



CREDIBILITY

SWALLOWING A LIE
CAN GO STRAIGHT TO YOUR THIGHS

The grapefruit diet, the chocolate diet—many fad diets guarantee you can shed those pounds and keep them off. Fad diets may help with short term weight loss, but most are unhealthy and unrealistic. Why not try science instead of a fad? Scientists have investigated the causes of weight gain and retention. INFLAMA-TRIM was scientifically designed to address these root causes.



In INFLAMA-TRIM we have evaluated some of the underlying sources of system imbalances in the fat metabolism process to design a formula that supports alignment and harmony in the body. INFLAMA-TRIM is unique because it addresses the metabolic inflammation affecting more than half the U.S. adult population. Metabolic inflammation is the immune system's unhealthy response to nutrition-poor diets, environmental toxins, and stressful sedentary lifestyles. INFLAMA-TRIM also includes nutrients to support proper sugar regulation, thermogenic fat metabolism, energy, and stress reduction. When used in conjunction with the "Maximum Metabolism™" diet and exercise program included within the bottle, INFLAMA-TRIM provides a highly sophisticated and complex array of vitamins, minerals, and herbs that are powerful and effective tools. This Bio-Aligned™ formula addresses the important body systems that play a part in a healthy, holistic weight management program.

**Change your chemistry,
change your life**

INFLAMA-TRIM

www.sourcenaturals.com



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.

Fire and Ice

INFLAMA-TRIM embodies the ideas of fire and ice, two of the most powerful concepts that can be added to a healthy weight management program. Fire symbolizes the need to increase thermogenic fat metabolism, igniting your own biochemistry to burn glucose for energy rather than converting it to fat for storage. Ice represents the need to cool and quench inflammatory response, a natural metabolic action that can be adversely affected by excess weight, hormone imbalance, or blood sugar imbalance. Inflammation can alter our body chemistry so it is more difficult to maintain a healthy weight. It can contribute to weight retention, even when the person is exercising and decreasing caloric consumption. INFLAMA-TRIM addresses metabolic inflammation by inhibiting inflammatory chemical messengers. Fire and ice, along with a healthy eating and exercise plan, are the keys to effective weight management.

Inflammation

Most people know the benefits of firing up the metabolism in a weight management program: the body burns more calories for increased energy and less fat storage. The importance of interrupting the natural inflammation cycle is less well known, but it is a very important part of sugar balance, weight retention, energy, and overall healthy weight management.

As one of the most discussed and studied conditions in health research today, metabolic inflammation is said to affect over half of the adult population of the U.S., most of whom don't even know they have it. Metabolic

inflammation is the inappropriate activation of our immune system, which can disrupt many of our body's systems and can have severe effects on weight retention and weight gain. As you can see from the diagram below, inflammatory response is one element in a body that is spiraling out of balance.

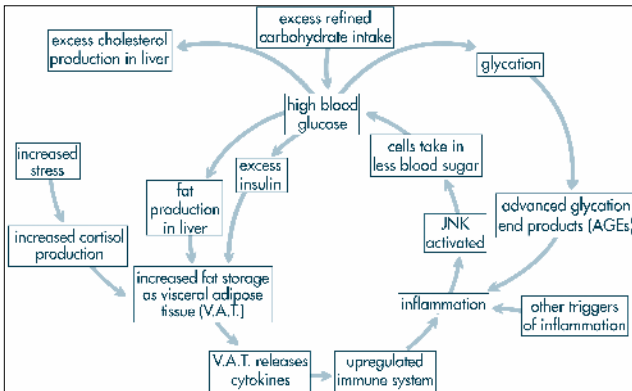
Inflammation and its Effects on Weight

As with so many health issues, the Inflammation Cycle can begin with a poor diet. An excess amount of refined carbohydrates such as breads, cookies, and chips, aren't only high in calories, they are also high in carbs. Carbohydrates are digested to form glucose, the body's main energy source. The more refined the carbohydrate, the faster the glucose is released into the bloodstream, surging the body with sugar. This can cause less stable energy levels in the body, as blood sugar peaks and drops quickly in response to refined carbs. High blood glucose not only signals the liver to produce more fat and excess cholesterol, it also signals the pancreas to produce excess insulin. The upsurge in insulin increases fat storage.

