

CARB-DOWN™

- **Carb-Down™** is a unique combination of Phase 2[®] brand carb neutralizer, Gymnema Sylvestre and Chromemate[®] brand chromium. Together these three active ingredients work to support healthy and effective weight management by promoting fat burning, maintaining normal blood glucose levels and neutralizing the calories from complex carbohydrates.*
- A dietary supplement to inhibit carbohydrate absorption.* This formula has been designed to support weight loss and weight management by inhibiting the absorption of carbohydrates, reducing cravings for sugar and supporting glucose metabolism and insulin efficiency.*
- Phase 2[®] brand carb controller is a natural extract from the white kidney bean (*Phaseolus vulgaris*). Phase 2[®] binds the enzyme alpha-amylase, an enzyme that is necessary for the body to break down starch.* Because Phase 2[®] targets this specific enzyme it only works on carbohydrates.* Fats, proteins, vitamins, minerals and other nutrients from foods are still absorbed and utilized normally.* Phase 2[®] does not enter the bloodstream, it stays in the digestive tract and blocks the absorption of carbohydrates (from starch) and causes them and the excess carbohydrate calories to be excreted and not digested.* In a recent double-blind study in humans, Phase 2[®] carb controller decreased the percentage of caloric burden from complex carbohydrates by 60%.*
- Gymnema Sylvestre and Chromemate[®] support appetite control and reduction of sugar cravings by maintaining blood sugar levels within normal ranges and supporting proper insulin utilization.* Proper regulation of insulin also helps the body to stay focused on burning fat.* Chromemate[®] brand chromium is the niacin brand chromium complex, which is the active glucose tolerance factor responsible for efficient insulin action.*
- Carbohydrates are needed by the body for energy. Current research recommends a carbohydrate intake of approximately 130 grams per day for weight reduction.* **Carb-Down™** is ideal for those whose carbohydrate intake is higher than that.* Excessive carbohydrate intake in the form of empty calories will be stored in the body as fat.* Learning to manage carbohydrate intake is a key to successful weight loss.*

- One capsule of **Carb-Down™** blocks up to 100 grams (400 calories) of starch.*
- **Carb-Down™** is a supplement that can be used strategically to support weight management.*
- **Carb-Down™** is vegetarian.

Suggested Use: As a dietary supplement, take 1 capsule with water, before any meal containing carbohydrates from starch, or as directed by your healthcare practitioner.

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 90	
Amount Per Serving	% Daily Value
Chromium	
(as Cr Polynicotinate) [†] 100 mcg	286%
<i>Phaseolus vulgaris</i> (white kidney bean, Phase 2 [®] brand) Extract** 500 mg *	
<i>Gymnema sylvestre</i> (leaf) 100 mg	*
*Daily Value not established.	

[†]ChromeMate[®] brand niacin-bound chromium.
^{**}Phase 2[®] is used under license.
 Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant, lactating, diabetic, or hypoglycemic consult your physician before taking this product.

VEGETARIAN / GLUTEN FREE

ChromeMate[®] is a Registered Trademark of InterHealth N.I.

CHROME MATE[®]

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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