

# Catalyst<sup>®</sup> Plus

SUGAR BALANCING FORMULA\*

4Life<sup>®</sup>

Have you ever felt like you were doing everything you could to properly manage your weight only to find that it wasn't working? Wouldn't it be great if there were something out there that could give you that needed edge—that extra little push or added spark you need to finally succeed? Well, hang on tight to those weight management goals because 4Life has your answer.

Catalyst Plus is the perfect complement to your weight management efforts. Combining the effectiveness of gymnema sylvestre with chromium and additional ingredients, Catalyst Plus can help you maintain healthy blood sugar levels and in turn effectively manage food cravings and promote healthy weight management.



**DIRECTIONS:** Take one (1) capsule twice daily with 8 oz of fluid.

**Serving Size:** One (1) Capsule  
**Servings Per Container:** 60

## Supplement Facts

Amount Per Serving		%DV
Chromium	120 mcg	100%
<b>Proprietary Blend</b>	<b>410 mg</b>	<b>**</b>
Gymnema sylvestre Powder		
Gymnema sylvestre Extract		
Momordica charantia		
Lagerstroemia speciosa L. Extract (leaf)		
Vanadium (bis-glycinato oxo vanadium)		
Alpha Lipoic Acid		

\* Reference Daily Intake (RDI)

\*\* Daily Value (DV) not established

## Key Points

- **Sugar Destroyer:** Gymnema sylvestre, otherwise known as Gurmar, is an herb native to the tropical forests of India whose name literally means, "sugar destroyer." In addition to "destroying" the taste of sugar, which helps to neutralize cravings for sweets, Gymnema improves the effectiveness of insulin in the body. A great "side-effect" of this process is weight loss, due to powerful appetite suppression properties and food craving control, particularly with carbohydrates and sweets.
- **Weight Loss Through Balance:** Many people who have insulin resistance gain weight, no matter what their diet. Gymnema provides a simple and effective method to help maintain healthy glucose levels by improving the cells uptake of blood sugar and helping the body utilize it.\* In addition, key ingredients such as lagerstroemia speciosa and momordica provide similar support through insulin level balance, further promoting appetite control and food craving reduction.
- **Energy:** Chromium is an essential trace mineral shown to help normalize blood sugar levels, increase energy and aid in weight management. It is chiefly responsible for activating insulin, the balance of which is key in controlling body fat. Unfortunately, the possibility of chromium deficiency continues to rise in the United States due to soil depletion, food refining and high dietary sugar intake.

## Did you know?

Obesity is the single largest factor in Type II diabetes. The blood sugar elevation seen in this illness can frequently be reversed by weight loss and/or dietary changes that restore insulin sensitivity.

*Albrecht, Frances M.S., C.N. "Chromium: An Essential Nutrient." www.healthwell.com*

Combining chromium with a low-fat diet plan and regular walking program may promote a leaner body and increased muscle development.

*Journal of the American College of Nutrition, 1994, vol. 13, no. 3*

## Technical Points

- Vanadium has been shown to have the ability to improve insulin utilization, resulting in improved glucose tolerance.
- Alpha lipoic acid is needed by the body to produce energy. It is a vitamin-like antioxidant, sometimes referred to as the universal antioxidant, because it is soluble in both fat and water.

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

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**Notice:** If you are a diabetic, please consult with your physician prior to taking this product.

## Ordering Information

Item #27535 60/ct bottle

Item #27536 12 for the price of 11