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MAGAZINE Fat

Two plant extracts reduced waist circumference by an average of 4.7 inches and hip size by an average of 4.1 inches in clinical trials.

Scientifically reviewed by: **Dr. Gary Gonzalez**, MD, in May 2022. Written by: Michael Downey.



Aging adults tend to gain about one or two **pounds** every year.<sup>1</sup>

And losing weight is never easy.

Scientists have identified two **plant extracts** that target **fat accumulation and fat metabolism**.

Clinical studies have shown that a *patented blend* of these herbal extracts, when combined with a healthy diet and a 30-minute walk, five days per week, can:<sup>2,3</sup>

- Reduce waist circumference by an average of **4.7 inches**, and
- Decrease hip size by an average of **4.1 inches**.

Doctors frequently recommend that overweight people reduce their weight by **5%** a year to achieve wide-ranging health benefits.

In *just 16 weeks*, this patented **plant extract** blend reduced body weight by an average of **6.7%** when combined with a healthy diet and a 30-minute walk, five days per week.<sup>3</sup>

For many people, a boost like this is needed to jump-start their resolve to lose **weight** and cut **inches** from their waist and hips.

Fat-Fighting Herbal Extracts

About **three quarters** of the American population are **overweight** or **obese**.<sup>4</sup>

The excess weight people carry around their **waist** is generally the most difficult to lose—and the most dangerous.<sup>5</sup>

Seeking a solution, scientists screened a variety of **botanicals** to assess their ability to *promote* fat loss and *prevent* fat accumulation.<sup>6</sup>

They identified two plants used in traditional Indian medicine:<sup>3,6</sup>

- ***Sphaeranthus indicus*** (*S. indicus*) flower, and
- ***Garcinia mangostana*** (mangosteen) fruit rind.

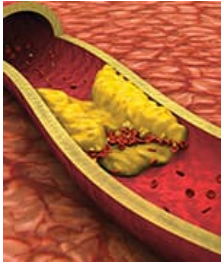
***S. indicus*** is a flowering plant which has long been used in Ayurveda medicine as a nerve tonic and to treat disorders ranging from diabetes and indigestion to fever and cough.<sup>7</sup>

**Mangosteen** is a tropical fruit that has been used in traditional medicines to treat inflammation, wounds, abdominal pain, urinary tract problems, and chronic ulcers.<sup>8-10</sup>

In a series of clinical studies, researchers tested the impact of a patented blend of ***S. indicus*** flower extract plus **mangosteen** fruit rind extract on **weight loss**.

Help for Overweight People





Scientists conducted a placebo-controlled, randomized **human** trial in men and women who were **overweight** (with an average BMI of **28.3 kg/m<sup>2</sup>**).<sup>3</sup>

Over the 16-week study, subjects consumed a balanced diet of approximately **2,000 calories** a day. They were also instructed to walk for **30 minutes** per day, five days a week.<sup>3</sup>

Half of the subjects received **400 mg** of the ***S. indicus-mangosteen*** blend before breakfast and dinner. The others received placebos.

After 4, 12, and 16 weeks, the ***S. indicus-mangosteen*** supplemented group showed significantly **greater weight loss** compared to the placebo group.<sup>3</sup>

At **16 weeks**, the average results for the group taking the **herbal extracts** were striking:<sup>3</sup>

- **Weight** was reduced by **11.2 pounds (6.7%)**, compared to 2.4 pounds (**1.4%**) for those taking placebos,
- **BMI** (Body Mass Index) was reduced by **1.9 kg/m<sup>2</sup>** compared to **0.4 kg/m<sup>2</sup>** in the placebo group,
- **Waist** circumference was reduced by **3.9 inches**, compared to **1.5 inches** in the placebo group, and
- **Hip** circumference was reduced by **4.1 inches**, compared to **2 inches** for those taking placebos.

### Reduction in Obesity

Another team of scientists studied the effects of this same patented herbal blend on people who were **obese**, with a **BMI** of **30** or higher.<sup>2</sup>

Over eight weeks, participants consumed a prepared diet of roughly **2,000 calories** a day and walked for **30 minutes** per day, five days a week.

Half of the subjects received placebo capsules, while the others received **400 mg** of the ***S. indicus-mangosteen*** blend **twice** daily, before breakfast and dinner.<sup>2</sup>

Improved diet and exercise helped both groups lose weight.

The ***S. indicus-mangosteen*** supplemented group had **significantly greater weight loss** and dropped approximately **twice** as many **inches** from their waistline and hips than the **placebo** group.

After just **8 weeks**, these **obese** individuals taking the two **herbal extracts** on average had their:<sup>2</sup>

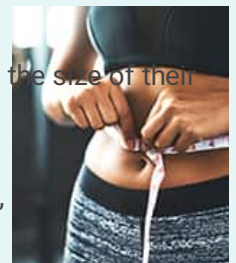
- **Weight** reduced by **11.5 pounds**, compared to **3.3 pounds** for the placebo group,
- **BMI** reduced by **2.2 kg/m<sup>2</sup>**, compared to just **0.6 kg/m<sup>2</sup>** for those taking placebos,
- **Waist** circumference reduced by **4.7 inches**, compared to **2.4 inches** in the placebo group, and
- **Hip** size reduced by **2.5 inches**, compared to **1.2 inches** for subjects receiving placebos.

