

## PRODUCT INFORMATION

# Chronoslim®

*Chronoslim® provides natural ingredients in a chronobiologically designed formula for optimal weight management support. The herbs and nutrients in Chronoslim® work together to support general metabolism and promote healthy thermogenesis and fat burning, while also helping to maintain healthy glucose metabolism and feelings of satiety.*

### Basic Facts

Today, more and more people trust scientifically tested plant substances to support their goal of maintaining a healthy weight. Maintaining a healthy weight solely through physical activity or by restricting one's intake of food can be difficult: a fact that accounts for the rise in popularity of several well-known plant and fruit extracts that support healthy metabolism. Many of these natural ingredients work either via their adipolytic or thermogenic properties, by helping to maintain healthy glucose metabolism or by supporting feelings of satiety.

Nutritional experts are now focusing on the extracts of ten plants that may positively influence the effects of the food we eat on our bodies – for example helping to promote healthy lipid and glucose metabolism. Chronoslim® is based on the innovative principles of chronobiology and has been formulated to take into account the chronobiological rhythms of the body's organs. Chronoslim® aims to achieve several objectives: supporting general metabolism, promoting healthy fat burning and storage, helping to maintain healthy glucose metabolism and promoting feelings of satiety.

The ingredients in Chronoslim® work by supporting the optimal functioning of certain organs in the body. Promoting healthy thermogenesis and fat storage involves activating, inhibiting, and stimulating certain processes at the same time, actions which can put an increased burden on your body. However, the precise coordination of the different plant extracts in Chronoslim®'s separate morning and evening doses enables this formula to obtain the desired metabolic effects without overburdening the body's systems.

Because of our sedentary modern lifestyle and an oversupply of food in developed countries, millions of people are not able to maintain a healthy weight and are trapped in a vicious circle. Every day, excess energy (in the form of calories) is converted into

fat and is stored away forever. Our fat cells' ability to expand in volume many times over is a legacy of evolution. In extreme cases, too much stored fat can be a dangerous burden on the body. Excess visceral, or abdominal, fat acts like a large mass of glandular tissue and secretes hormone-like substances that are strongly linked to chronic inflammatory processes, and which can eventually lead to metabolic syndrome, hypertension, diabetes, and cardiovascular disease.

Under these circumstances, in order to maintain a healthy weight, it's necessary to create a caloric deficit. In this respect, most people have practically lost the battle right from the start. Simply initiating a reduction in calories by reducing food intake or by increasing physical activity is a solution not so easily integrated into a modern way of life. Chronoslim® offers support in the form of selected natural substances, concentrating its innovative effect in accordance with the biological laws of metabolism.

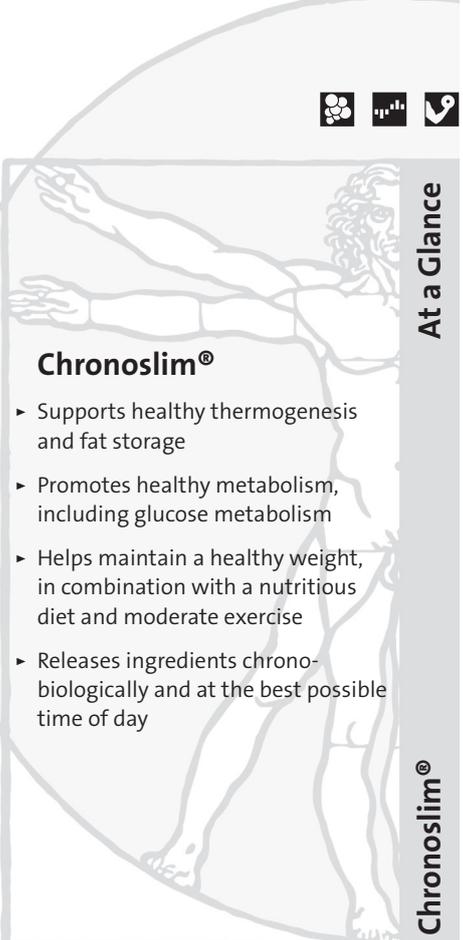
Chronoslim® was formulated based on the fact that the body links all physiological processes to certain times of the day, and that these processes are repeated in a 24-hour rhythm. The micronutrients the body needs during the day should therefore be taken in the morning. Conversely, substances that affect the body's nightly deposit of fat are part of the evening dosage. Through this method of taking each nutrient at the best possible time of day, the highest possible effect of each nutrient is achieved.

More specifically, this means that the Chronoslim® morning formula is aimed at supporting a healthy metabolism, releasing energy in a process that would make no sense during the night. In contrast, however, while we sleep, we need to purge the by-products of metabolism and, if possible, repair damage caused by metabolic stress, inflammation and oxidation of tissue.

