

Protocol for Nutritional **WEIGHT MANAGEMENT** Support

Practitioner Information - Protocol For Life Balance™ Supplements

Appetite and weight management are significant challenges for many people. Maintaining a healthy diet and exercise program are key elements of weight management, but an individualized supplement program can help you stay on track. The individual components of this protocol can be combined for more complete support of these systems.

Slimaluma™ Plus

Protocol for Life Balance™ Slimaluma™ Plus contains a patented extract of *Caralluma fimbriata*, an edible succulent native to India. Slimaluma™ has been clinically tested and shown to be a safe and effective dietary supplement for use in appetite control and weight management. Slimaluma™ Plus also features the synergistic ingredients Green Tea Extract and Yerba Mate for their antioxidant and energizing effects. (1-8)

Cautions and interactions

At the suggested level of intake, there are no expected side effects.

CLA Away™ w/Carnitine

Numerous clinical studies have demonstrated CLA's role in the maintenance of healthy body weight through its favorable effect on body composition. These studies have shown that CLA supplementation can promote the burning of fat while promoting the production of lean tissue without adverse side effects. Furthermore, initial body composition changes with CLA supplementation are maintained over time, indicating its prolonged positive effects. (9-14) CLA Away™ also contains L-Carnitine, an amino acid that is necessary for the transfer of fatty acids into the fat-burning parts of the cell, facilitating energy production from fat. (15) The combination of these two compounds can produce a synergistic effect, making CLA Away™ an ideal supplement for weight management. (9-15)

Cautions and interactions

Some studies suggest that CLA supplementation may have idiosyncratic effects on blood sugar levels. Diabetics using this product should closely monitor serum glucose levels. Carnitine may interact with certain pharmaceutical medications such as Doxorubicin and AZT. In addition, the need for Carnitine may be increased by Valproic Acid and Isotretinoin. (16-17)

ChromeMate®

ChromeMate® (also called chromium nicotinate, chromium polynicotinate or niacin-bound chromium) is a patented oxygen-coordinated niacin-bound chromium complex that plays an important role in proper insulin function, maintenance of healthy blood sugar and cholesterol levels, normal energy production, and promotion of healthy body weight. (18-31) Protected by three U.S. Patents, four international patents and other world-wide patents pending, ChromeMate® is the only niacin-bound chromium supplement with proven biological activity. (23-30)

Cautions and interactions

Animal studies suggest that antacids, particularly those containing calcium carbonate, may reduce the body's ability to absorb chromium and other minerals. Chromium supplements may interact with certain diabetes medications, including insulin, metformin, and sulfonylureas. Medical supervision in these cases is advised. Corticosteroids may increase the need for chromium. (31-32)

MetaboEnergetics™

Protocol for Life Balance™ MetaboEnergetics™ combines a comprehensive blend of nutrients and herbs that provide your body with natural energizers. This formula does not contain Ephedra (Ma Huang) or Bitter Orange (*Citrus aurantium*). Instead, we use ingredients such as Guarana, Yerba Mate Green Tea, *Panax Ginseng* and *Rhodiola* to provide natural source of caffeine and support the adrenals while stimulating the thermogenic processes of the body. (33-44)

Cautions and interactions

This product contains niacin, which may cause temporary flushing, tingling or skin reddening. Pregnant or lactating women, those with medical conditions or those taking prescription drugs, including medications for hypertension, should consult their health care provider before using this product. Those taking drugs affecting platelet aggregation, such as aspirin, those taking warfarin and those with either genetic or acquired bleeding tendencies should exercise caution. (45-47)

L-Carnitine

L-Carnitine is similar in structure to amino acids and is abundant in heart, muscle and liver tissues. It helps to maintain overall good health by facilitating the transfer of long-chain fatty acids across the mitochondrial membrane for cellular energy production. It naturally occurs in red meat and other animal source foods, but we recommend supplementation to obtain optimal levels, especially for vegetarians and those consuming a high fat diet. (48-55)

Cautions and interactions

Mild gastrointestinal symptoms have been reported at higher levels of intake. Otherwise, L-carnitine is considered remarkably safe. L-carnitine is listed as pregnancy category B, indicating animal studies have revealed no harm to the fetus, but that no adequate studies in pregnant women have been conducted (56). Interactions are not common. However, L-carnitine may interact with propafenone and mexiletine in patients with ischemia (57).

Additional Support

Ultra Omega-3, 5-HTP, 7-Keto®, Ortho Thyroid™, Adrenal Cortisol Support™

Emerging evidence indicates that Omega-3 FAs (Ultra Omega-3) may be important in the maintenance of healthy body composition through a number of mechanisms. (58-59)

5-HTP supports serotonin synthesis and positive mood. (60-64)

7-Keto® has been patented for its ability to safely promote thermogenesis as well as for the maintenance of healthy body weight. (65-66)

Ortho Thyroid™ supports healthy thyroid activity, metabolic rate, and immune function; this product may also support balanced mood and help to maintain normal weight. (67-72)

Adrenal Cortisol Support™ combines adaptogenic herbs with Chromium, Corosolic Acid and Relora® to help the body manage the negative effects of stress such as excess abdominal fat deposition, overeating, and low energy levels. (73-74)

References available at www.protocolforlife.com

Slimaluma™ Plus (Suggested: 2 twice daily)	___ X ___
CLA Away™ with Carnitine (Suggested: 3 twice daily)	___ X ___
ChromeMate®, 200 mcg (Suggested: 1-2 daily)	___ X ___
MetaboEnergetics™ (Suggested: 2-4 daily)	___ X ___
L-Carnitine, 500 mg (Suggested: 1-3 daily)	___ X ___
Additional Support Products:	
Ultra Omega-3 (Suggested: 4 softgels or 1 tsp. Liquid Omega-3 daily)	___ X ___
5-HTP, 100 mg (Suggested: 1 daily)	___ X ___
7-Keto®, 100 mg (Suggested: 1 daily)	___ X ___
Ortho Thyroid™ (Suggested: 2 twice daily)	___ X ___
Adrenal Cortisol Support™ (Suggested: 1 three times daily)	___ X ___

Please note the instructions, cautions and interactions on each product package, and begin each new product separately, in turn. Use only under the supervision of a qualified health practitioner.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.