



Sign of Health & Care



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LITE PLUS

COMPOSITION:

Each tablet contains:

Garcinia Cambogia Extract 500mg

Green Coffee Bean Extract 400mg

Each tablet contains above mentioned quantity of herb extract before processing.

Product conforms to Natural Origin.

DESCRIPTION:

Lite plus tablet contain Garcinia Cambogia extract and green coffee bean extract. Garcinia Cambogia is a small to medium-sized tree that grows in India and Southeast Asia. An extract from the fruit rind, hydroxycitric acid (HCA), also been used for weight loss and to lower cholesterol. Garcinia Cambogia, also known as tamarind, is a small, pumpkin-shaped fruit, and diet supplements made from it are touted for helping people to lose weight. A green coffee extract is an extract of unroasted, green coffee beans. Green Coffee Bean Extract, which is known to regulate fat absorption and also maintain healthy metabolism. Green Coffee Bean Extract is an inexpensive and safer way to help control your weight. Coffee beans are loaded with antioxidants and pharmacologically active compounds. Two of the most important ones are Caffeine and Acid. Green coffee extract has been used as a weight loss supplement and as an ingredient in other weight loss products.

MECHANISM OF ACTION:

Garcinia Cambogia contains the chemical hydroxycitric acid (HCA). Developing research suggests that HCA might prevent fat storage, control appetite, and increase exercise endurance. People take Garcinia Cambogia by mouth for weight loss, exercise performance, joint pain, bloody diarrhea, to increase bowel movements, and for treating worms and parasites. Green coffee beans are coffee beans that have not yet been roasted. These coffee beans contain a higher amount of the chemical chromogenic acid. This chemical is thought to have health benefits. For high blood pressure it might affect blood vessels so that blood pressure is reduced. The Chlorogenic Acid found in Green Coffee is believed to slow down the release of glucose into the blood stream, particularly after meals, thereby aiding weight loss. It assists in the function of weight loss by increasing the level of body heat that is produced, thus promoting thermogenesis, the natural burning of fat for energy. It is also believed that chlorogenic acid helps to reduce the generation of new fat cells due to its superior anti-oxidant effects.

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INDICATIONS:

Lite Plus tablet is used in weight loss, joint pain, treating worms and parasites, emptying the bowel, severe diarrhea (dysentery) and to enhance exercise performance. Taking a chemical compound found in Garcinia called hydroxycitric acid (HCA) might increase how long untrained women are able to exercise. However, it does not seem benefit men in the same way.

Lite Plus tablet that contains hydroxycitric acid (HCA) that decrease fat breakdown or energy expenditure in overweight people it might improve weight loss when taken for 12 weeks. Taking a specific Garcinia product containing 60% HCA by mouth in three doses daily 30 to 60 minutes before meals for 8 weeks, together with a healthy diet, seems to improve weight loss more than just diet alone. But other research shows that adding this specific Garcinia product to cereal bars or tomato juice and consuming them before lunch and dinner for 2 weeks does not improve weight loss.

Lite Plus tablet may have the potential to help with weight loss. The high level of antioxidants in green coffee bean extract may help the body fight toxins and free radicals. The free-radical theory of aging holds that antioxidants may slow down the process of aging. There have been indications that the chlorogenic acid in green coffee bean extract may help reduce the levels of homocysteine. Decreased levels of homocysteine may reduce the risk of heart problems. Chlorogenic acid may also have some potential to play some role prevent Type 2 diabetes, which is associated with high blood pressure and obesity. The indications of Lite Plus tablet are:

- Helps the body to metabolize sugar and fat
 - Suppresses appetite
 - Helps to boost metabolism
 - Boost energy levels
 - Helps maintain healthy bloody sugar levels
 - High blood pressure
 - To tone and maintain a healthy lean body.
 - To prevent accumulation of free radicals that lead to oxidative stress.
 - To achieve a healthy body weight, together with a varied diet.
 - Joint pain.
 - Treating worms and parasites.
 - Emptying the bowel.
 - Severe diarrhea (dysentery).
- **Hypertension:** Some research shows that people with mild high blood pressure who take a specific green coffee extract 93mg daily or 185mg daily have reduced blood pressure after 28 days of treatment. Other studies evaluating the effects of a different green coffee extract or a certain component of green coffee found similar results.
- **Weight loss:** Some research shows that taking green coffee extract 80-200 mg daily might cause modest weight loss over a period of 12 weeks.



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DOSAGE:

As directed by the doctor, One tablet 2 times daily with food.

CONTRAINDICATION:

Avoid use if there is a known allergy or hypersensitivity.