

PHASE 2[®] CARBOHYDRATE BLOCKER

Help to "Control Your Carbs"



Source Naturals PHASE 2[®] CARBOHYDRATE BLOCKER is a clinically tested, standardized, all natural supplement for reducing the digestion of dietary starches. PHASE 2[®] CARBOHYDRATE BLOCKER has been found to reduce starch digestion by as much as 66%. However, individuals may experience different results based on body type, eating habits and lifestyle.

PHASE 2[®] CARBOHYDRATE BLOCKER is an extract made from a portion of the white kidney bean that may help consumers control their carbohydrate intake.



Strategies for WellnessSM

Weight Control Is Acute Health Concern

Excess weight is a major health challenge in the United States. Statistics confirm 110 million overweight Americans, of which 39 million are more than 30 pounds overweight.

The number of overweight individuals has grown by epidemic proportions in the Western world and the trend is a grave one. According to *Journal of American Medical Association* research, during the past ten years the number of overweight Americans has increased by 65 percent. And a new risk group is comprised of “fast-food-loving” children, of whom one in three now tips the scales at “overweight.”

Weight Loss Is An Uphill Battle

One thing we know for certain about weight management is that for many people it becomes a lifetime struggle. And when these individuals lose weight, they more often than not gain it back. In fact, once off their diet, people rebound and put on an additional 10 percent, ending up heavier than when they started their diet.

One major “offender” when it comes to weight issues is the impact of carbohydrate consumption. Why do we gain weight when we eat carbohydrates? Complex carbohydrates are digested by alpha amylase, which breaks them down, principally as glucose. This glucose is then stored as energy or fat. It was theorized that a product that could block this activity would reduce the amount of carbohydrates converted to glucose.

People balk at dramatic changes in lifestyle, no matter how many times your doctor may say “the best way to lose weight is to push yourself away from the table.” So the goal of scientists becomes to identify a convenient way to cut down on caloric consumption, principally carbohydrates.

Powerful Starch Control

Source Naturals PHASE 2® CARBOHYDRATE BLOCKER supports the dieter’s quest for a healthy and simple weight loss when used in conjunction with the Maximum Metabolism Weight Loss Plan™. Carbohydrates (common foods such as pasta, bread, baked goods, rice, grains and potatoes) are high in calories. And a typical Western diet gets half its daily caloric intake from starch.

PHASE 2® CARBOHYDRATE BLOCKER is offered in tablets, and in tasty, fruit-flavored, chewable wafers. Both contain a highly refined derivative of white kidney beans. PHASE 2® CARBOHYDRATE BLOCKER works by inhibiting alpha amylase, an enzyme that breaks down starch into glucose so that it can be absorbed in the body, thus decreasing caloric intake.

With PHASE 2® CARBOHYDRATE BLOCKER, undigested starch may pass through the body unabsorbed. Two wafers or tablets taken just before meals may reduce the digestion of dietary starches.

PHASE 2® CARBOHYDRATE BLOCKER is manufactured through a proprietary process and studies prove that it’s safe and easy to use. The studies indicate that there is no effect on the digestion and absorption of other foodstuffs, namely protein.



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