

Women who take this supplement LOSE 230% MORE while eating carbs!

Researchers have discovered that a compound extracted from white kidney beans prevents the absorption of carbohydrates, causing the body to melt 40% more fat off the belly, hips and thighs

The holiday dilemma we all face: Just when we want to look slim for parties and photos, the belly-bloating stress is unavoidable and the food irresistible. Diet now? No way! Even if we could make that happen with our crazed schedules, skipping out on the turkey and creamy mashed potatoes would be a major mood sapper.

That's why *First* investigated the skinny-pill options that promise to pare pounds without a diet overhaul. What we found: *Phaseolamin*, a white kidney bean extract that's also called *Phase 2*, earns a gold star for no-stress slimming.

How Phase 2 makes it easy to slim through the holidays

In studies at California's Northridge Hospital Medical Center, pairing meals with Phase 2 helped women lose 230 percent more weight than placebo takers, including 40 percent more fat from the belly, hips and thighs. And in a study at The Catholic University of Rome in Italy, subjects saw a 3.8 mm decrease in the jelly-like *subcutaneous fat* just beneath the skin. "This may not sound like much, but it significantly changes appearance by reducing cellulite and the 'muffin top' and 'back fat' that affect how clothes fit," says Harry Preuss, M.D., who assisted with the study and is coauthor of *The Natural Fat-Loss Pharmacy* (Broadway Books, 2007). Here, how Phase 2 works.

1. It blocks 75% of carb calories.

Phase 2 inhibits the enzyme *alpha-amylase* from turning carbs into sugars, says Steven Rosenblatt, M.D., Ph.D., coauthor of *The Starch Blocker Diet* (Avon Books, 2005). The result: Up to 75 percent of carbs pass through the GI tract as whole molecules and are sent to the colon for elimination.

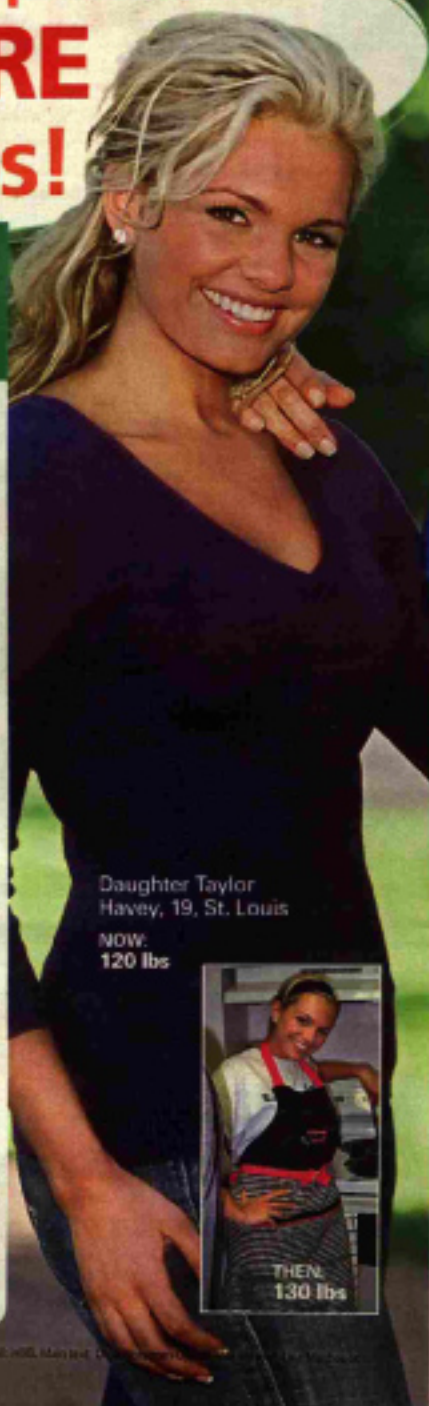
2. It prevents cravings. By lowering carb absorption, Phase 2 creates a gentle rise in blood sugar that quiets cravings and steadies energy. It also cuts the risk of *insulin resistance* (a fat-trapping condition caused by excess sugar in the blood) by 62 percent.

3. It calms inflammation.

"Phase 2 hinders the enzymes that turn starches into inflammation-triggering glucose," says Nicholas Perricone, M.D., author of *The Perricone Weight-Loss Diet* (Ballantine, 2007). "By keeping inflammation in check, the liver is better able to burn fat." Phase 2 also prevents the inflammation-induced DNA damage that causes wrinkles, so women get younger-looking skin in no time.

