

## **Sweet & Slim**

### **Clinical Studies and Research**

#### **[CitraMax®](#) & [ChromeMate®](#)**

Most nutritional ingredients rely on research conducted on other similar compounds, when in fact small differences in these ingredients may completely alter their safety or efficacy. At InterHealth Nutraceuticals, we don't rely solely on the research of others. InterHealth actively sponsors original, independent university studies on its ingredients to validate safety and efficacy, and to confirm product marketing claims. Our ingredients are among the most widely researched ingredients in the nutraceutical marketplace. Below is our Research Library, which is continuously updated with new studies, so please check back often. For more details on each study, click the title you are interested in.

**Natural Appetite Control** The amazing beneficial properties of Citrimax have been the subject of extensive scientific research reported on over 100 television news programs. Although a relatively recent discovery of the Western world, *Garcinia cambogia* - the key ingredient in Citrimax, has been harvested and used for centuries by the people of India as an aid to making meals more "filling." As part of a complete diet plan, Citrimax may help you control appetite and inhibit the production of unwanted fat. Chromium is a mineral which plays a role in blood sugar metabolism due to its relationship with the hormone insulin. Chromium helps keep blood sugar levels stable, thereby potentially reducing the tendency to snack between meals, as a result of the "crashing" feeling that comes with rising and plunging blood sugar. There is a significant body of research about chromium in the form of polypicolinate and its ability to potentiate the loss of body fat and to increase lean muscle when used as part of an exercise program. Both Citrimax and chromium were named among the "Top Ten Fat Burners" in *Total Health Magazine* (volume 20,no.4;Oct. 1998).

**Citrimax (HCA) Research** In a 2002 study published in the *International Journal of Obesity Related Metabolic Disorders* (2002 Jun;26(6):870-2), the effects of daily administration of HCA on energy intake and satiety in twelve overweight men and twelve women was studied (body mass index 27.5+/-2.0 kg/m<sup>2</sup>); age 37+/-10 y). This was a six-week randomized placebo-controlled single-blinded cross-over trial. Subjects consumed 100 ml tomato juice (placebo) three times daily for 2 weeks, and separated by a 2 week wash-out period, 100 ml tomato juice with 300 mg HCA. After two weeks, 24 hour energy intake (EI), appetite profile, hedonics, mood and possible change in dietary restraint were assessed in the laboratory restaurant. Prevention of degradation and bioavailability was documented. The results showed 24 hour EI was decreased by 15-30% (P<0.05) with HCA treatment compared to placebo, without changes in the appetite profile, dietary restraint, mood, taste perception and hedonics, while body weight tended to decrease (P=0.1). The researchers concluded that HCA treatment reduced 24 h EI in humans while satiety was sustained [thereby aiding weight loss].(1)

**On each study, click the title you are interested in.**

- [Super CitriMax® Reduces Body Weight/Body Mass Index, Lowers Cholesterol/Plasma Leptin Levels in Humans](#)
- [Super CitriMax® Increases Serotonin Release from Brain Tissue](#)
- [Super CitriMax® Inhibits Serotonin Reuptake; Shown Safe and Non-Toxic](#)
- [Super CitriMax® Shown to be Bioavailable in Humans](#)

- [Super CitriMax® Absorption Influenced by Food Intake](#)
- [CitriMax® Shown to Promote Weight Loss in Humans](#)
- [Active Ingredient in CitriMax® Found to Increase Fat Loss and Weight Reduction in Overweight Persons](#)
- [Active Ingredient in CitriMax® Shown to Reduce Fat Synthesis and Food Consumption](#)
- [Active Ingredient in CitriMax® Shown to Reduce Weight Gain, Food Consumption and Body Fat](#)

#### **CitraMax News:**

- [INTERHEALTH FILES NEW PATENTS FOR SUPER CITRIMAX® - Study Shows Super CitriMax® Increases Serotonin: May Help Treat Insomnia and Depression](#)
- [NEW STUDY REVEALS HOW SUPER CITRIMAX® SUPPRESSES APPETITE](#)

[ChromeMate® Chromium: The Superior Chromium Formula Chromium supplements vary widely in biopotency - up to a fifty-fold difference. Inorganic chromium chloride, the most common chromium supplement, is absorbed less than 2% and has practically no effect on insulin. Many people, especially seniors and diabetics, have difficulty converting inorganic chromium into a form the body can use. Other supplements, such as amino acid, chelated chromium and chromium-enriched yeast, aren't much better because they contain large amounts of inorganic chromium. ChromeMate®, however, consists of pure niacin-bound chromium, the biologically active form that strongly potentiates insulin action. In this way, ChromeMate® promotes healthy insulin function, and increased energy. For best results, combine Citrimax with your overall weight management program that includes a healthy diet and exercise.](#)

- [ChromeMate® Improves Performance in Elite Cyclists](#)
- [ChromeMate® and Maitake Mushroom Found to Significantly Reduce Body Weight, Blood Pressure and Fasting Blood Glucose Level in Rats](#)
- [ChromeMate® Plus Exercise Found to Reduce Weight in Obese Women](#)
- [ChromeMate® Found to Increase Fat Loss and Spare Lean Body Mass in Obese Women](#)
- [ChromeMate® Shown to Reduce Cholesterol Levels in Humans](#)
- [ChromeMate® Found to be More Bioavailable than Chromium Picolinate and Chromium Chloride](#)
- [ChromeMate® Found Less Toxic than Chromium Picolinate](#)
- [Chromium Picolinate Shown to be Toxic](#)
- [Chromium Picolinate Shown to be Ineffective](#)
- [ChromeMate® and OptiZinc® Found to Reduce Signs of Aging](#)
- [Trace Elements May Reduce Aging Associated with Insulin Resistance](#)

#### **ChromeMate® News:**

- [NEW STUDY DEMONSTRATES CHROMEMATE® SAFETY](#)