



# CarbCrave Complex

with Sensoril® Trim

## INTRODUCED 2006

### What Is It?

CarbCrave Complex is designed to help lessen appetite and curb excessive carbohydrate intake by supporting healthy brain chemistry and mood.\*

### Uses For CarbCrave Complex

**Lessens Cravings:** CarbCrave Complex supports healthy neurotransmitter metabolism, affecting the appetite and mood centers of the brain. 5-HTP is a precursor for serotonin, the same neurotransmitter released by the consumption of carbohydrates and associated with enhanced mood. At the same time, dl-phenylalanine supports dopamine and epinephrine production, responsible for the sensation of well-being. Vitamin B<sub>6</sub> is integral as a cofactor for neurotransmitter synthesis. Rhodiola and ashwagandha are believed to encourage the activities of these neurotransmitters while strengthening the body's resistance to stress and fatigue, common triggers for undesirable eating behaviors. Research indicates that Sensoril®Trim ashwagandha promotes relaxation and maintains healthy cortisol levels. It is these actions that may be responsible for its supportive effects on glucose and fat metabolism. Both chromium picolinate and Relora® have demonstrated the potential to promote more healthful patterns of carbohydrate and energy intake in adult subjects. In one study involving 49 volunteers prone to eating under stress, Relora® helped reduce stress-related snacking of sweets by 76%. In another trial, chromium picolinate supplementation helped reduce carbohydrate intake and mood fluctuations.\*

*Cravings and appetite are influenced by many factors, only some of which may be affected by the ingredients in this formula.*

### What Is The Source?

Chromium is derived from the lime of rock. 5-Hydroxytryptophan is derived from *Griffonia simplicifolia* seed. Pyridoxal 5'phosphate (activated B<sub>6</sub>) and dl-phenylalanine are synthetic. Relora® is derived from a proprietary blend of patented extracts from *Magnolia officinalis* bark and *Phellodendron amurense* bark. Sensoril®Trim ashwagandha extract is derived from *Withania somnifera* root and leaf. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidroside. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Relora® is a trademark of Next Pharmaceuticals, Inc. U.S. Patent 6,582,735.

Sensoril®Trim is a trademark of Natreon, Inc. and is protected under U.S. Patent 6,713,092.

### Recommendations

Pure Encapsulations recommends two capsules three times per day, in divided doses, with or before meals.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Ingredients in this formula can cause gastrointestinal side effects such as heartburn, stomach pain, belching and flatulence, nausea, vomiting and diarrhea. Chromium has been associated with headaches, sleep disturbances, mood changes or painful joints. Consult your physician for more information.

(continued)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

## Are There Any Potential Drug Interactions?

This formula may be contra-indicated with SSRI medications or MAO inhibitors. Avoid taking phenylalanine with Levadopa and neuroleptic medications. Chromium may alter the absorption of thyroid medications. This formula should be taken at least 30 minutes after thyroid medications. Consult your physician for more information.

### CarbCrave Complex

two vegetable capsules contain  V 0

pyridoxal 5'phosphate (activated B <sub>6</sub> ) .....	5 mg
chromium (picolinate) .....	200 mcg
5-hydroxytryptophan (griffonia simplicifolia).....	50 mg
dl-phenylalanine.....	250 mg
Relora® .....	175 mg
proprietary blend of patented extracts from:	
magnolia officinalis (bark)	
phellodendron amurense (bark)	
Sensoril®Trim ashwagandha (withania somnifera) .....	75 mg
extract (root and leaf) .....	75 mg
rhodiola rosea extract (root) .....	75 mg
(standardized to contain 3% total rosavins and min. 1% salidroside)	
vitamin C (as ascorbyl palmitate) .....	20 mg
other ingredients: modified food and corn starch, silicon dioxide	

**2 capsules three times per day, in divided doses, with or before meals.**

*Not to be taken by pregnant or lactating women. Consult your physician before use if taking SSRI medications or MAO inhibitors. Consult a physician if you are taking any other prescription medications.*



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