

AdipoLean II

Introduced 2017



What Is It?

AdipoLean II offers a combination of the clinically researched LOWAT® blend of Ayurvedic herbal extracts combined with Oligonol®, a unique lychee and green tea extract combination produced with shorter-chain monomers and polymers for enhanced efficacy. This unique combination promotes healthy adipocyte function to support healthy glucose uptake and fat utilization targeting healthy weight management and body composition.†‡

Uses For AdipoLean

Weight Management: Research indicates that both LOWAT® and Oligonol® help maintain healthy adiponectin expression, offering support for healthy insulin function, glucose uptake and fat utilization. LOWAT® (LI10903F) is a proprietary blend of *Piper betle* leaf extract and *Dolichos biflorus* seed extract combined in a specific ratio. Both herbs have been traditionally used to support healthy glucose metabolism and lipid metabolism. In vitro and animal research determined that this combination and ratio provided maximal efficacy. Research indicates that LOWAT® targets fat breakdown and helps maintain healthy weight management, as least in part due to boosting adiponectin and moderating ghrelin production. In an eight-week, randomized, double-blind, placebo-controlled trial involving 50 overweight subjects following a standard daily 2,000-calorie diet, supplementation with 300 mg of the LOWAT® blend, three times daily, promoted healthy lean mass ratio and an average weight loss of 9.4 pounds compared to 3.9 pounds in the placebo group ($p=0.00005$). Supplementation also resulted in an increase in serum adiponectin levels by 15.35% ($p=0.0076$) and a decrease in serum ghrelin levels by 20.85% ($p=0.0066$). Ghrelin is a peptide hormone associated with appetite. Oligonol® is an extract from lychee fruit produced by converting the long-chain polyphenol polymers into more bioavailable shorter chain monomers and oligomers. This process increases the bioavailability of these polymers allowing for enhanced antioxidant support. The mechanisms of action for Oligonol® include support for healthy insulin function, adiponectin synthesis and lipolysis. In a 10-week, double-blind, placebo-controlled study involving 19 individuals, Oligonol® supported healthy visceral fat composition. It may also help maintain cytokine balance and promote antioxidant defenses.†‡

Oligonol® Supports Healthy Body Composition

Pre-supplementation

Post-supplementation

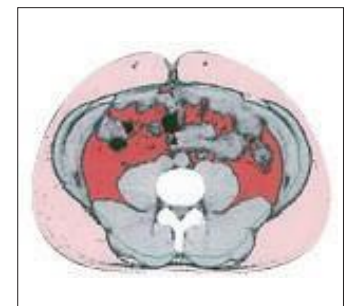
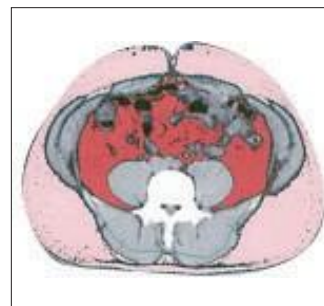


Figure 1. In a 10-week, double-blind, placebo-controlled trial, supplementation with Oligonol® supported healthy visceral fat composition and abdominal circumference as indicated by CT scan.‡

What Is The Source?

LOWAT® (LI10903F) is a proprietary blend of *Piper betle* leaf extract and *Dolichos biflorus* seed extract. Oligonol® is a proprietary blend of lychee fruit extract (*Litchi chinensis*) and green tea leaf extract (*Camellia sinensis*) and standardized to contain 10% monomeric phenols. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations® recommends 1 capsule, 3 times daily, 30 minutes before meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. There have been rare reports of mild G.I. upset from individuals taking LOWAT; however, reported incidence was similar to placebo. There have been cases of allergic reaction to lychee fruit. Individuals with allergy to birch pollen, latex, *Compositae* pollen and sunflower seed should be cautious of potential cross-reactivity. In rare cases, green tea can cause dizziness, insomnia, agitation or fatigue. Consult your physician for more information.

(continued)





†Provides weight management support as part of a healthy lifestyle with a reduced calories diet and regular exercise

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Are There Any Potential Drug Interactions?

Oligonol® has a blood-thinning effect and therefore may be contraindicated with blood thinning medications. Individuals taking anti-diabetes medications or anti-hypertensive medication may require blood glucose or blood pressure monitoring. Green tea extract may also interfere with the absorption and effectiveness of a number of other medications, including certain heart, anti-diarrhea, cold and hay fever medications. Consult your physician for more information.

AdipoLean II

each vegetarian capsule contains    

LOWAT® proprietary blend of300 mg
 catjang cowpea (*Dolichos biflorus*) extract (seed)
 and betel (*Piper betle*) extract (leaf)

Oligonol® proprietary blend of17 mg
 lychee (*Litchi chinensis*) extract (fruit) and
 green tea (*Camellia sinensis*) extract (leaf)
 (standardized to contain 10% total monomeric phenols)

other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water), ascorbyl palmitate

1 capsule, 3 times daily, 30 minutes before meals

LOWAT® is exclusively distributed by InterHealth N.I.

Oligonol® is a registered trademark of the Amino Up Chemical Company, Sapporo, Japan.

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