Benefits **UFOREK CLINICAL GLP-1 Drug Free WEIGHT LOSS (OBESITY) PROGRAMS**

Protocol Plans
1-Month Program -Choose Between Vegan, Sugar free Gummies or Sugar-Free Caramels

- **GLP-1 Sugar-Free Weight Loss Caramels**: 3 bags, 90 caramels (Take 3 per day, two in the morning and one afternoon to activate natural GLP-1 pathways for appetite control and enhanced fat metabolism).

  OR Choose GLP-1 Vegan Gummies

- **GLP-1 Sugar-Free Weight Loss Vegan Gummies**: 3 bags, 90 Gummies (Take 3 per day, two in the morning and one midafternoon, to activate natural GLP-1 pathways for appetite control and enhanced fat metabolism).

  Note* GLP-1 Sugar Free Caramels and Sugar-Free Vegan Gummies have added Essential Protein, Dietary Fiber and Essential GLP-1 Weight Loss vitamins and minerals to support digestion, reduce hunger, increase and maintain lean muscle mass).

Protocol Plans
3-Month Program- Choose Between Vegan, Sugar free Gummies or Sugar-Free Caramels

- **GLP-1 Sugar-Free Weight Loss Caramels**: 9 bags, 270 caramels (Take 3 per day, two in the morning and one afternoon, to activate natural GLP-1 pathways for appetite control and enhanced fat metabolism).

  OR

- **GLP-1 Sugar-Free Weight Loss Vegan Gummies**: 9 bags, 270 Gummies (Take 3 per day, two in the morning and one mid-afternoon to activate natural GLP-1 pathways for appetite control and enhanced fat metabolism).

- Note* GLP-1 Sugar Free Caramels and Sugar-Free Vegan Gummies have added Protein, Dietary Fiber and Essential GLP-1 Weight Loss vitamins and minerals to support digestion, reduce hunger, increase and maintain lean muscle mass).

This GLP-1 program offers a scientifically backed, all-natural approach to weight loss and heart health. Combining natural GLP-1 activators with detoxifying and nutrient-supporting ingredients, the UFOREK Drug-Free GLP-1 Weight Loss Program is designed to promote weight loss, sustainable weight management and long-term CV health benefits.

Obesity remains a significant public health challenge in the United States, with recent data highlighting its widespread prevalence and associated health risks. As of August 2023, approximately 40.3% of U.S. adults are classified as obese, a slight decrease from 41.9% reported in 2020. Severe obesity has increased, with nearly 10% of adults affected, up from 7.7% in 2020. Obesity rates vary by race and ethnicity:49.9% among Black adults. 45.6% among Hispanic adults. 41.4% among White adults.16.1% among Asian adults. Geographically, the Midwest and South have the highest obesity rates, with states like West Virginia reporting rates as high as 41.2%. Obesity is linked to increased risks of heart disease, stroke, type 2 diabetes, and certain cancers. Addressing obesity is crucial for improving public health outcomes and reducing healthcare costs.

The UFOREK Clinical Drug-Free GLP-1 Weight Loss Program combines several natural ingredients, (many of them fruit based) each selected for their potential benefits in weight loss, weight management and metabolic health. Below is an overview of each ingredient, its proposed benefits, and supporting evidence from credible scientific sources:

Ingredient Highlights and Evidence-Based Benefits
GLP-1 Weight Loss Caramels
Ingredients: Garcinia Cambogia (African Mango), Cissus quadrangularis (Cissus), GBB, L-Carnitine, Vit B, Vit D, Fiber, Protein, Calcium, Magnesium, Iron

- **Benefits**:
    - **Garcinia Cambogia** (African Mango) has been shown to reduce appetite and inhibit fat storage through a hormone called Leptin (*Journal of Obesity*).
    - **Cissus quadrangularis** (Cissus) has been shown to have antioxidant, pain-relieving, and anti-inflammatory effects. It helps stimulate bone growth for obesity, fractures, joint pain, low bone mass,
    - **GBB** (Gamma Butyrobetaine) Increases heat production: GBB is a sweat amplifier that causes the body to produce heat.
    - Supports carnitine storage: GBB helps the body store and use more carnitine, which helps mobilize and burn fatty acids for energy.
    - Supports fat burning: GBB supports the breakdown of fatty acids and fat burning.
    - Supports nitric oxide production: GBB supports the production of nitric oxide, which can improve blood flow.
    - **L-Carnitine**-L-carnitine benefits brain function, Heart Health, Weight Loss
    - **Protein**- Increases metabolism: Protein can increase your metabolism, which can help you lose weight
    - Reduces appetite: Protein can help you feel full for longer, which can help you eat less
    - Preserves lean muscle mass: Protein can help you maintain lean muscle mass while losing weight

- **Calcium- <u>Calcium plays a role in weight loss by:</u>**
- Boosting metabolism
- Making you feel fuller for longer
- Helping your body get rid of fat
- Binding fatty acids in the intestines, inhibiting fat absorption

- **<u>Magnesium may help with weight loss by</u>**:
- Regulating blood sugar and insulin levels.
- Preventing magnesium deficiencies.
- Normalizing metabolism when incorporated into a healthy diet.
- Playing a crucial role in regulating the glycemic response and blood sugar levels in obese, overweight, and type 2 diabetes patients.

