

SLIM DOWN[®] ONE

UPC CODE 0 646420 5171 4

GENERAL INFORMATION

An increasing epidemic of obesity has prompted many individuals to try and lose weight. The implications of being overweight or obese are significant. Research shows excess weight is a risk factor for a range of health problems, including heart disease, hypertension and diabetes. Despite numerous attempts at weight loss, consumers continue to experience the frustrating “yo-yo” effect of dieting, whereby a repeating cycle of weight loss is quickly followed by weight gain. It has become evident that no one approach can solve the problem of obesity, whether it is a fad diet, simple calorie restriction, or prescription medications.

Slim Down[®] One is a proprietary formulation containing two unique ingredients known as PhosphoLean[™] and ID-aIG[™]. PhosphoLean[™] is a phosphobioflavonic complex of N-oleoyl-phosphatidyl-ethanolamine (NOPE) from soy phospholipid and epigallo-catechin gallate (EGCG) from standardized green tea extract, while ID-aIG[™] is made up of premium brown seaweed. In conjunction with a sensible diet and regular physical activity, this natural health product safely and effectively assists in the weight loss process by helping to increase thermogenesis and fat breakdown, inhibiting digestive enzyme activity and by providing natural satiety control to help reduce overall food intake and the desire to eat more.

PhosphoLean[™]: N-oleoyl-phosphatidyl-ethanolamine

NOPE is a naturally occurring phospholipid that is found in trace amounts in foods of both animal and vegetable origin, including soybeans, eggs and chocolate. It is composed of two distinct compounds: oleoyl ethanolamide (OEA) and phosphatidyl-ethanolamine (PE). Once ingested, the NOPE complex is protected from breakdown in the harsh acidic environment of the stomach, and safely passes through into the intestine. It is here that the intestinal enzyme phospholipase D cleaves NOPE into its two distinct compounds, OEA (the active constituent) and PE.

Once liberated from the complex, OEA acts as a lipid mediator, and plays a role in the peripheral regulation of feeding. OEA has the ability to bind to a cell receptor class in the intestinal tract called Peroxisome Proliferator-Activated Receptor- α (PPRA- α). Activation of this receptor signals the region in the brain that controls satiety. This has the effect of “switching off” the feeding signal that conveys messages of hunger in the body, leading one to consume smaller amounts of food. Over time, this reduction in overall caloric intake contributes to weight loss and prevents the recurrence of weight gain. Furthermore, OEA functions without

stimulating the central nervous system (CNS), and so it will not cause users to experience feelings of nervousness or anxiety, sleep disturbances or the “jitters” as many other appetite suppressants do.

PhosphoLean[™]: Epigallocatechin Gallate (EGCG)

Green tea possesses medicinal properties that have been known since ancient times. It contains powerful antioxidants called polyphenols (catechins), which help to prevent cell damage in the body caused by harmful substances known as free radicals. These are highly reactive oxygen molecules generated through the normal process of metabolism, that can cause cellular and tissue damage within the body. The most powerful polyphenol antioxidant found in green tea is epigallo-catechin gallate (EGCG).

The antioxidant components of green tea, particularly EGCG, have many beneficial effects on the health of the cardiovascular system. Green tea supports heart health by preventing the oxidation of low-density lipoprotein (LDL) cholesterol. Oxidized LDL cholesterol can lead to the development of atherosclerosis, a build-up of arterial plaque that inhibits normal circulation of oxygenated blood to the tissues. Green tea may also help reduce blood pressure, and it can inhibit inflammatory processes that adversely affect the cardiovascular system.

Green tea extract has also been found to be effective as a weight loss aid. The EGCG polyphenols in this formulation work synergistically with OEA. This is because EGCG has the ability to stimulate thermogenesis (increased caloric expenditure) and lipolysis (breakdown of fat for energy) to enhance weight loss, while OEA inhibits the feeding signals that stimulate the appetite and can lead to over-consumption of high-calorie food.

ID-aIG[™]

ID-aIG[™] is made up of premium brown seaweed that is rich in essential minerals, trace elements and marine polyphenols. It is derived from waters off the coast of Brittany, France using a process that is both gentle and environmentally-friendly. ID-aIG[™] supports healthy weight management by inhibiting the efficiency of two digestive enzymes and by stimulating thermogenesis, thereby balancing the amount of calories that the body absorbs and uses.

The marine polyphenols found in ID-aIG[™], which are derived from phloroglucinol, are potent antioxidants that help to fight free radical damage in the body. However, they also help to inhibit the activity of amylase and lipase, digestive enzymes that assist in the breakdown of dietary carbohydrates and fats, respectively.