If the increased fat is not burned off as energy, some of it will be stored as visceral adipose tissue (VAT), which is the fat surrounding the midsection. At the same time, stress can also affect this process. Stress causes the body to produce cortisol, which in turn, also increases VAT storage.

VAT can affect more than just weight, as it acts like a gland to secrete messenger molecules called cytokines. Cytokines are messenger molecules that "turn on" or upregulate inflammatory response in the body. Inflammation can be

triggered by cytokines or many other factors. Other triggers include environmental toxins, poor diet, or an unhealthy lifestyle. Inflammation can also be turned up through a process called glycation. When excess sugar is in the blood, the sugars attach to some proteins. The protein molecules experience a "sugar burn" and are damaged. These damaged molecules, called advanced glycation end products (AGEs), stimulate even more inflammatory response.



The Inflammation Cycle

Increased inflammatory action causes the release of even more cytokines, which activate a hormone-like compound called c-Jun Terminal Kinase (JNK) that can cause the cells to take in less blood sugar for energy. As a result, more glucose will remain in the blood, causing the pancreas to produce excess insulin. The upsurge in insulin signals the body to increase fat storage, perpetuating the cycle. This succession of metabolic events literally alters our body chemistry towards a weight-retention mode.

How can you stop this vicious cycle? By interrupting the spiral at any point: lose weight, restore blood sugar balance, decrease stress, restore insulin balance, or reduce inflammation. The purpose of INFLAMA-TRIM is to help you intervene at a number of points in this inflammation cycle.

Inflama-Trim

A Complex Array of Nutrients for a Systemic Approach to Healthy Weight Management

Inflammation

One key to reducing inflammation is to ease the body's inflammation messengers, such as cytokines. INFLAMA-TRIM includes **turmeric, hops, resveratrol, rosemary, bromelain, holy basil, ginger root and magnesium** to counter metabolic inflammation.

Brain/Cognition

Stress induces the release of cortisol, which in turn increases fat retention. At the same time, neurotransmitters influence alert mental functioning, drive, and ambition. Neurotransmitters that have stimulating properties can support a positive outlook by activating a feeling of energy and vitality. INFLAMA-TRIM includes **L-phenylalanine, GABA, L-theanine, niacinamide, magnesium and vitamins B-5 and B-6**.

Metabolism/Hormones

In response to stress, the adrenal glands produce hormones such as cortisol, which can cause weight retention. INFLAMA-TRIM is formulated to reduce anxiety and stress and to maintain healthy adrenal function, including **holy basil, relora, potassium, magnesium, and vitamins B-5 and B-6**.

Sugar Balance

Blood glucose can be transported into the cell for energy, or it can be converted to fat and stored. Many nutrients can aid the body to stimulate

glucose uptake, such as **alpha-lipoic acid, banana leaf, bitter melon, chromium, cinnamon bark, fenugreek seeds and vanadium**. At the same time the cells are becoming more efficient in glucose uptake, it is also helpful to control appetite. Natural compounds that decrease appetite are **garcinia**, and **gymnema sylvestre**.

Energy

In any weight management program, the key is to reduce caloric intake while increasing physical activity. Yet the body requires larger amounts of chemical energy in the form of adenosine triphosphate (ATP), to compensate for increased energy expenditure. INFLAMA-TRIM includes **green tea, ginger root, magnesium, Bioperine[®], L-tyrosine, gum guggul, iodide, chromium, potassium, acetyl L-carnitine and vitamins B-5 and B-6** to enhance energy production.

