

# CarbCrave Complex

With Sensoril®; moderates carbohydrate intake and helps lessen appetite by supporting neurotransmitter function†

## INDICATIONS

- Ages 18 and up
- Helps moderate carbohydrate intake†
- Positive mood support†

## BENEFITS

- Promotes healthful patterns of carbohydrate and energy intake†
- Supports healthy neurotransmitter activity and mood†
- Helps reduce stress-related snacking of sweets†

## FEATURES

- Includes clinically tested Sensoril®
- Part of the PureLean® product line
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

CarbCrave Complex is designed to help lessen appetite and curb excessive carbohydrate intake by supporting neurotransmitters involved in appetite and mood. 5-Hydroxytryptophan (5-HTP) is a precursor for serotonin, the same neurotransmitter released by the consumption of carbohydrates; serotonin is also associated with enhanced mood.<sup>1,2</sup> At the same time, DL-phenylalanine supports dopamine and epinephrine production, responsible for the sensation of well-being.<sup>3</sup> Vitamin B6 is integral as a cofactor for neurotransmitter synthesis.<sup>4</sup> Rhodiola and ashwagandha are believed to encourage the activities of these neurotransmitters while strengthening the body's resistance to stress and fatigue, common triggers for undesirable eating behaviors.<sup>5,6</sup> Research indicates that Sensoril® ashwagandha promotes relaxation and maintains healthy cortisol response. It is these actions that may be responsible for its supportive effects on glucose and fat metabolism.<sup>7</sup> Both chromium picolinate and Relora® have demonstrated the potential to promote more healthful patterns of carbohydrate and energy intake in adult subjects. In one study involving 49 volunteers prone to eating under stress, Relora® helped reduce stress-related snacking of sweets by

76%.<sup>8</sup> In another trial, chromium picolinate supplementation helped reduce carbohydrate intake and mood fluctuations.<sup>9</sup> Cravings and appetite are influenced by many factors, only some of which may be affected by the ingredients in this formula. †

## SUGGESTED USE

As a dietary supplement, take 2 capsules, 3 times daily, with or before meals.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medication, consult your health professional before use. Do not use concurrently with antidepressants.

PHENYLKETONURICS: CONTAINS

PHENYLALANINE

## SOURCE

- Chromium is derived from the lime of rock. 5-Hydroxytryptophan is derived from *Griffonia simplicifolia* seed.
- Pyridoxal 5'phosphate (activated B6) and dl-phenylalanine are synthetic.
- Relora® is derived from a proprietary blend of patented extracts from *Magnolia officinalis* bark and *Phellodendron amurense* bark.
- Sensoril®Trim ashwagandha extract is derived from *Withania somnifera* root and leaf.
- *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidroside.
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.
- Hypo-allergenic plant fiber is derived from pine cellulose.

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## NOTES

Size 1 caps

Bottle count 90

Order codes CCC9

Bottle size 190 cc

## REFERENCES

1. Amer A, et al. *Pharmacol Biochem Behav.* 2004 Jan;77(1):137-43.
2. Emanuele E, et al. *Neuro Endocrinol Lett.* 2010;31(5):663-6.
3. Beckmann H, et al. *Arzneimittelforschung.* 1978;28(8):1283-4.
4. Kaplan, BJ, et al. *Psychological Bulletin* (2007) 133(5), 747-760.
5. Darbinyan V, et al. *Phytomedicine.* 2000 Oct;7(5):365-71.
6. Auddy B, et al. *JANA.* 2008 11(1): 50-6.
7. Chandrasekhar K, et al. *Indian J Psychol Med.* 2012 Jul-Sep; 34(3): 255-262.
8. Lavalley, J et al. Unpublished clinical trial. Target Research Group and Next Pharmaceuticals, Oct 23, 2002.
9. Docherty JP, et al. *J Psychiatr Pract.* 2005 Sep;11(5):302-14.

## SUPPLEMENT FACTS

**2 capsules, 3 times daily, with or before meals.**

**Two (size 1) vegetarian capsules contain:**

Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate) (activated B <sub>6</sub> )	3.3 mg
Chromium (as chromium picolinate)	200 mcg
5-Hydroxytryptophan	50 mg
DL-Phenylalanine	250 mg
Relora®	175 mg

Patented proprietary blend of:

Magnolia (*Magnolia officinalis*) extract (bark) and phellodendron (*Phellodendron amurense*) extract (bark)

Sensoril® ashwagandha ( <i>Withania somnifera</i> ) extract (root and leaf)	75 mg
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Rhodiola ( <i>Rhodiola rosea</i> ) extract (root) (standardized to contain 3% total rosavins and 1% salidroside)	75 mg
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Other ingredients: vegetarian capsule (cellulose, water), modified food and corn starch, ascorbyl palmitate, silicon dioxide

Relora® & logo are trademarks of Lonza or its affiliates. Relora® brand *Magnolia officinalis* and *Phellodendron amurense*.

Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patent 7,318,938.

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**PHENYLKETONURICS: CONTAINS PHENYLALANINE**



CarbCrave Complex	Quantity	Order Code
	90	CCC9

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.

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