



Sign of Health & Care



GlossMeUp

G-LITE

COMPOSITION:

Each Capsule contains: Garcinia Combogia Extract 500mg. Each tablet contains: Garcinia Combogia Extract 500mg.

DESCRIPTION:

Garcinia cambogia, a tropical fruit also known as the Malabar tamarind, is a popular weight-loss supplement. People say it blocks your body's ability to make fat and it puts the brakes on your appetite. It could help keep blood sugar and cholesterol levels in check, too.

The fruits of Garcinia Cambogia tend to contain: Citric Acids (causative of taste and flavor) at 10-30% dry weight, of which a large segment consists of hydroxycitric acids (HCAs); HCAs come in four isomers, (-)-Hydroxycitric acid, (+)-Hydroxycitric acid, (-)-Allo-HCA, and (+)-Allo-HCA.

INDICATIONS:

When taken as directed, in conjunction with a healthy diet rich in vegetables, fruits, and whole grains, a sensible exercise program, and lifestyle changes, G-Lite can:

- Help manage appetite and reduce risk of overeating
- Help reduce calorie intake Help inhibit fat production
- Help manage body weight and Body Mass Index (BMI)

DOSAGE:

The dosages of G-Lite extract in clinical trials ranged from 1,500 to 4,667 mg/day (25 to 78 mg/kg/day). The equivalent HCA dose in the trials ranged from 900 to 2,800 mg/day (15 to 47 mg/kg/day). G. cambogia is available in capsule or tablet form with a maximum dose of 1,500 mg/day.

Standard dosing of Garcinia Cambogia and its bioactive, (-)-Hydroxycitric acid, is 500mg of (-) Hydroxycitric acid taken 30-90 minutes prior to a meal and usually taken at up to three different meals daily.

The standard recommended dosage is 500-1500 mg of 50% HCA per day, but this could vary a little bit. It is totally safe, for example, if you take capsules of 1000mg Garcinia a day.

Pregnancy/Lactation

Due to lack of clinical and scientific information, use should be avoided during pregnancy and lactation. One animal study in rats documented decreased maternal body weight gain during gestation.

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SIDE EFFECTS:

When you take G-Lite, you might get: • Dizziness • Dry mouth • Headache • Upset stomach or diarrhea

STORAGE:

Protect from light, excessive heat and moisture. Store in a cool and dry place below 30°C. Keep out of reach of children.

PRESENTATION:

G-Lite capsules is presented in a blister pack of 30's. G-Lite tablets is presented in a blister pack of 30's.