Digestion

INFLAMA-TRIM includes two components that actively help to block the digestive absorption of fats and carbohydrates so they can be reduced in the body. **Chitosan[®]** is a fiber compound that absorbs grease, oils, and fats, and aids the body in excreting these compounds. **Phase 2[®]** is made from a white kidney bean extract. It slows down the digestion of starches by inhibiting alpha amylase, an enzyme that usually breaks down starches to be more fully absorbed by the body. Further, with increases in energy production, the body creates additional waste that must be eliminated. Gentle diuretics such as **dandelion leaf and bladderwrack**, have been added to this formula to assist in the removal of waste products.

Liver/Detox

Among its many functions, the liver is the main fat metabolizer of the body because it breaks down lipids. It regulates blood sugar and converts many vitamins into active nutrients, all while it cleanses and detoxifies the entire body. Healthy liver function is supported by ingredients such as: **apple cider vinegar, acetyl L-carnitine, dandelion root, n-acetyl cysteine, bupleurum root, alpha lipoic acid, potassium, vitamins B-5 and B-6, niacinamide, and beta-sitosterol**.

Much modern healthcare is narrowly focused: a painful emergency is treated, a specific problem is cured, or a specific symptom is calmed. At Source Naturals, we take a wider, holistic view of healthcare. Our philosophy in health as well as our philosophy in product formulation is to

Inflama-Trim™ is a Bio-Aligned™ Formula for Healthy Weight Management

Energy:	Green Tea, Ginger Root, Magnesium, Bioperine®, L-Tyrosine, Gum Guggul, Iodide, Chromium, Potassium, Acetyl L-Carnitine, vitamins B-5 and B-6
Sugar Balance:	Alpha-Lipoic Acid, Banaba Leaf, Bitter Melon, Chromium, Cinnamon Bark, Fenugreek Seeds, Vanadium, Garcinia, Gymnema Sylvestre
Digestion:	Chitosan, Phase 2®, Dandelion Leaf, Bladderwrack
Liver/Detox:	Apple Cider Vinegar, Acetyl L-Carnitine, Dandelion Root, N-Acetyl Cysteine, Bupleurum Root, Alpha Lipoic Acid, Potassium, Vitamins B-5 and B-6, Niacinamide, Beta-Sitosterol
Brain/Cognition:	L-Phenylalanine, GABA, L-Theanine, Niacinamide, Magnesium, Vitamins B-5 and B-6
Metabolism/Hormones:	Holy Basil, Relora®, Potassium, Magnesium, Vitamins B-5 and B-6
Inflammation:	Turmeric, Hops, Resveratrol, Rosemary, Bromelain, Holy Basil, Ginger Root, Magnesium

address underlying imbalances to keep the body in alignment. As the systems of the body become balanced, our body's own wisdom can move us into a state of vitality and well-being.

As you have perhaps seen in our other BioAligned™ formulas, Source Naturals combines vitamins, minerals, nutritional compounds, and herbs to address the needs of the entire system: the systems function on multiple levels just as the body functions on multiple levels. We've taken this philosophy beyond product formulation. When we look at the entire body as interrelated systems, we can support and align these various systems for an overall, preventative healthcare approach that is effective and understandable. We call this approach SystemiCare™, a preventive, holistic approach to wellness.

INFLAMA-TRIM is part of this new paradigm in health care, recognizing that the health and balance of one system affects the entire body. INFLAMA-TRIM is a Bio-Aligned formula that addresses seven of the dozen key SystemiCare systems identified by Source Naturals as critical to optimal wellness, including: Energy, Sugar Balance, Digestion, Liver/Detoxification, Metabolism/Hormones, Brain/Cognition, and Inflammation.

INFLAMA-TRIM is one of the most powerful tools available for your health and well-being. It addresses the important body systems that play a part in a healthy, holistic weight management program, and was scientifically designed to address the root causes of weight gain and retention. Don't let another unhealthy fad diet keep you from your weight loss goals. Stick to a credible, science-based diet with INFLAMA-TRIM.



Strategies for Wellness™

www.sourcenaturals.com



To learn more about Source Naturals Bio-Aligned™ Formulas, visit our website, www.sourcenaturals.com, or look for the Bio-Aligned Chart Book at participating health food stores.



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