



MetaboStart Plus

Stock #3076-9 (14-day)

The prevalence of an excess accumulation of body fat, identified as a state of overweight or obesity, has increased considerably in the last decade. In the U.S. alone, it is generally recognized that overweight/obesity states have reached epidemic proportions; whereas globally, it is estimated that over 1 billion adults are overweight. More than just affecting physical appearance, overweight/obesity states increase the risk of arthritis, cancer, diabetes, hypercholesterolemia, hypertension, kidney disease, sterility in women due to hormonal imbalances, and even dementia and Alzheimer's disease. Furthermore, data from a 12-year study found that obesity increased the risk of death by 40% in middle-aged women and by 62% in middle-aged men compared with normal weight matches.¹⁻⁴

MetaboStart Plus is a complete weight-loss program that helps individuals lose unwanted pounds by increasing metabolism and thermogenesis (fat-burning), decreasing excess fat stores, reducing appetite and the absorption of dietary fats and starches, and promoting lean muscle mass and enhanced energy levels. Each convenient, easy-to-carry packet of MetaboStart Plus contains:

MetaboMax Plus is a natural weight-loss supplement designed to increase metabolism and stimulate the body's ability to burn fat—a process called thermogenesis. MetaboMax Plus contains herbs that provide a natural source of caffeine for greater energy and fat-burning effects. MetaboMax Plus also contains herbs that reduce fluid retention and help with appetite control.

7-Keto, a derivative of DHEA, has been shown to promote muscle growth by reducing levels of cortisol—the body's primary stress hormone, which decreases total body energy and stimulates the breakdown of muscle cells. By reducing cortisol, 7-Keto helps facilitate weight control, since research has demonstrated that higher blood levels of cortisol correspond to a greater intake of food, particularly high-fat foods. In addition, research indicates that 7-Keto appears to promote thermogenesis and increase levels of T3, a thyroid hormone responsible for increasing basal metabolism. 7-Keto was also found to be 3 times more effective than diet and exercise alone for reducing both body weight and body fat.⁵⁻¹²

Fat Grabbers is formulated to assist weight management by dissolving and absorbing dietary fats and preventing them from being absorbed by the body. Fat Grabbers can help relieve symptoms normally experienced by individuals who are unable to digest dietary fats, including fatigue, headache and joint pain. Fat Grabbers is also beneficial for individuals desiring to increase their intake of dietary fiber and lower cholesterol levels.¹³

Carbo Grabbers is designed to assist weight-loss efforts by blocking carbohydrate digestion, since excessive intake of rapidly-absorbed carbohydrates is commonly associated with obesity. Carbo Grabbers contains an extract from the white kidney bean (*Phaseolus vulgaris*), which inhibits amylase (a starch-digesting enzyme) activity, thereby reducing the digestion and subsequent absorption of carbohydrate-derived calories. By blocking carbohydrate digestion, more of the carbohydrates ingested are eliminated through the bowel instead of being absorbed from the small intestine into the bloodstream to be converted into glycogen (stored sugar) or fat. Research has shown that *Phaseolus vulgaris* extract can produce significant decreases in body weight and fat mass in overweight individuals compared to placebo.^{1,14-19}

CLA (conjugated linoleic acid) is a naturally occurring polyunsaturated fatty acid that has been shown to significantly reduce body fat in overweight subjects, as well as in healthy, exercising participants of normal weight. A separate double-blind trial found that CLA supplementation also decreased abdominal fat in obese middle-aged men. CLA appears to reduce fat deposition and increase lipolysis (the breaking down of fat stores) in adipocytes (fat cells). In other words, CLA appears to decrease the ability of fat cells to take up fats from the bloodstream, inhibit the formation of new fat cells, and help cells burn fat at a higher rate, thus leading to a reduction in fat stores. Some research suggests that CLA may also help increase lean body mass.²⁰⁻²⁹

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