Chronoslim® promotes healthy weight maintenance by supporting a healthy, calorically appropriate diet and moderate physical activity (45 minutes 3 times a week) to achieve the caloric deficit necessary for weight loss.

### Effects

Specific plant extracts can help achieve what lifestyle changes alone may not be able to: They help break down fat molecules and initiate their combustion by supporting optimal metabolism. As a side effect, a healthy body weight is attained, and fat



**Chronoslim®**

- ▶ Supports healthy thermogenesis and fat storage
- ▶ Promotes healthy metabolism, including glucose metabolism
- ▶ Helps maintain a healthy weight, in combination with a nutritious diet and moderate exercise
- ▶ Releases ingredients chronobiologically and at the best possible time of day

At a Glance

Chronoslim®

cells allowed to shrink to their original, normal size. These plant extracts also help to inhibit the improper storage of unused energy – thus, the vicious circle is finally broken.

Chronoslim® helps to support healthy weight maintenance, supported by the rhythms of chronobiology. With Chronoslim®, substances from nearly a dozen plants work together to achieve this purpose. Some are more effective during the day, some work better at night and others interact with each other around the clock.

For centuries, the West African plant *Irvingia gabonensis* was the main component of the diet of characteristically slender tribes in Cameroon and Nigeria. Introduced under the name of **African mango**, it caused a great stir internationally. Substances in the seed of African mango seem to affect body fat, support healthy blood lipid and blood sugar levels already within normal ranges and promote the release of leptin, our primary appetite-suppressing hormone.

**Citrus aurantium extract (bitter orange)** helps support healthy blood flow in the blood vessels, promoting a healthy basal metabolic rate and fat burning. The active molecules in Citrus aurantium belong to the group of synephrines. Its high level of tolerance is explained by the fact that the body can produce this substance from amino acids itself – but only in tiny amounts.

The procyanidins, flavonoids and amines in **hawthorn leaf, flower and stem extract** support healthy blood flow and help maintain blood pressure within normal ranges. These cardioprotective properties help to ensure that the thermogenesis promoted by the plant substances in Chronoslim® does not burden the body's circulation.

In a way that is still mysterious today, high levels of **vitamin C** are linked to a reduced body mass index, while, conversely, people with a vitamin C deficiency have a particularly hard time getting rid of fatty tissue.

**Green tea leaf extract** is not only the healthiest drink in the world because of the antioxidants it contains, but thanks to its natural caffeine content, including it in the diet is also an extremely well-tolerated way to promote healthy fat burning.

The leaves of **Ginkgo biloba** contain two substances – ginkgolides and glycosides – that have the ability to encourage healthy blood flow to the brain and through the fine micro-capillaries. This helps to support both metabolism and calorie consumption, while at the same time soothing nervousness, which can often lead to food cravings.

The trace element **chrome (from chromium polynicotinate)** promotes effective utilization of insulin, thus supporting healthy blood glucose metabolism. In addition, it promotes healthy fat burning and muscle mass. Tannins, fats and oils in the Ayurvedic plant **Centella asiatica (gotu kola)** are detoxifying and anti-inflammatory. They also promote the removal of the unwanted by-products of metabolism.

Additional helpers on the weight front: The enzyme papain in **papaya**, the catechols in the leaves of the **Java tea** (*orthosiphon aristatus*) plant (also called Cat's Whiskers) and the digestive enzyme **bromelain**, which has the ability to split different molecules, thus stimulating healthy metabolism.

## Uses

To support healthy fat metabolism while simultaneously promoting healthy glucose metabolism, feelings of satiety, and the maintenance of healthy weight, when combined with a healthy diet and exercise.

## Composition

AM capsule (morning)	
	daily dose
African mango seed extract ( <i>irvingia gabonensis</i> )	150 mg
Citrus aurantium extract (bitter orange)	100 mg
Hawthorn leaf, flower and stem extract	60 mg
Vitamin C	60 mg
Green tea leaf extract	240 mg
Ginkgo biloba leaf extract	20 mg
Chrome (from chromium polynicotinate)	100 mcg

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO<sub>2</sub>.

## PM capsule (evening)

	daily dose
African mango seed extract ( <i>irvingia gabonensis</i> )	150 mg
Citrus aurantium extract (bitter orange)	100 mg
Hawthorn leaf, flower and stem extract	60 mg
Centella asiatica extract (gotu kola)	18 mg
Papaya fruit extract	25 mg
Java tea leaf extract ( <i>orthosiphon aristatus</i> )	60 mg
Bromelain	100 mg

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO<sub>2</sub>.

## Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

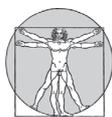
Store in a cool and dry environment, out of reach for children.

## Chronoslim® Product Groups

Chronoslim® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Metabolism & Weight**
-  **Chronobiology**
-  **Sports & Muscles**

Manufacturer:



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

## Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.