

28 Pounds of Weight Loss in 10-Week Clinical Study!

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Dated: Nov 18, 2008

Life Extension® Introduces Natural Weight Management Breakthrough

Scientists have identified specific biological mechanisms that cause aging people to gain weight... no matter how little they eat. The problem was that there was no way to circumvent the underlying factors that cause excess body fat... until now! As you are about to learn, gaining control over your body's command signals is critical to maintaining a healthy weight.

Life Extension introduces Integra-Lean™, an exotic, patent-pending plant extract from *Irvingia gabonensis*. In a clinical trial recently presented at the prestigious October 2008 International Functional Foods Conference in Baton Rouge, LA., Integra-Lean™ was shown to cause 28 pounds of weight loss in a 10-week clinical trial. Amazingly, this impressive degree of weight loss was accomplished without dieting or exhaustive exercise!

Integra-Lean™ offers an unprecedented breakthrough for weight management by providing multifaceted metabolic benefits through targeting several critical mechanisms that impact body fat:

- 1) Integra-Lean™ reduces the amount of carbohydrate absorption in the body by inhibiting amylase, a digestive enzyme that converts starch to sugar.
- 2) Integra-Lean™ increases adiponectin secretion, which leads to improvement in insulin action.
- 3) Integra-Lean™ suppresses an important fat converting enzyme, glycerol-3-phosphate dehydrogenase, that helps convert sugar into fat.
- 4) And most significantly, Integra-Lean™ reverses resistance to leptin ... the hormone that signals the brain to shut off the appetite ... by lowering the level of C-reactive protein in fat cells. (CRP leads to leptin resistance.)

Leptin is a hormone that tells our brain that we have consumed enough calories and can stop eating. Leptin also induces a process whereby fat stored in cells is broken down. As we age, our cells (including the appetite control center in our brains) become "leptin resistant." This means that leptin is unable to effectively regulate body weight.

Fat cells produce C-reactive protein (CRP), a pro-inflammatory compound that leads to "leptin resistance." Overweight people given Integra-Lean™ have lower levels of CRP, and therefore less CRP is able to block the activity of leptin. Leptin is important in weight management because it promotes the breakdown of fat in adipocytes and tells the brain to turn off chronic hunger messages.

In the first placebo-controlled human study, conducted in Cameroon in 2005, those receiving a crude '1st generation' extract of *Irvingia gabonensis* at a dose of 1.05 grams three times per day lost 12.3 pounds in 30 days ... and reduced their cholesterol level by 39%, reduced LDL 45%, glucose 32% and triglycerides 45%.

At a recent scientific conference held on food-based ingredients, the results of the latest Integra-Lean™ study were presented. This double-blind, randomized, placebo-controlled trial showed that overweight subjects who supplemented 150 mg twice per day with Integra-Lean™ lost an average of 28 pounds over 10 weeks, while the placebo group lost virtually nothing. Furthermore, impressive changes in serum cholesterol, fasting blood sugar, and CRP, an important marker of inflammation in the body were also

observed. Amazingly, in this study, participants did not make any significant changes to their diet or exercise routine.

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

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

References:

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About the Life Extension Foundation

The Life Extension Foundation has been funding and reporting cutting-edge disease prevention and anti-aging research since 1980. It was first to recommend the use of low-dose aspirin to prevent heart attacks, CoQ10 to promote heart health, melatonin to boost the immune system, and first to report that synthetic estrogen and progesterone in combination can potentially heighten hormonal cancers in women.

Category	Health, Medical, Fitness
Tags	integra-lean, life extension, Weight Loss, leptin, cholesterol, c-reactive protein, fat, leptin resistant, dieting, irvingia
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