



# Carbs Away

(Carbohydrate Blocker)

May Block 35-40% of Carbs from Starch

Each Capsule provides:

Great Northern White Kidney Bean Extract ( <i>Phaseolus vulgaris</i> )	600mg
Gymnema Sylvestre 75%	100mg
Chromium Picolinate	200mcg
Vanadyl Sulfate	7.5mg
Fenugreek 4:1 Extract	5mg
Digeseb Plus	25 mg

## Pure Advantage™ Carbs Away

During the digestive process, the body converts carbohydrates, found in starchy foods such as potatoes and pasta, into sugar. Your body does this by breaking-down the carbohydrate molecule with alpha amylase, an enzyme that is produced in the pancreas. Carbs Away can help inhibit the alpha amylase enzyme before it can convert starch into glucose and then fat. Theoretically, it allows the carbohydrates to pass through the system with less caloric intake.\*

Carbohydrates are used by the body as fuel, but over-consumption of carbs can lead to serious weight problems. Energy is dependent on two forms of carbohydrates, starch and sugars. These are initially broken down into an easily digestible form called glucose. The body uses most of its glucose as fuel. The rest is stored in energy cells as glycogen. These cells have glycogen reserves, similar to tanks. Once these tanks are full, excess glycogen is converted into fat by the liver. The liver builds fat for a simple reason: dietary intake exceeds the body's energy expenditure, in other words, the body takes in more fuel than it can use, so the body stores the energy as fat. What does this mean? If you eat meals containing large amounts of carbohydrates, then some of this fuel will be converted into fat. Studies have shown that taking 1 gram of **white kidney bean extract** prior to a meal, it could block about 35-40% of the carbs from starch.\*

**Gymnema Sylvestre** has the ability to promote regeneration of beta cells responsible for releasing insulin in the pancreas, prevent adrenaline from stimulating the liver to produce glucose, lower serum cholesterol and triglycerides, and suppressing the craving for sweets.\*

**Chromium Picolinate** plays an important role in blood sugar regulation and insulin levels, improves glucose tolerance, controls hunger and aids in the metabolic process.\*

**Vanadyl sulfate** is derived from the trace element vanadium. In recent studies vanadyl sulfate has been shown to enhance many of the same anabolic processes controlled by insulin. Along with testosterone, growth hormone and thyroid hormone, insulin is a major anabolic hormone. Insulin mimicking effects by vanadyl sulfate causes glucose and amino acids to be forced into muscle to a greater degree than normally be assimilated. Vanadyl sulfate also helps increase glycogen storage in muscle and helps improve protein synthesis.\*

**Fenugreek** assists in glucose control. Fenugreek yields 4-hydroxyisoleucine (4HIL) which slows down sugar uptake.\*

**Pure Advantage™ Carbs Away** now contains Digeseb Plus, a proprietary blend of acid stable plant based enzymes supplying (Amylase, Protease I, Protease II, Lipase and Cellulase) for enhanced bioavailability.

## Dosage Recommendations:

1-2 Capsules prior to each meal

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

### SOURCES

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Find Out How You Can Use Carb and Fat Blockers to Keep Off Those Extra Pounds, Max Sports & Fitness, Shugarman, Alan, M.S., R.D.1 Nov. 2003

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