reduce™

Avisae OptimALL Nutrition™ reduce™

Optimal Weight Loss and Toning Formula

Become more by losing more! OptimALL Nutrition™ reduce™ contains MetaBIOlize™ a unique formula of ingredients that helps your body's metabolism work more efficiently. Supported by science, these unique ingredients focus on helping you achieve a healthy weight when combined with diet and regular exercise. By supporting satiety and healthy blood sugar levels, Reduce helps you achieve your goals.*

Key Benefits

OptimALL Nutrition™ MetaBIOlize™

- Promotes a more efficient metabolism of fats and carbohydrate*

OptimALL Nutrition™ Thermosaf™

- An ingredient blend that supports thermogenesis for a more efficient use of calories*
- Helps appease appetite*
- Supports healthy blood sugar levels*

Product Features

- Features clinically proven, standardized ingredients
- Uses therapeutic doses supported by science
- Contains OptimALL Nutrition™'s Bio-accelerate™ for improved nutrient absorption
- Made in the U.S.A. according to rigorous FDA GMP standards
- Free from preservatives, toxins, pesticides and heavy metals

Ingredient Information

Chromium

Chromium is an essential mineral that is typically found in foods and supplements. Broccoli is one of the richest natural sources of chromium. Chromium participates in the metabolism of glucose (primarily carbohydrate) by enhancing the effects of insulin. It is also a cofactor for several enzymes, which are involved in the production of energy. Interestingly, chromium also has been shown to support cardiovascular health by improving blood lipid profiles.*

OptimALL Nutrition™ MetaBIOlize™

Green coffee bean extract (50% chlorogenic acid)
Green coffee refers to raw or unroasted beans or seeds of *Coffea* fruits. They are sometimes referred to as coffee berries or cherries. Green coffee beans contain literally hundreds of natural constituents and some of them have been identified in research to have beneficial physiological effects. A primary component of green coffee bean, chlorogenic acid (an antioxidant polyphenol) has been the subject of a good amount of scientific research and its effect in the body. Chlorogenic acid in green coffee beans have been shown to support proper glucose metabolism in animal and clinical models. This possible benefit was first observed through association of high coffee consumption and the reduced risk of type 2 diabetes in several epidemiological studies. In an oral glucose tolerance test, chlorogenic acid reduced the raise of blood glucose levels. The study's authors surmised this to be due to a reduction of glucose absorption in the intestines.*
In a recent clinical study published in journal in *Diabetes, Metabolic Syndrome and Obesity*, two-thirds of the study participants, who took a green coffee bean extract standardized to 45% chlorogenic acids for 22 weeks, lost significant body weight, reduced their body fat percentage, and reduced their body mass index (BMI).*

This study of 16 participants utilized the highest standards of clinical research, which included a double-blind, placebo-controlled, cross-over design. According to this study, significant reductions in body weight (-8.04 $\pm$ 2.31 kg or 16.08 lbs), BMI (-2.92 $\pm$ 0.85) and body fat percentage (-4.44% $\pm$ 2.00%) were observed.*

Interestingly, in a post-trial phone interview, 4 months after the completion of the study, 14 of the 16 subjects maintained their initial weight loss seen at the completion of the study. The two remaining participants had gained only 1 kg (about 2 pounds) and 0.75 kg (about 1.5 pounds) of body weight.*

All participants were given counsel on how to eat properly and to exercise routinely, but were not given a specific diet or exercise regimen to follow. Data was gathered from participants on daily calorie intake and eating habits. According to this data, study participants ate a diet consisting of about 2400 calories a day.*

In several clinical trials, green coffee bean extracts also have been shown to maintain healthy blood pressure levels and to lower post meal blood sugar levels.