4. It keeps calorie burn revved.

On most diets, women lose muscle, so metabolism slows. But Phase 2 users in the Italian study shed fat. With muscle intact, the body burns up to 77 percent more calories, even at rest.



Daughter Taylor
Havey, 19, St. Louis

NOW:
120 lbs

THEN:
130 lbs

HATE PILLS? DRIZZLE APPLE CIDER VINEGAR ON MEALS

Apple cider vinegar lowers food's glycemic index, so sugars enter the blood stream more slowly, says Cheryle R. Hart, M.D., coauthor of *The Insulin-Resistance Diet* (McGraw-Hill, 2007). This wards off the blood sugar spikes and crashes that lead to cravings, moodiness and weight gain. Take 2 to 6 tablespoons of apple cider vinegar daily 10 minutes before meals or drizzle it on salads or pasta.



They lost 130 lbs!

Mom Julia Havey, 48, St. Louis

NOW:
170 lbs



THEN:
290 lbs

Phase 2 vs. Alli

DIET RESTRICTIONS

None; eating more carbohydrates than protein and fat is encouraged for best results

Low-fat diet; 15 grams of fat or fewer per meal (the amount in a serving of mashed potatoes)

SIDE EFFECTS

20% experience mild nausea, which can be alleviated by drinking peppermint tea

27% experience oily discharge and GI distress; fatigue due to flushing of fat-soluble vitamins

AVERAGE WEIGHT LOSS

3-7 lbs. per week, based on testimonials

1-2 lbs. weekly, based on company studies

BONUS BENEFITS

Increased energy, fewer hunger pangs, improved mood, glowing skin

Lower LDL ("bad") cholesterol

COST

It varies; but one we like, Natrol Carb Intercept with Phase 2, is \$21 for a 30-day supply

\$70 for a 40-day supply; about \$60 for a starter pack, which includes a 30-day supply

◀ It worked for us!

"We eat what we want—without worry!"

"In the heat of midlife, if I even smelled pasta, I'd gain," jokes Julia Havey, whose lifelong weight struggles got harder after turning 40. Wanting to slim without forgoing the bread basket, Julia enlisted the aid of Natrol Carb Intercept with Phase 2 on her journey to lose 120 pounds. And it worked!

Eager to share her secrets, Julia launched ViceBustingDiet.com,

a website designed to help others slim. One recipient of Julia's sage advice: her 19-year-old daughter, Taylor, who turned to Phase 2 to lose the 10 pounds that she'd gained when she started college.

Now Julia and Taylor can enjoy the potatoes and stuffing at holiday time. Julia declares, "I wouldn't sit down to the table without taking Phase 2. It's a great tool!"

TURN FOR YOUR NO-STRESS SLIMMING STRATEGY

DROP 16 POUNDS BY **while**

White kidney bean extract, or Phase 2, is like Santa's little helper. It turns your holiday wishes into a reality by delivering a slimmer body, a sunnier mood, increased energy, glowing skin and fewer PMS and perimenopausal woes. Here, the how-tos that make the season extra bright!

**LESS THAN
\$1 A DAY!**

THE 4 DO'S THAT GUARANTEE SPEEDY RESULTS

1 Eat more carbs to lose faster

For the speediest slimdown when taking a Phase 2 starch blocker, fill up on more carbs (since the pills will prevent absorption of these calories) and lower your intake of fat and protein (which the pills won't affect), advises nutrition researcher Steven Rosenblatt, M.D., Ph.D. His recommendation for slimming without depriving your body of necessary nutrients: Consume a daily diet of approximately 55 percent carbs, 30 percent protein and 15 percent fat.

2 Adopt a smart supplement strategy

The study-backed dose of Phase 2 is 3,000 mg daily, divided into six 500 mg doses. To take advantage of Phase 2's benefits, tailor your intake to when you eat the most carbs: If you eat three main meals that contain at least 50 percent carbs, take two 500 mg Phase 2 capsules with each of those meals. If you have just two carb-rich meals, take three 500 mg capsules with each. And here's exclusive information from diet researcher Harry Preuss, M.D.: "If you've already had six starch-blocking

capsules for the day but there's an unplanned event and one more carb meal to come, it's perfectly safe to take one or two more pills for a total of up to eight on those days."

