



WEIGHT CONTROL

MAY BE JUST A DAY AWAY



ASK YOUR DOCTOR IF
WEIGHT CONTROL
IS RIGHT FOR YOU.

Weight Management Essentials contains a unique blend of Magnolia Officinalis bark extract, Phellodendron amurense bark extract, Shaeranthusindicus flower, and Garcinia mangostana fruit extract.



NATURAL HERBS



BOTANICALS



SUPPORTS ACTIVE LIFESTYLE

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WEIGHT CONTROL ESSENTIALS



Understanding Mind-body Weight Management

Weight Management Essentials contains a unique blend of Magnolia Officinalis bark extract and Phellodendron amurense bark extract along with Sphaeranthus indicus flower and Garcinia mangostana fruit extract. Combined, these ingredients help modulate mood, reduce stress-related weight impact and enhance the benefits of a healthy diet and moderate exercise.

Science Behind Weight Management Essentials

Daily supplementation with a combination of Magnolia bark extract and Phellodendron bark extract reduces cortisol exposure and perceived daily stress, while improving a variety of mood state parameters, including lower fatigue and higher vigor. These results suggest an effective natural approach to modulating the detrimental health effects of chronic stress in moderately stressed adults. These ingredients are backed by three peer-reviewed, randomized, double-blinded, placebo-controlled studies, demonstrating the positive effects on mood state scores as well as weight management in both pounds (lbs) and inches. Additionally, studies have shown a significant decrease in body weight, and a reduction in waist and hip circumferences. (Talbot, S, Talbot, JA, and Pugh, M, 2013).

Weight Management Essentials also contains a blend of two plant extracts obtained from Sphaeranthus indicus flower heads and Garcinia mangostana fruit rinds. Sphaeranthus and Garcinia mangostana are derived from natural plant sources and proven safe and well-tolerated (University of College London, 2009). Studies have demonstrated these ingredients as effective for weight management in obese individuals.

A randomized, double-blind, clinical trial of 60 subjects showed a statistically significant reduction in body weight and BMI when coupled with a standard 2,000 calorie-a-day diet and a walking regimen of 30 minutes, 5-days a week. Additionally, an increase in serum adiponectin concentration was found in herbal group test subjects versus the placebo group, as well as with a reduction in fasting blood glucose (Stern, J.S, Peerson, J, Rao, M.V.S, and Rajeswari, K P, 2013).

SUPPLEMENT FACTS

Serving Size: 1 capsules
Servings per Container: 60

Amount per Serving:

Proprietary Blend: 650mg*
Garcinia Cambogia Extract, Magnolia Officinalis extract, Phellodendron amurense, Garcinia Mangostana and Sphaeranthus Indicus

*Daily Value not established

Other ingredients: Stabilized rice bran, Vegetable capsule

Key points

Help modulate stress and stress-related eating. Ingredients proven 4 times more effective in weight management and weight loss, than Diet & Exercise Alone. Ingredients proven to decrease fatigue and increase global mood state and overall vigor.