Garcinia cambogia Extract (50% Hydroxycitric acid)
Garcinia cambogia is a purple fruit, which is native to Southeast Asia. Hydroxycitric acid (HCA), a primary component thought to aid weight loss, is found in the rind of the fruit. Historically, Garcinia has been used as an appetite suppressant, food preservative, flavoring agent, and an aid to occasional gastrointestinal upset.*

HCA appears to block the enzyme citrate lyase, which is responsible for converting carbohydrates into fat. Excess carbohydrate (or sugars) not utilized can be transformed and stored in the body as fat. By limiting this enzyme, the body cannot store as much fat. HCA also promotes the oxidation of fat. This is the process whereby fat is metabolized and converted into energy. In preclinical research, HCA appears to promote an increase of serotonin levels, which may help with appetite

suppression and the elevation of a positive outlook.*

Raspberry ketones
Raspberry ketones, a natural constituent of raspberries, have been used in many popular and top-selling weight loss products for their metabolic enhancing effect. Ketones of the raspberry are responsible for their fruity aromatic properties and is commonly used as a flavoring agent in foods and beverages.*

One raspberry constituent or ketone, called 4-(4-hydroxyphenyl) butan-2-one, may have the potential to support the metabolism of fat by reducing the accumulation of fat in the body. It appears to do this through two primary mechanisms of action: first, by the reduction of the absorption of dietary fat, and second, by increasing fat lipolysis or breakdown of fats for more immediate use as energy.

Two animal studies using raspberry ketones demonstrated its ability to boost the break-up of fat cells by increasing the secretion of adiponectin and norepinephrine, while on a high-fat diet. Adiponectin regulates the proper metabolism of sugar and fat in the blood.*

OptimALL Nutrition™ Thermosaf™

L-theanine
Theanine is an amino acid found primarily in green tea leaves. Traditionally, green tea has been consumed for its relaxing effect. Theanine is component of green tea that promotes cognitive function and has been shown to have a calming effect. Current research suggest theanine may have physiological, cognitive and mild anxiolytic effects for occasional nervousness. In preclinical research, theanine has been shown to promote a reduction of blood pressure already in the normal range and it may also increase serotonin levels. One clinical study demonstrated that theanine negated the adverse effects of caffeine on blood pressure. Theanine may help combat the urge to eat as a result of nervousness.*

Theobromine from Cocoa
Theobromine, a substance with a chemical structure similar to caffeine, can be found mainly in cocoa beans. Theobromine comes from the Greek word *Theobroma*. Theo stands for “god” and “broma” stands for food and when combined is translated to mean “food of the gods.” The highest levels of theobromine are found in dark chocolate. It is believed to be the “feel-good” substance found in chocolate. While structurally similar to caffeine, theobromine’s stimulatory effect is milder and gentler on the cardiovascular system. It also has relaxing effects and acts as a mild diuretic.*

Some research has shown the components of cocoa to have potential glucose metabolism benefits as well. A study published in the March 2005 issue of the American Journal of Clinical Nutrition looked at the effects of dark chocolate on blood pressure and insulin sensitivity. Insulin is the hormone responsible for regulating levels of glucose or sugar in the blood and transporting glucose to cells in the body where it can be utilized for energy metabolism.*

Researchers compared the effect of a polyphenol rich dark chocolate bar to a white chocolate bar. Although still within normal levels, participants who consumed the dark chocolate had reduced levels of blood pressure and saw improvements in insulin sensitivity. In other words, insulin's efficiency was improved after consuming dark chocolate. Plasma glucose levels were reduced from baseline and when compared to placebo (white chocolate). Insulin levels were also reduced from baseline and placebo.

Potato protein extract

Successful weight loss isn't rocket science. It's as easy as reducing calorie intake and increasing physical activity. Unfortunately, this is much easier said than done. When reducing your calorie intake, feelings of hunger can be distracting and difficult to overcome. Managing hunger while reducing calories is critical to your weight loss success. To help curb feelings of hunger and promote feelings of satiety, Avisae Reduce uses a scientifically-validated, patented, all-natural potato protein extract backed by 20 years of research.*

This unique ingredient, extracted from non-GMO white potatoes, acts as a Proteinase Inhibitor II (PI2). It works by enhancing the body's release of cholecystokinin (CCK), a natural factor used by the body to signal to the brain that food has been eaten. The release of CCK helps create feelings of fullness and satisfaction. CCK is considered to be the best-studied satiety factor in the body. This all-natural extract is safe and does not cause undesirable side effects.*

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