

WHY CHOOSE  
**APPTRIM**

AppTrim has been recommended by physicians for over 15 years as a natural tool to help reduce appetite and control food cravings. AppTrim plays an important role in the dietary management of obesity, and is an important component of any diet plan.

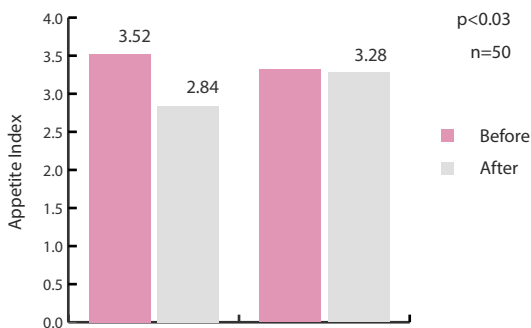


## A Key Component of Prescribed Weight Loss Programs

Neurotransmitters are prevalent in the stomach and act as important mediators of hunger and satiety. These compounds are responsible for conveying information to regions of the brain that regulate energy balance. Imbalance of certain neurotransmitters will impact weight regulation, appetite and satiety.

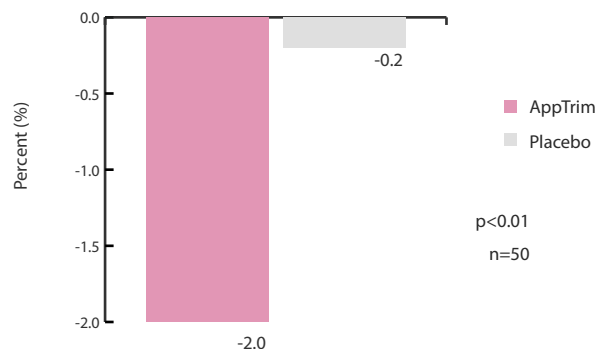
Neurotransmitters and their amino acid precursors control appetite, satiety, and carbohydrate cravings. Obese patients often lack appropriate levels of amino acids and neurotransmitters that are responsible for controlling appetite, satiety, and carbohydrate cravings.

A Fall in Appetite Index



When administering AppTrim or placebo twice daily for six weeks and measuring appetite by a Likert Scale questionnaire, the group receiving AppTrim experienced a statistically significant reduction of appetite compared to placebo.

Reduction in Body Weight at 6 Weeks



When administering AppTrim or placebo twice daily for six weeks, the group receiving AppTrim experienced a statistically significant reduction in body fat percentage over 6 weeks as measured by bioelectric impedance, compared to the placebo group.

AppTrim has been the subject of numerous clinical trials and has proven to be a very effective tool for the dietary management of obesity and metabolic syndrome. In one clinical trial, when two capsules of AppTrim were taken twice daily as an adjunct to a weight loss diet and exercise plan, subjects saw a statistically significant reduction in appetite, as well as a reduction in body weight compared to the placebo group.

P-105 study; A double-blind placebo controlled trial on the effect of AppTrim on Appetite Suppression and Obesity Management; 2011



## KEY INGREDIENTS:

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### Choline Bitartrate:

Choline is an essential nutrient found in food that allows the body to produce the neurotransmitter acetylcholine which is important for brain, bladder, kidney, pancreatic, testicular and liver functions. In AppTrim, Choline is utilized for its ability to safely improve the body's natural fat burning mechanisms (lipolysis).

### L-Tyrosine:

Tyrosine is an amino acid found in many foods like chicken, turkey, fish, and dairy products. Tyrosine helps the body produce dopamine, adrenaline, thyroid hormones, and melanin. In AppTrim, Tyrosine is derived from plant materials and is utilized to promote early satiety and fat oxidation.

### L-Glutamic Acid:

L-glutamic acid is an amino acid that has numerous functions within the body including immune system support, hair growth, and fat storage prevention. In AppTrim, L-glutamic acid is used to support glutamate and GABA activity while regulating appetite.

### L-Histidine HCL:

Histidine is used to produce histamine, a neurotransmitter vital in the immune system, digestion, sexual function, and sleep-wake cycles. In AppTrim, Histidine is used to initiate the body's natural fat burning mechanisms (lipolysis) and helps the system maintain a regular and healthy appetite.

**Dosing:** It is recommended that two capsules of AppTrim be taken 30 minutes before lunch and dinner.

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## Safely Manage BMI

AppTrim has been used by physicians for over 15 years to address the amino acid and nutrient deficiencies associated with obesity.

## Promote Early Satiety

Addressing the distinct nutritional requirements of obesity with AppTrim helps the brain and stomach communicate more effectively.



## History

For over 15 years, AppTrim has been used by physicians throughout the United States to help obese patients safely eat less and maintain a healthy weight. AppTrim is an important tool in clinical weight loss programs across the United States.

### Safety Information

AppTrim is contraindicated in an extremely small number of patients with hypersensitivity to any of the nutritional components of AppTrim. Products containing L-tyrosine are contraindicated in those with the inborn errors of metabolism alkaptonuria and tyrosinemia type I and type II. Products containing tyrosine are also contraindicated in patients taking non-selective monoamine oxidase (MAO) inhibitors.

**ADVERSE REACTIONS:** Ingestion of L-tryptophan and/or choline at high doses of up to 15 grams daily is generally well tolerated. The most common adverse reactions of higher doses – from 15 to 30 grams daily – are nausea, abdominal cramps, and diarrhea. Some patients may experience these symptoms at lower doses. The total combined amount of amino acids in each AppTrim capsule does not exceed 400 mg.

**DRUG INTERACTIONS:** AppTrim does not directly influence the pharmacokinetics of prescription drugs. Clinical experience has shown that administration of AppTrim may allow for lowering the dose of co-administered drugs under physician supervision.