Amylases are enzymes that catalyze hydrolysis of the alpha-(1,4) glycosidic bonds between alpha-glucopyranose residues of

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Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

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polymers. These enzymes are a class of hydrolases that function to digest carbohydrates. Alpha amylases, the enzymes that release products with an alpha-D configuration, are secreted in saliva as well as the pancreas. They are responsible for breaking down starch to simple sugars that are then absorbed in the small intestine. Without the digestive activity of pancreatic amylase, starches cannot be absorbed and are passed through one's system, resulting in what is believed to be less caloric absorption.

Similarly, lipase which is also secreted by the pancreas, catalyzes the hydrolysis of ester bonds in lipid substrates. Specifically, pancreatic lipase helps convert triglycerides (which come from oil in food) into monoglycerides and free fatty acids before they are absorbed by the small intestine. Consequently, by inhibiting the action of lipase, ID-aIG™ allows some dietary fat to pass through the body unabsorbed, further reducing overall caloric intake.

In addition to its ability to inhibit digestive enzymes, ID-aIG™ also helps to stimulate thermogenesis and fat burning. This effect is related to its high content of iodine, a trace element that plays an important role in metabolism because it naturally helps to regulate the production of thyroid hormones.

Jamieson's Slim Down® One is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Slim Down® One from Jamieson Laboratories different...and why does that difference mean better?

- 1) Contains PhoshoLean™ (NOPE-EGCG) a patent-pending proprietary complex exclusive to Jamieson Laboratories. This unique formulation helps increase caloric expenditure and fat breakdown (lipolysis), and decreases feeding signals in the brain, thereby reducing appetite and the desire to eat more, without any adverse side effects.
- 2) The NOPE complex binds to receptors in the gut, rather than having its first action after passing through the gut, like most other products do. This ensures that even those with malabsorption problems receive a maximal benefit from the Slim Down® One formula.
- 3) PhoshoLean™ helps to support the cardiovascular (CV) system, while most other products increase the workload of the CV system through thermogenesis. In addition, toxins are released into the body as one loses weight, which then act as free radicals increasing inflammation. This ingredient has antioxidant properties from EGCG to decrease that problem.
- 4) The main action of PhoshoLean™ takes place in the hypothalamus (via gut receptor stimulation) to depress the

appetite centers as well as those involved in satisfaction, not just satiety. Although most other products reduce appetite, individuals often eat for reasons other than hunger such as stress, boredom or for satisfaction. By targeting this area in the brain, individuals will feel more in control of their food, and will not continually seek out food to satisfy a hormonal imbalance.

- 5) Formulated with ID-aIG™, which is made up of premium brown seaweed that not only assists with healthy weight management, but also offers antioxidant protection from free radical damage and provides a source of essential minerals and trace elements.
- 6) Safe, natural, ephedra-free!

INGREDIENT INFORMATION

Available as 60 capsules.
 Each capsule contains:
 ID-aIG™100 mg
 (From *Ascophyllum nodosum*)
 PhoshoLean™54.25 mg
 (From *Glycine max*, soybean and *Camellia sinensis*, leaf)
 Providing:
 NOPE (N-oleoyl-phosphatidylethanolamine)...12.5 mg
 (From Soy Phospholipid)
 EGCG (Epigallocatechin Gallate).....7.6 mg
 (From Green Tea Extract)

EXCIPIENTS

Cellulose, dicalcium phosphate, vegetable magnesium stearate, silica, gelatin, titanium dioxide, sodium copper chlorophyllin.

DOSAGE

Adults - Take one capsule twice daily. Store between 15°C-25°C away from children.

INDICATED BENEFITS

- Naturally suppresses the appetite to reduce food intake
- Helps curb cravings
- Stimulates thermogenesis and lipolysis
- Inhibits digestive enzyme activity to help reduce caloric absorption
- Supports cardiovascular health by reducing LDL ("bad") cholesterol levels
- Potent antioxidant protection against free radical damage
- Assists with weight loss and prevents weight gain
- Increases energy

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NUTRIENT INTERACTIONS

Adverse Drug Interactions

Ephedra (Ma huang), adenosine, anticoagulant/antiplatelet agents, aspirin, acetaminophen, and antipsychotic drugs can interact with the green tea extract in this product.

Nutrient Depletions

None known.

Supportive Interactions

None known.

WARNINGS AND PRECAUTIONS

Do not use if pregnant or breastfeeding. Consult your health care practitioner prior to use if you have impaired thyroid function or if you are taking medications or supplements containing caffeine.

This product should be used in conjunction with a sensible meal plan, consumption of adequate amounts of fresh, pure water and daily exercise.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. Some individuals may experience gastrointestinal upset or constipation when taking this product.

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