

# TrimPak®

WITH CHROMIUM PICOLINATE AND CHITOSAN



## Positioning Statement

TrimPak® provides a unique blend of chitosan fiber, chromium, and *Garcinia cambogia* to help promote healthy weight-management.\*

## Concept

Chitosan is a highly-refined fiber extracted from the shells of crustaceans. Differing from most other fibers, chitosan possesses a positive ionic charge while other fibers are neutral or negatively charged. The positive charge gives chitosan the potential to attract and chemically bind with negatively charged lipids, bile acids, and other negatively charged molecules present in the digestive tract.\*

*Garcinia cambogia* contains hydroxycitric acid (HCA), a close relative to citric acid found in citrus fruits. In some studies, HCA has been shown to encourage healthy weight loss through two major mechanisms: 1) by helping to promote normal fat production, and 2) by assisting in promoting normal levels of certain chemicals in the brain that have direct affect on appetite and satiety.\*

TrimPak® contains a clinically-significant dose of chitosan in addition to chromium and *Garcinia cambogia*. When used in conjunction with any product in the LifePak® family (except LifePak Trim®, which already contains TrimPak®) and with a proper diet and regular exercise, TrimPak® can help you reach your weight management goals.

## Primary Benefits

- Contains chitosan, clinically-proven to help control fat absorption\*
- Contains *Garcinia cambogia*, clinically-proven to help promote normal fat metabolism\*
- Contains chromium, an essential micronutrient in normal carbohydrate metabolism and maintenance of healthy blood sugar levels\*

## What Makes This Product Unique?

- When used in conjunction with any of the LifePak® family products, a proper diet, and regular exercise, TrimPak® is a helpful dietary supplement for weight management\*
- PolmerPlex™ is a unique source of high-potency chitosan
- Safe and effective

## Who Should Use This Product?

TrimPak® is formulated for those desiring to lose weight and those who are currently using TRA™ products.

## Did You Know?

- Compared to all sources of chitosan, crabs contain the largest percentage of chitin, the precursor to chitosan
- Chitosan has been used topically to speed wound healing
- Industrially, chitin is used to purify water
- The U.S. National Academy of Sciences recommends 50 to 200 mcg of chromium per day, yet nine out of ten people consume less than 50 mcg

## Frequently Asked Questions

### *What ingredients does this product have?*

TrimPak® contains chitosan, a unique fiber from shellfish, *Garcinia cambogia*, and chromium.

### *Who should take TrimPak®?*

TrimPak® is intended for individuals who want to manage a healthy weight and are currently using the TRA™ products.

### *How does this product work?*

TrimPak® helps promote normal weight management via several mechanisms. First, chitosan may absorb fat and promote normal uptake and blood levels of lipids. Second, HCA found in *Garcinia cambogia* helps encourage healthy weight management by promoting normal appetite. Third, chromium promotes normal

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carbohydrate metabolism and the maintenance of healthy blood sugar levels.\*

### *Is there anyone who should not use this product?*

Keep out of reach of children. If you are pregnant or nursing, have a known medical condition, or have shellfish allergies, consult a healthcare professional before taking this product.

### *Is this product safe?*

TrimPak® is safe at the recommended dosage.

### *Are there any side effects?*

There are no known side effects at recommended dosages. Large doses of chitosan may cause gastrointestinal discomfort in some people. Make sure to take TrimPak® with food and water.

## Key Scientific Studies

1. Metso S, Ylitalo R, Nikkila M, Wuolijoki E, Ylitalo P, Lehtimäki T. The effect of long-term microcrystalline chitosan therapy on plasma lipids and glucose concentrations in subjects with increased plasma total cholesterol: a randomised placebo-controlled double-blind crossover trial in healthy men and women. *Eur J Clin Pharmacol*, 2003 Dec; 59(10):741–6.
2. Bokura H, Kobayashi S. Chitosan decreases total cholesterol in women: a randomized, double-blind, placebo-controlled trial. *Eur J Clin Nutr*, 2003 May; 57(5):721–5.
3. Zahorska-Markiewicz B, Krotkiewski M, Olszanecka-Glinianowicz M, Zurakowski A. Effect of chitosan in complex management of obesity. *Pol Merkuriusz Lek*, 2002 Aug;13(74):129–32. Polish.
4. Preuss HG, Bagchi D, Bagchi M, Rao CV, Dey DK, Satyanarayana S. Effects of a natural extract of (-)-hydroxycitric acid (HCA-SX) and a combination of HCA-SX plus niacin-bound chromium and *Gymnema sylvestre* extract on weight loss. *Diabetes Obes Metab*, 2004 May; 6(3):171-80.

## Supplement Facts

Serving Size One Packet

Amount Per Serving		%Daily Value*
Chromium (as Chromium Chelate) 100mcg †		
Garcinia cambogia (Fruit with Hydroxy Citric Acid)	375mg	*
Chitosan (from Shellfish)	1,000mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Maltodextrin, Calcium Carbonate, Magnesium Stearate, Silicon Dioxide.

## Directions for Use

Take the contents of one (1) TrimPak® packet with 12 to 16 ounces of liquid with your two largest meals. Store in a cool, dry place.

## Warnings

Keep out of reach of children. If you have shellfish allergies, are pregnant or lactating, are taking prescription medication, or have a known medical condition, you should consult with a physician before taking any supplement.

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