

## Breads, pastas, potatoes and sweets . . .

Why is it that many of our favorite foods help add fat to our bodies? To more effectively manage weight many people try to avoid calories from fat and starch, but there is nothing easy about shying away from these types of foods that we often crave and use as a reward or special treat for ourselves.

To help ease the “weighty” effects of fatty and starchy foods, 4Life proudly offers Carb BLX, an effective carbohydrate-blocking product to further support your weight management efforts. Carb BLX blends scientifically studied ingredients to help prevent fats and carbohydrates you consume from being absorbed by your body and help you successfully manage your weight.

## Key Points

- **Blocks Fat:** Carb BLX formula contains Cassia nomame and white kidney bean extract, lipase and amylase inhibitors that work by suppressing the breakdown and absorption of fat in the body.

A lipase inhibitor impairs the enzyme responsible for the breakdown of fat. Subsequently, fat molecules from your diet remain undigested and unabsorbed as they move through the gastrointestinal tract.

Amylase is the enzyme that is responsible for the breakdown of starches in the body. By inhibiting this process, the amount of carbohydrates available to convert to fat is reduced, increasing your chances of weight management success.\*

- **Supports Weight Management:** Ingredients such as jaborandi extract, cocoa-almond extract and green tea are blended to help promote the body’s natural fat-burning ability, boost mood, increase energy and support healthy weight management.

## Did you know?

About two-thirds of the adult U.S. population is overweight. Almost one-third not only exceeds ideal weight, but also meets the clinical criteria for obesity.

Flegal KM, Carroll MD, Ogden CL, Johnson CL. “Prevalence and trends in obesity among US adults”  
1999–2000 JAMA 2002;288:1723–7.

Approximately 300,000 U.S. deaths a year are currently associated with obesity and overweight (compared to more than 400,000 deaths a year associated with cigarette smoking). The total direct and indirect costs attributed to overweight and obesity amounted to \$117 billion in the year 2000.

Flegal KM, Carroll MD, Ogden CL, Johnson CL. “Prevalence and trends in obesity among US adults”  
1999–2000 JAMA 2002;288:1723–7.

## Technical Points

- The active constituents in green tea are a family of polyphenols (catechins) and flavonols, which possess potent antioxidant activity. Recent studies have also suggested that green tea may play a role in weight loss, promoting a mild increase in thermogenesis.



**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
<b>Proprietary Blend</b>	<b>490 mg **</b>
Cassia nomame Extract	
White Kidney Bean Extract	
Cocoa-Almond Extract	
Green Tea Extract (polyphenols 90%, catechins 70%)	
Jaborandi Extract	
Arabinose	

\*\*Daily Value (DV) not established  
Other Ingredient: gelatin capsule.

## Ordering Information

Item # 27532 - 60 ct/bottle

Item # 27533 - 12 for the price of 11