of body fat and inhibiting lipid absorption. Supported by more than 10 human clinical studies, Chitoglucan has been shown to decrease body fat, promote weight loss, lower body mass index, reduce waist circumference and trim visceral fat at a dosage of 300mg - 400mg per day.

Chitoglucan's anti-obesity property may be the result of a synergetic effect of its various components, including chitosan, which inhibits lipid absorption, and a fatty acid complex. The fatty acid complex directly acts on triglycerides that accumulate in the fat cells in body, thus reducing the amount of body fat, and decreasing weight gain.

In one study of 46 Japanese males and females ages 32 to 59 years having BMI of 25 or more, subjects were given 400mg equivalent per day of Chitoglucan, resulting in a significant 5 percent decrease of body fat compared with baseline after 8 weeks. The control showed a decrease of only 3 percent body fat, so that the active treatment (Chitoglucan group) had an additional 66 percent decline relative to the control. A decrease in the amount of body fat, body fat percentage, weight, abdominal fat percentage, BMI, and waist circumference was observed in all Chitoglucan groups. There were no changes observed in the blood chemistries, and the physical conditions of patients did not change before and after the treatment (Hori).

In another double-blind study of Chitoglucan, the visceral fat area was measured in 42 Japanese males and females between the ages of 35 and 62. The group consumed 150mg of Chitoglucan twice a day for 8 weeks. Chitoglucan supplementation had the following outcomes: A significant decrease in body weight, BMI, and body fat ratio. Cholesterol, triglycerides, blood glucose value, blood pressure, and atherosclerosis index decreased. No adverse effects were observed (Kataumi 2007). Chitoglucan is a safe and effective means of decreasing body fat and cardiovascular disease risk factors at a much lower dosage than regular crustacean-derived chitosan.

Studies have shown that taking 690mg a day of green tea catechins per day for twelve weeks reduces body weight BMI, waist circumference, body fat mass and subcutaneous fat; (4 tablets per day of Leantain GT contain 720mg of catechins). Green tea is associated with thermogenic, insulin regulating, and cholesterol lowering effects. Laboratory research indicates green tea extracts containing ECGC are associated with reduced food intake, body weight, glucose, cholesterol, and triglyceride levels. Acacia Gum is traditionally used to relieve hunger; it also contains fiber, which in turn helps promote regularity.

Leantain GT should be combined with an exercise, stress reduction, and calorie program. Adherence to a diet plan is more important than the specific type of program. Being overweight is associated with insulin resistance, high blood pressure and high blood cholesterol.

Additional Formulas:

- **Griffonex 5-HTP** has been clinically shown to help lose weight
- **Astra Diet Tea** is a pleasant tasting dessert substitute
- **Astra 18 Diet** helps reduce dampness and phlegm