

# NATROL<sup>®</sup>

## AçaíBerry

### Diet

#### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

Amount Per Serving	%DV*
Chromium (from Chromax <sup>®</sup> Chromium Picolinate)	40 mcg 33%*
Açaí Extract 4:1 ( <i>Euterpe oleracea</i> ) (berry)	500 mg **
Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf)	160 mg **
EGCG (Epigallocatechin Gallate)	80 mg **
Metabolic Activator Caffeine Blend (from Caffeine Anhydrous, White Tea Extract ( <i>Camellia sinensis</i> ) (leaf), Kola Nut Extract ( <i>Cola acuminata</i> ) (seed), Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf), Green Coffee ( <i>Coffea arabica</i> ) (bean))	100 mg **
Berry Digest Enzyme Blend Cellulase, Pectinase, Amylase, Hemicellulase, Beta-Glucanase, Phytase, Glucoamylase, Lipase, Protease	5 mg **

\*Percent Daily Value (DV) based on a 2,000 Calorie Diet.  
\*\*Daily Value not established.

**Other Ingredients:** Maltodextrin, Rice Powder, Hypromellose, Silica, Magnesium Stearate, Arabic Gum.  
**Contains** Wheat, Milk and Soybeans  
**100% VEGETARIAN**

#### References:

1. Rahmani A, et al. Investigation of the Prevalence of Obesity in Iran: a Systematic Review and Meta-Analysis Study. 607-596;(10)53 ;2015.
2. Soares de Moura R, et al. Cardiovascular and metabolic effects of acai, an Amazon plant. Journal of Cardiovascular Pharmacology. 27-1 ;2015.
3. Udani J, et al. Effects of Acai (*Euterpe oleracea* Mart.) berry preparation on metabolic parameters in a healthy overweight population: A pilot study. Nutrition Journal. 7-1 ;(45) 10 ;2011
4. Raynold V Yin, Olivia J Phung. Effect of chromium supplementation on glycated hemoglobin and fasting plasma glucose in patients with diabetes mellitus. Nutrition Journal. 14;14 ;2015).
5. Raynold V Yin , Olivia J Phung. Effect of chromium supplementation on glycated hemoglobin and fasting plasma glucose in patients with diabetes mellitus. Nutrition Journal. 14;14 ;2015).
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7. Brain M, et al. Short-term green tea extract supplementation attenuates the postprandial blood glucose and insulin response following exercise in overweight men. Applied Physiology, Nutrition, and Metabolism. 28-2 ;2016.
8. Kim H.S, et al. New insights into the mechanisms of polyphenols beyond antioxidant properties; lessons from the green tea polyphenol, epigallocatechin-3-gallate. Redox Biology. 195-2;187 ;2014.
9. Cappelletti S, et al. Caffeine: Cognitive and Physical Performance Enhancer or Psychoactive Drug? Current Neuropharmacology. 88-71 ;13 ;2015.



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# NATROL<sup>®</sup>

## AçaíBerry

### Diet

- LOSE WEIGHT
- INCREASE METABOLISM
- INCREASE FAT OXIDATION
- FIGHT FATIGUE
- INCREASE ENERGY



Obesity is one of the main public health problems which underlie many chronic illnesses and socioeconomic difficulties.

Obesity is also a major health problem in Iran. Approximately 70% (385,000) of all recorded mortalities in 2002 in Iran have been attributed to chronic diseases, the most important reason of which is obesity and overweight.<sup>1</sup>

**Natrol® AcaiBerry Diet** is a healthy weight management supplement that Combined from powerful blend of antioxidants, nutritional benefits of the superfruit acai berry and health benefits of green tea, caffeine and digestive enzymes to help you meet your diet goals.

### Acai Berry

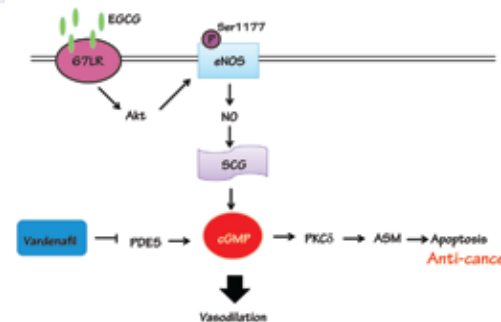
- Powerful antioxidant that prevents damage caused by free radicals
- Vasodilator
- Reduces insulin resistance in diabetic patients
- Reduction synthesis of fatty acid and cholesterol
- liver steatosis prevention<sup>2</sup>
- Weight loss<sup>3</sup>

### Chromium

- Effective in reducing insulin resistance and blood sugar regulation<sup>4</sup>
- Reduces total cholesterol (TC), triglyceride (TG) and LDL levels in type 2 diabetes<sup>5</sup>

### Green tea

- Enhancer of energy expenditure and fat oxidation and thereby inducing weight loss<sup>6</sup>
- Improves metabolic syndrome indices, including insulin sensitivity
- Powerful antioxidant
- Anti -allergy
- Improves performance of Neurology system
- Anti- tumor<sup>7</sup>
- Improves cardiovascular function<sup>8</sup>



**Fig.1.**EGCG-activated eNOS pathways that improve cardiovascular function and anti-cancer effect in the presence of PDE5 inhibitor<sup>8</sup>

### Caffeine

- Enhances concentration and memory
- Improves physical performance
- Increase of Post-exercise Muscle Glycogen Accumulation
- Increase of Fatty Acid Oxidation<sup>9</sup>

### Indications:

- Boost your metabolism, the engine that drives calorie burning
- Promote energy
- Weight loss
- Digestion support
- Combat premature aging
- The polyphenol antioxidant compounds have the capacity to neutralize free radicals produced by regular

### precautions:

- Exercise. that's important when you are trying to get in shape

### Advantages:

- 100% vegetarians
- Strong fat burner
- Contains no Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts
- No added Sugar or Preservatives

**Packaging:** 60 Vegetarian Capsules

**Directions:** Take 2 capsules daily with any meal.