

# Forever Garcinia Plus

## Description and Purpose

Garcinia Plus is a revolutionary nutritional supplement containing a number of ingredients that may contribute to weight loss, when combined with moderate exercise and a healthy diet. The primary ingredient is a natural substance derived from the fruit of a southern Asian tree called the garcinia cambogia, also known as the malabar tamarind. The fruit of the garcinia is about the size of an orange, but is more like a pumpkin in appearance. For centuries, this fruit has been used for culinary and medical purposes in southern India and in Thailand.

During the normal metabolism of a meal, carbohydrate calories that are not used immediately for energy or stored as glycogen, are converted into fats in the liver. Garcinia works by inhibiting the enzyme (citrate liase) which converts these calories into fat. As a result, the body will burn existing fat stores, so helping to lose weight.

When enough glycogen has been created and stored in the liver, a message is sent to the brain, indicating sufficient food has been taken. Another significant ingredient is chromium picolinate. Unfortunately, chromium can be rare in modern diets. Sugar and exercise also cause the body to use more of the limited amount consumed. Three Garcinia Plus capsules yield 300mcg of chromium, correcting this common deficiency. Chromium helps break down sugar for the body to use, and helps maintain correct blood pressures, whilst a deficiency can lead to high blood sugar and cholesterol levels. Thus chromium deficiency causes fatigue and excess fat production, and is a major contributor to heart disease and diabetes.

The two final ingredients are: medium chain triglycerides (MCT) and safflower oil. These are called 'healthy fats' or 'fatless fats' and help to protect the heart, keep the blood vessels flexible and have been shown to be important for overall cardiovascular health.

### At a glance...

- An effective supplement in weight management
- Helps with healthy hair, nails and skin
- May help lower cholesterol
- Ideal for sports people to quickly energise the body



Garcinia Plus boosts the metabolic rate, so the body burns these oils for quick energy. These oils energise the body so quickly making Garcinia Plus a marvellous supplement for all athletes and sports enthusiasts. The added benefits of these healthy oils include their contribution to healthy skin, hair and nails.

In summary, Garcinia Plus is designed to reduce the rate of conversion of dietary carbohydrate calories to fat, lower the production of both cholesterol and fatty acids and aid natural metabolism.

## Regularly asked questions about Garcinia Plus

**Should a heavy person take more than the recommended amount?** - Size is not as important as metabolic rate. Some people naturally have a faster metabolism than others. Garcinia can help both those with fast and slow metabolisms.

**Is Garcinia suitable for pregnant or lactating women?** - Not really. Garcinia is safe, but pregnant women and those feeding should not be thinking about dieting. Wholesome foods in proper proportions should be the priority.

**Can children take Garcinia?** - Again, why would a healthy, growing child need to diet? If a child is experiencing weight problems, they should be investigated and understood, before they become lifelong problems.

**Is there anyone else who should avoid Garcinia Plus?** - Certain conditions should be checked with your doctor before you start, such as high blood pressure, diabetes, heart, liver and kidney disease. Similarly if your calorific intake is already low (e.g. less than 800 calories a day), you should seek medical advice.

## Ingredients

Garcinia cambogia extract, safflower oil, gelatin, glycerin, medium-chain triglyceride vegetable oil (MCT or thin oil) purified water, beeswax, lecithin, carob extract, titanium dioxide, and chromium picolinate.

## Contents

70 softgel capsules.

## Suggested Use

Take 1 softgel approximately 30 - 60 minutes before meals, 3 times daily.

