Irvingia - African Mango

African Mango enables the body to remove body fat and also lower heart attack risk factors like LDL, Glucose and C-reactive protein

Fat command signals in the body change as we age and aging adversely affects the adipocyte command signal network, which explains the difficulty maturing adults have in controlling their weight -

One of these signals is the hormone **Leptin** - Leptin is released by adipocytes (fat cells) to perform 2 critical functions
1 - it signals the brain that enough food has been ingested and shuts down the appetite
2 - it helps breakdown triglycerides so they can be used in energy production.

The 2nd command signal is a hormone called **Adiponectin**. Adiponectin modulates insulin sensitivity. High levels of Adiponectin have been shown to protect against coronary artery disease where as low levels are observed in overweight individuals. The insulin -sensitizing effects of Adiponectin a novel treatment target for insulin resistance, Type 2 diabetes, and obesity.
The 3rd adipocyte command signal is **Glycerol-3-phosphate dehydrogenase** which helps convert blood sugar into triglyceride stores in fat cells.

Glycerol-3-phosphate dehydrogenase is an enzyme that facilitates the conversion of blood glucose into triglycerides that increase adipocyte size (fat cell size) Irvingia inhibits this enzyme thus reducing the amount of ingested sugars that are converted to body fat.

Leptin is secreted from fat cells - Leptin is much more abundant in the blood of obese individuals. One reason obese people have higher blood levels of leptin is that C-reactive protein binds with leptin and impairs leptin transport across the blood-brain-barrier. When leptin can't get to the brain the appetite signals don't turn off properly.

<u>Irvingia works in 4 ways</u>

1. By increasing Adiponectin it improves insulin sensitivity
2. It lowers C-reactive protein - this helps leptin work correctly

3. It inhibits Glycerol-3-phosphate dehydrogenase - reducing fatty acid formation inhibiting the amount of blood glucose that converts to fat.
4. It inhibits the enzyme amylase reducing the amount of ingested starches that will be absorbed as sugar.

A larger study with 102 participants was done with overweight and obese participants over a ten week period. Each person was given 1 cap 2x a day 150mg of the standardized Irvingia a day the other group took the placebo.

Baseline weight of the group taking the Irvingia 215
at 4 weeks 207
at 8 weeks 197
at 10 weeks 187
Placebo group weighed 212 lbs at 10 weeks 210

Glucose	Irvingia group -22%	Placebo group -5.2%
Cholesterol -	Irvingia group -26%	Placebo group - 1.9%
LDL -	Irvingia group -27%	Placebo group - 4.8%
CRP -	Irvingia group - 52%	Placebo group - 1%
Adiponectin -	Irvingia group +160%	Placebo +23%
Leptin -	Irvingia group - 49%	Placebo group - 9%
Waist Reduction -	Irvingia -16.2%	Placebo - 5%
Fat Loss -	Irvingia - 18.2%	Placebo - 5%

Warning - If you are on cholesterol medications or blood sugar medication be aware that your blood sugar and or cholesterol might drop more significantly

<u>Suggested use:</u>

Life Extension Integra-Lean - 1 - 2x a day with or without food

Nature's Way African Mango *Standardized* 1 - 2x a day 30 to 60 minutes before the 2 largest meals of the day