



# XanthiTrim

## INTRODUCED 2011

### What Is It?

XanthiTrim promotes thermogenesis and energy expenditure to support healthy fat metabolism and metabolic rate when combined with a healthy diet and exercise.\*

### Uses For XanthiTrim

**Weight Management:** XanthiTrim contains 300 mg of Xanthigen® per serving, a synergistic combination of fucoxanthin from brown seaweed and pomegranate seed oil. In a 16-week, randomized study, Xanthigen® supported healthy weight management and fat metabolism in volunteers. This was attributed in part to its ability to encourage resting energy expenditure and thermogenesis, the body's natural ability to dissipate caloric energy as heat from the mitochondria of adipose tissue. This results in oxidation and utilization of fats rather than fat storage. In this study, Xanthigen® also maintained healthy liver fat metabolism and function, healthy inflammatory balance, and healthy triglyceride levels. Subjects were on a moderately calorie-restricted diet. GreenSelect® Phytosome is a proprietary, caffeine-free extract from green tea, that is 1 part GreenSelect® green tea to 2 parts phosphatidylcholine. This allows for greater absorption of epigallocatechin gallate, or EGCG, one of the primary components known to support healthy metabolism. Green tea has demonstrated the ability to promote resting energy expenditure and thermogenesis in a number of clinical studies. A 90-day study involving GreenSelect® Phytosome revealed its ability to support healthy weight management and body composition in subjects following a calorie-restricted diet.\*

### What Is The Source?

Xanthigen® is derived from a proprietary blend of brown seaweed (*Undaria pinnatifida* and *Laminaria japonica*) standardized to provide a minimum of 1,275 mcg fucoxanthin, and pomegranate seed oil. GreenSelect® Phytosome is derived from green tea leaf extract (*Camellia sinensis*) standardized to contain 13% epigallocatechin gallate

(EGCG) and soy lecithin phospholipids. Medium chain triglycerides are derived from coconut and palm oil.

XANTHIGEN® is a registered trademark licensed exclusively to PoliNat. International patents pending.

GreenSelect® Phytosome is a registered trademark of Indena.

### Recommendations

Pure Encapsulations recommends 2 capsules daily, in divided doses, with meals and 8 oz. water.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. In rare cases, green tea can cause dizziness, insomnia, agitation or fatigue. Consult your physician for more information.

### Are There Any Potential Drug Interactions?

Green tea may be contra-indicated with blood thinning medications. Green tea extract may also interfere with the absorption and effectiveness of a number of other medications, including certain heart, anti-diarrhea, cold and hay fever medications. Consult your physician for more information.

#### XanthiTrim

##### one Caplique™ Capsule contains

Xanthigen® proprietary blend .....	300 mg
providing:	
brown seaweed ( <i>Undaria pinnatifida</i> , <i>Laminaria japonica</i> )	
(providing 1,275 mcg fucoxanthin (min.)), pomegranate seed oil	
GreenSelect® Phytosome.....	150 mg
providing:	
green tea ( <i>Camellia sinensis</i> ) extract (leaf)	
and soy lecithin phospholipids	
(standardized to contain 13% epigallocatechin gallate (EGCG))	

Contains soy  
other ingredients: medium chain triglycerides

**2 Caplique™ Capsules per day, in divided doses, with meals and 8 oz water.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.