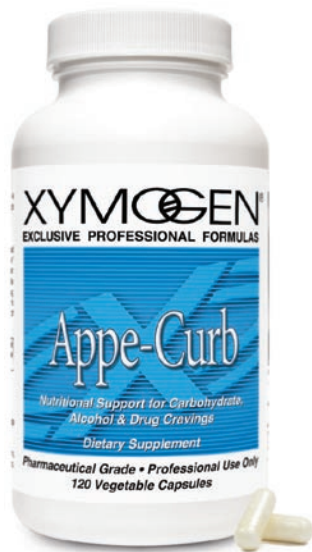


Appe-Curb™

Support for Carbohydrate, Alcohol, and Drug Cravings



Available in 120 capsules & 240 capsules

Clinical Applications

- » Nutritional Support for Carbohydrate, Alcohol & Drug Cravings*
- » Supports Healthy Weight (by reducing carbohydrate cravings)*
- » Improve Sense of Wellbeing and Energy*
- » Supports Healthy Serotonin Levels*

*Appe-Curb™ contains key amino acids plus vitamins B6 and C that help convert these amino acids into the brain neurotransmitters involved in appetite control, cravings for carbohydrates and alcohol, energy levels, and mood. Chromium picolinate is present to help maintain healthy blood glucose levels.**

Discussion

5-Hydroxytryptophan (“5-HTP”) is a naturally-occurring amino acid precursor to serotonin. Numerous studies during the ‘90s, including those randomized, double-blind, and placebo-controlled, confirmed the safety and efficacy of 5-HTP in reducing appetite and food intake in obese healthy and non-insulin-dependent diabetic individuals.^[1,2,3] A 2006 study in mice concluded, “5-HTP-induced anorexia may be mediated by facilitation of leptin secretion.”^[4] Vitamins B6 and C are important cofactors in the 5-HTP to serotonin pathway. Among the several serotonin receptors thus identified, the 5HT2C receptors are suspected in control of food intake. Mice without this receptor exhibit increased food intake and become obese.^{*[5]}

DL-Phenylalanine (DLPA) is a combination of the d- and the l- forms of this essential amino acid. Phenylalanine suppresses appetite by regulating the release of cholecystokinin, which in turns signals satiety in the brain. D-phenylalanine increases endorphins, while L-phenylalanine is an amphetamine-like stimulatory compound. DLPA has been found to elevate mood, curb appetite and reduce pain.*

L-Tyrosine, an essential amino acid is needed for conversion into the catecholamine neurotransmitters stress depletes: dopamine, norepinephrine, and epinephrine. It is also a precursor for thyroxine. Doctors use tyrosine as a mood elevator, to increase alertness after sleep deprivation and as an appetite suppressant; although support for the latter appears anecdotal.^{*[6]}

L-Glutamine, well-recognized for gut and immune support, has also been espoused to reduce carbohydrate cravings and support alcohol withdrawal, although the mechanism of action for these benefits is not known.^{*[7,8]}

Chromium, as chromium picolinate is widely used to optimize insulin function; thereby preventing swings in blood glucose levels that may be responsible for carbohydrate cravings. The mineral in the form present was indeed demonstrated to reduce carbohydrate cravings in a double-blind, placebo-controlled study.^{*[9,10]}

Appe-Curb™ 120 Capsules Supplement Facts

Serving Size: 8 Capsules

	Amount Per Serving	%Daily Value
Vitamin C (Ascorbic Acid)	1000 mg	1667%
Vitamin B6 (Pyridoxine HCl)	75 mg	3750%
Chromium (Dinicotinate Glycinate)	120 mcg	100%
dI - Phenylalanine	2000 mg	**
L-Tyrosine	1500 mg	**
L-Glutamine	750 mg	**
5-Hydroxytryptophan	150 mg	**
** Daily Value not established.		

Other Ingredients: Vegetarian capsule (HPMC and water), rice flour, and magnesium stearate.

DIRECTIONS: Take 4 capsules before breakfast and 4 capsules before lunch or at mid-afternoon (2-3 p.m.). Do not take after 3 p.m.

DOES NOT CONTAIN: Wheat, soy, salt, sucrose, starch, yeast, artificial flavors, colorings, or other known allergens.

CAUTION: Keep out of reach of children.

STORAGE: Keep tightly closed in a cool, dry place. Keep away from direct sun.

**References**

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All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

*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.