

# Diet Support

## With *Garcinia Cambogia*



### DESCRIPTION

Diet Support is a combination of an herb and a mineral specifically designed to support sensible weight management programs such as those involving consistent, moderate dietary restriction and regular exercise.

### FUNCTIONS

Each capsule of Diet Support 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. Further, research indicates that (-)hydroxycitric acid plays an important role in the regulation of normal appetite. Unlike many commonly used diet ingredients, (-)hydroxycitric acid is not a central nervous stimulant.

Chromium is also provided at a significant level by Diet Support. 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

Diet Support capsules may be a useful dietary supplement for those who wish to successfully manage their weight.

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.

### FORMULA (WW #10300)

#### 2 Capsules Contains:

*Garcinia Cambogia* fruit extract..... 1000 mg  
(Standardized to 60% (600 mg) Hydroxycitric acid)  
Chromium (as polynicotinate) .....200 mcg  
Other Ingredients: capsule (gelatin and water), cellulose, silica, and magnesium stearate.

This product contains NO sugar, salt, dairy, yeast, wheat, corn, soy, artificial colors or preservatives.

### SUGGESTED USE

Adults take 1 or 2 capsules, 3 times daily, 1 hour before mealtime or as directed by your healthcare professional.

### SIDE EFFECTS

Warning: Consult your healthcare professional before using this product if you are pregnant or nursing, taking medications, or have a medical condition.

Discontinue use two weeks prior to surgery.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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