There were no safety issues in either of the studies, and no adverse effects were reported.<sup>2,3</sup>

## WHAT YOU NEED TO KNOW

### Help Losing Weight and Fat

- Many people struggle to lose weight, and even those who do find it difficult to reduce the size of their **waistline**.
- A patented blend of ***Sphaeranthus indicus*** flower and **mangosteen** fruit rind extracts produces meaningful weight loss and significantly reduced the size of waist and hips, when combined with a balanced diet and exercise.
- In a controlled clinical trial of overweight individuals, this patented blend of ***S. indicus-mangosteen*** extracts decreased weight by an average of **11.2 pounds**, reduced waist size almost **four inches** on average and decreased hip size and body mass index in just **16 weeks**.
- The patented blend of ***S. indicus-mangosteen*** extracts also reduced **triglycerides**, **LDL** ("bad") cholesterol, and total **cholesterol** levels, which helps improve cardiovascular health.



### How the Herbal Extracts Work

*In vitro* (laboratory) studies have been conducted showing the ***S. indicus-mangosteen*** extract blend inhibits

creation of new **fat cells** while promoting the breakdown of *existing* fat cells.<sup>3,6</sup>



These cell-based studies showed that the patented blend of ***S. indicus-mangosteen*** extracts may:

- Reduce levels of **ADRP** (*adipocyte differentiation-related protein*), a factor that stimulates the accumulation of fat. Lowering ADRP levels inhibits **fat storage**.<sup>6</sup>
- Reduce levels of **fatty acid synthase**, an enzyme that catalyzes the synthesis of fatty acid. Lowering this enzyme inhibits the creation of new **fat**.<sup>3</sup>
- Inhibit expression of **perilipin**, a protein that coats fat droplets and keeps them from being broken down. Reducing perilipin allows fat to be broken down more easily.<sup>6</sup>
- Decrease expression of **PPAR-gamma**, a metabolic “sensor” that triggers fat storage and production of new adipose cells. Lowering PPAR-gamma expression helps prevent fat from accumulating.<sup>6</sup>

Together, these actions help reduce fat accumulation and spur fat breakdown, potentially explaining the **weight** and **waistline** reductions seen in human trials.

### Improved Cardiovascular Markers

The benefits of this patented blend of ***S. indicus-mangosteen*** extracts go further.

In the study of **overweight** individuals, researchers noted an improvement in **lipid** measurements, critical markers of cardiovascular health.<sup>3</sup>

Levels of dangerous **triglycerides** and **VLDL** (very low-density lipoprotein cholesterol) that were **elevated** at the start of the study dropped almost to the **normal** range. Overall cholesterol and LDL were also reduced.<sup>3</sup>



In just **16 weeks**, and compared to placebo, subjects taking the dual-patented blend on average had their:<sup>3</sup>

- **Triglycerides** decreased by **22%**,
- **Cholesterol** decreased by **12%**,
- **LDL** (“bad”) cholesterol decreased by **16%**,
- **VLDL** cholesterol decreased by **19%**,
- **HDL** (“good”) cholesterol increased by **6%**, and
- **LDL/HDL** ratio decreased by **18%**.

Together with the reduction in **body weight**, these changes in blood **lipids** can provide additional protection against an array of cardiovascular disorders and other vascular disorders.<sup>3</sup>

### Summary



Being **overweight** or **obese** poses serious health risks. Excess weight around the **waist** is especially dangerous.

Scientists have identified two **plant extracts** that, when combined in a specific ratio, decrease weight by an average **6.7%** within **16 weeks**, when combined with a balanced diet and regular exercise.

In controlled clinical trials, this patented blend of ***S. indicus*** flower and **mangosteen** fruit rind not only produced meaningful **weight loss**, but also substantially decreased the size of **waist** and **hips**.

In an additional benefit, artery-clogging blood **lipid** levels improved significantly, providing extra benefits for heart health.

### BENEFITS OF REDUCING WEIGHT BY JUST 5%

Setting unrealistically high goals can doom any weight-loss program.

Experts agree that losing just a **few pounds** can make a huge difference, and many point to the substantial benefits of a reasonable and *achievable* **5%** reduction in weight.

Evidence shows that decreasing your weight by only **5%** may:<sup>11,12</sup>

- Protect knee **joints** and reduce the risk of **osteoarthritis** of the knee,
- Help prevent or delay **type II diabetes**,
- Help diabetics control **blood sugar** and inhibit diabetes-related conditions,
- Increase levels of protective **HDL** cholesterol, lowering the risk of heart disease,
- Decrease levels of **triglycerides**, reducing the risk of heart attack or stroke,
- Lower systolic **blood pressure** by about **five points**,
- Improve **sleep** and reduce **sleep apnea**, and
- Help reverse **insulin resistance**.



In controlled clinical studies, people who took a patented blend of **S. indicus** and **mangosteen** extracts lost an average of between **6.4%** and **6.7%** of their body weight, when combined with a balanced diet and exercise.<sup>2,3,6</sup>

If you have any questions on the scientific content of this article, please call a **Life Extension** Wellness Specialist at 1-866-864-3027.

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