3 Time it right

It's best to take Phase 2 about 10 minutes before a starchy meal. This allows time for starch-absorbing *alpha-amylase* to be deactivated before carbs reach the GI tract. If you've already started to nosh, take Phase 2 as soon as you remember and either stall eating or eat low-starch fare for 10 minutes. "And if you've eaten the whole meal, you can still take starch blockers," says Dr. Preuss. "Obviously it won't be as effective, but it will still be possible to block some of the consumed carbs, since not all of them will have reached the digestive tract yet."

4 Take capsules with 8 to 16 oz. of water

Taking Phase 2 capsules with just a couple sips of water can lead to subpar results—and constipation. The reason: Starch blockers increase the amount of food presented to the colon. With enough water (the fluid that's best absorbed by the colon to keep its contents soft), undigested carbs will more easily pass out of the body for speedy weight loss. Without enough water, however, colon contents remain stagnant, making it impossible to attain the hoped-for fat loss.

A sample day to jump-start your slimdown

Breakfast:

Whole-wheat waffle with 1 tsp. butter and 2 Tbs. maple syrup; 8 oz. orange juice



Snack: 1 slice banana-nut bread spread with 1 Tbs. butter, if desired; 1 cup coffee with milk



Lunch: 4 oz. sliced ham on whole-wheat bread; 2 cups lettuce or spinach salad with sliced



cucumbers and tomatoes, drizzled with 2 Tbs. apple cider vinegar; 8 oz. to 12 oz. iced tea

Snack: 1 cup air-popped popcorn; 1 cup herbal tea

Dinner: 1 cup spaghetti topped with meat sauce; 1 cup sautéed zucchini and yellow squash

Dessert: 1 slice apple pie; 8 oz. milk



CHRISTMAS... eating what you love

Are fatty foods your diet downfall?

For one-third of women, it's cravings for fat that sabotage weight-loss success. To the rescue: *chitosan*, a form of fiber that binds fat and flushes it out of the body. In studies, women who took 4,500 mg of chitosan daily lost 5 pounds in a week and went on to lose 31 percent more weight than placebo takers. And this fiber works without the unpleasant gastrointestinal side effects of the well-known fat blocker Alli. The study-backed dose: three capsules (try Now Chitosan 500 mg, \$16 for 240 capsules, at iHerb.com) with three main meals daily. For optimal fat flushing, take with 8 oz. to 16 oz. of water.



Perimenopausal? Choose a Phase 2 product with chromium

In our forties and fifties, estrogen levels dip fiftyfold from month to month. This prompts the body to store estrogen-producing belly fat. But that fat also causes blood sugar flux that triggers even more fat storage. The fix: *Natrol Carb Intercept* with Phase 2 (which won the *Better Nutrition Best of Supplements Award* for fat loss). The reason: This Phase 2 product contains chromium, a mineral that's proven to prevent blood sugar swings.



It worked for me!

"It cost half the price of Alli—and without the need for Depends!"

That's it...if I don't start losing, I'm getting gastric bypass. Melanie Gillingham resolved to herself. After 11 months of exercise without shedding a pound, surgery seemed like the only option.

But Melanie didn't need to consider going under the knife for long. While shopping one day, she spotted *Natrol Carb Intercept* with Phase 2 and tossed it into her cart, figuring it was worth a try.

Melanie started taking it right away and was pleasantly surprised—though a little skeptical—when her digital scale read 10 pounds less than usual after a short while. "I thought the battery was dying," she admits.

The rest is history: Melanie dropped 97 pounds in a year and a half. "It was a lot cheaper and less complicated than surgery," she says. "And I didn't have to wear Depends like people do with Alli!" Other bonuses: Melanie has the energy to play on the monkey bars with her two kids, her chronic skin rash has diminished and she has more fun in bed. "Being able to move more and be more flexible has made sex even better." Plus, the holidays are a lot less stressful for Melanie, who raves, "I can eat my favorite peanut-butter ball cookies and know I won't gain!"

WE'RE HERE TO HELP!

Get *Natrol Carb Intercept* with Phase 2 (\$20 for 120 capsules, at drugstores, health-food stores and amazon.com).



**Melanie
lost 97 lbs!**

Melanie
Gillingham, 32,
Clearfield, PA

NOW:
125 lbs

