

# Slenderluma™

Caralluma for Healthy Weight Management



The deep burgundy and pale cream petals unfurl like fingers into a velvet, primeval, orchid-like blossom, but don't let the acrid smell or the strange, fringed edges of the flower keep you away from the cactus. *Caralluma fimbriata*, a flowering succulent from India, has been a part of India's Ayurvedic health practices for hundreds of years. This intriguing plant is renowned for helping people control appetite.

Modern science is investigating *Caralluma's* secrets. Its pregnane glycosides may trick the hypothalamus into thinking that the stomach is full, thus signaling the body to stop eating.

Source Naturals SLENDERLUMA™ is a standardized extract of this exotic plant. When used in conjunction with a healthy diet and exercise program, it may aid in maintaining a healthy weight.



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## Natural Appetite Control

Throughout Africa, the Mideast and India, the *Caralluma* genus thrives. These are succulent plants, many with vibrant, but sour-smelling, flowers. *Caralluma fimbriata* is a widespread species, and is particularly popular in India. The plant has a sweet-bitter taste and is eaten raw, cooked with spices as a vegetable, or used in pickles and chutneys. It is used in Ayurvedic herbalism, both as an appetite suppressant and a thirst quencher. In South India, people eat the plant to increase endurance and suppress the appetite. Historically, it was known as a famine food, a plant that is relied upon when there are no sources of food.

*Caralluma* has gained fame worldwide as a safe way to suppress hunger pangs, and therefore aid in a weight-loss regimen.

## Scientific Mode of Action

The major phytochemical compounds found in *Caralluma fimbriata* are pregnane glycosides. It is thought that these sugar compounds act on the hypothalamus, which is the part of the brain that controls hunger and satiety. It is believed that the pregnane glycosides present in *Caralluma* amplify the signaling of the energy-sensing function in the basal hypothalamus, fooling the brain into a feeling of fullness.

In initial studies, in both India and the United States, participants have shown statistically significant decreases in hunger levels, and overall decreases in weight.

## Safe, Reliable

Throughout its long history of use, there have been no adverse side effects of toxicity. *Caralluma* has been a longtime staple in the Indian diet. One capsule of SLENDERLUMA, taken 30-45 minutes prior to a meal, gives the greatest appetite control. This is an excellent alternative for everyone who wants to avoid stimulants.

For optimum benefits, SLENDERLUMA should be taken in conjunction with a healthy diet and exercise program. Please see the Maximum Metabolism Weight Loss Plan included in the bottle.

Source Naturals is pleased to introduce this safe, natural tool to help you achieve your goals of maintaining a healthy weight.

## References

Kuriyan, R, et al (2007) Effect of Caralluma Fimbriata extract on appetite, food intake and anthropometry in adult Indian men and women. *Appetite*; 48:338-344.

Lawrence, R, et al (2004) Caralluma Fimbriata in the Treatment of Obesity. *Western Geriatric Research Institute*, Los Angeles.

US FDA Docket: Caralluma Fimbriata extract—a new dietary ingredient as a supplement in weight management strategies. (Jan, 18, 2005) [www.fda.gov/OHRMS/DOCKETS/dockets/95s0316/95s-0316-rpt0252-08-Exhibit-02-vol184.pdf](http://www.fda.gov/OHRMS/DOCKETS/dockets/95s0316/95s-0316-rpt0252-08-Exhibit-02-vol184.pdf) accessed on 7.26.07.



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