- **Iron-**<u>Iron deficiency can lead to weight gain due to fatigue and decreased activity, or it may slow metabolism.</u> <u>Treating iron deficiency anemia can help promote weight loss</u>.

1. Garcinia Cambogia (African Mango)
- **Proposed Benefits**: Garcinia cambogia is often used as a weight loss supplement due to its hydroxycitric acid (HCA) content, which may inhibit fat production and suppress appetite.
- **Supporting Evidence**: A meta-analysis in the *Journal of Obesity* concluded that garcinia cambogia extract can cause short-term weight loss; however, the effect size is small, and clinical relevance is uncertain.

2. Maltitol (Fiber)
- **Proposed Benefits**: Maltitol is a soluble fiber that may aid in digestion and promote a feeling of fullness.
- **Supporting Evidence**: A study in the *British Journal of Nutrition* indicates that Maltitol can enhance satiety and reduce hunger, which may support weight loss efforts.

3. L-Carnitine
- **Proposed Benefits**: L-Carnitine is involved in fatty acid metabolism and is thought to enhance fat burning and energy production.
- **Supporting Evidence**: A systematic review in the *Journal of Human Nutrition and Dietetics* found that L-carnitine supplementation can lead to weight loss, particularly in overweight individuals.

4. **Protein**
- Protein- Increases metabolism: Protein can increase your metabolism, which can help you lose weight
- Reduces appetite: Protein can help you feel full for longer, which can help you eat less

       o   Preserves lean muscle mass: Protein can help you maintain lean muscle mass while losing weight

Supporting Evidense: https://www.healthline.com/nutrition/how-protein-can-help-you-lose-weight

5. **Calcium**- <u>Calcium plays a role in weight loss by:</u>
- Boosting metabolism
- Making you feel fuller for longer
- Helping your body get rid of fat
- Binding fatty acids in the intestines, inhibiting fat absorption

Supporting Evidence-
https://www.sciencedirect.com/science/article/pii/S0002916522046585

6. **Magnesium**-<u>Magnesium plays a role in weight loss by</u>:
- Regulating blood sugar and insulin levels.
- Preventing magnesium deficiencies.
- Normalizing metabolism when incorporated into a healthy diet.
- Playing a crucial role in regulating the glycemic response and blood sugar levels in obese, overweight, and type 2 diabetes patients.

Supporting Evidence-https://www.healthline.com/health/food-nutrition/magnesium-for-weight-loss

7. **Iron-**Iron deficiency can lead to weight gain due to fatigue and decreased activity, or it may slow metabolism. Treating iron deficiency anemia can help promote weight loss.

Links of Citations:

CDC
cdc
New CDC Data Show Adult Obesity Prevalence Remains High
September 11, 2024 — Asian adults do not have an obesity prevalence at or above 35% in any state (among 37 states, 1 territory, and DC). In 16 states, White adults have an obesity prevalence at or above 35% (among 47 states, 2 territories, and DC). In 30 states, American Indian or Alaska Native adults have an obesity prevalence at or above 35% (among 44 states).

Endocrinology Advisor

Obesity Prevalence Continues to Rise in United States

3 days ago — The obesity prevalence continues to increase, with predictors of weight loss including type 2 diabetes status, high BMI, and older age.

CDC Blogs

NHANES August 2021–August 2023 Data Released with Obesity Report

October 16, 2024 — The report, Obesity and Severe Obesity Prevalence in Adults: United States, August 2021–August 2023, describes recent trends in adult obesity and differences in obesity by sex, age, and education leve...

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New CDC Data Show Adult Obesity Prevalence Remains High

September 11, 2024 — Asian adults do not have an obesity prevalence at or above 35% in any state (among 37 states, 1 territory, and DC). In 16 states, White adults have an obesity prevalence at or above 35% (among 47 stat...

cdc

Adult Obesity Prevalence Maps | Obesity | CDC - Centers for Disease ...

September 11, 2024 — The CDC 2023 Adult Obesity Prevalence Maps for 48 states, the District of Columbia, and 3 U.S. territories show the proportion of adults with a body mass index (BMI) greater than or equal to 30 (≥30...

The World Statistics

Obesity Statistics in United States 2024 | Childhood Obesity in US

April 28, 2024 — Consequently, more than two-thirds of adults in the United States are either overweight or have obesity. The US States in South exhibits the highest obesity prevalence at 36.3%, trailed by the Midwest...