

# CHITOSAN CAPSULES



*Chitosan is an all-natural product derived from the shells of shrimp, crab, and other shellfish. It acts as a fat absorbing dietary fiber, removing the ingested fat before it can be absorbed by the body.*

## BENEFITS:

Removes fat from the body before it can be absorbed.

Chitosan has the unique ability to attach itself to fats in the stomach before they have been metabolized, trapping the fat thereby preventing their absorption into the digestive tract. Rather than being absorbed, the fat is eliminated from the body.

Studies have shown that chitosan may decrease cholesterol

## UNIQUE FEATURES & BENEFITS:

Neutralizing fat spares the body from having to digest it. Studies have shown that chitosan helped reduce the bad cholesterol and triglycerides in the blood while increasing the good HDL cholesterol. This dietary fiber is a valuable addition to a properly balanced weight management program. Chitosan also provides important cleansing attributes, which aid in the digestive process and promote digestive tract health.

It has been suggested that Chitosan can bind and expel 4 times its weight in fat.

## FREQUENTLY ASKED QUESTIONS:

Who should take Chitosan?

- Those who desire to lose weight safely and effectively
- Those who consume fatty foods
- Those that would like the added benefit of cholesterol control

Who should not take Chitosan?

Chitosan has been used for over two decades without side effects. However, persons who are allergic to or have experienced allergic reactions to shellfish should not take Chitosan

## DID YOU KNOW?

With the increased popularity of Chitosan products, especially in Asia, over 1,000 scientific studies and hundreds of patents have been submitted

## KEY SCIENTIFIC STUDIES:

Chitosan can act as a valuable and safe long-term dietary treatment for obesity. It can also help with the control of blood pressure related to weight reduction.

(Zahorska-Markiewicz B, et al., Effect of chitosan in complex management of obesity, Pol Merkuriusz Lek 2002)

A Japanese study conducted in 1999 found that supplementing with Chitosan helps control weight normally gained by consuming a high-fat diet. The researchers concluded, "The anti-obesity effects of chitin-chitosan in high-fat diet-treated mice might be partly due to the inhibition of intestinal absorption of dietary fat."

(Han LK, et al., Intl J Obes Rel Metab Disord., Reduction in fat storage during chitin-chitosan treatment in mice fed a high-fat diet, 1999).

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A 1997 study found that feeding a chitosan-rich diet to chickens significantly reduced body weights and feed intakes compared with animals fed on control or pectin-rich diets.

(Razdan A, et al., Broiler chicken body weights, feed intakes, plasma lipid and small-intestinal bile acid concentrations in response to feeding of chitosan and pectin, Br J Nutr, 1997)

In August 2002 a randomized, placebo-controlled, double-blind study proved that Chitosan works. The results of the study said "Significantly higher body weight loss was noted in the chitosan-supplemented group (15.9 kg) than in the placebo group (10.9 kg). Also a greater decrease of systolic and diastolic blood pressure was observed in the chitosan group.

#### **SUPPLEMENTAL FACTS:**

Serving Size

1 Capsule provides:

Chitosan.....	320 mg.....	DV not established
Vitamin C (as Ascorbic Acid).....	10 mg.....	16.67%

Non-medicinal ingredients: Gelatin, Silicon Dioxide

#### **DIRECTIONS FOR USE:**

Adults: As a dietary supplement, take one (1) capsule three (3) times a day, preferably, with meals.

It is important to drink at least 6 to 8 glasses of water a day for best results.

Best taken with two fattiest meals, usually lunch or dinner.

#### **WARNINGS:**

Keep out of reach of children. If you are pregnant, lactating, allergic to shellfish or taking a prescription medication, consult a physician before using this product.

Fat soluble vitamins (A, E, D or K), essential fatty acids or medications should be taken 4 hours before or after ingesting chitosan to ensure absorption. Take this product with large amounts of fluid. If you do not drink enough fluid, this product may cause constipation. Discontinue use if intestinal discomfort or constipation occurs.

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