

# LITE PLUS

## COMPOSITION:

Each tablet contains:

Garcinia Cambogia Extract obtained from herb (U.S.P).....500mg

Green Coffee Bean Extract obtained from herb (M.S).....400mg

Product conforms to Natural Origin

## DESCRIPTION:

Lite plus tablet contain Garcinia Cambogia extract and green coffee bean extract. Garcinia Cambogia is a small to medium-sized tree that grows in India and Southeast Asia. An extract from the fruit rind, hydroxycitric acid (HA), also been used for weight loss and to lower cholesterol. Garcinia Cambogia, also known as tamarind, is a small, pumpkin-shaped fruit, and diet supplements made from it are touted for helping people to lose weight. A green coffee extract is an extract of unroasted, green coffee beans. Green Coffee Bean Extract, which is known to regulate fat absorption and also maintain healthy metabolism. Green Coffee Bean Extract is an inexpensive and safer way to help control your weight. Coffee beans are loaded with antioxidants and pharmacologically active compounds. Two of the most important ones are Caffeine and Acid. Green coffee extract has been used as a weight loss supplement and as an ingredient in other weight loss products.

## MECHANISM OF ACTION:

Garcinia Cambogia contains the chemical hydroxycitric acid (HA). Developing research suggests that HA might prevent fat storage, control appetite, and increase exercise endurance. People take Garcinia Cambogia by mouth for weight loss, exercise performance, joint pain, bloody diarrhea, to increase bowel movements, and for treating worms and parasites.

Green coffee beans are coffee beans that have not yet been roasted. These coffee beans contain a higher amount of the chemical chlorogenic acid. This chemical is thought to have health benefits. For high blood pressure it might affect blood vessels so that blood pressure is reduced. The Chlorogenic Acid found in Green Coffee is believed to slow down the release of glucose into the blood stream, particularly after meals, thereby aiding weight loss. It assists in the function of weight loss by increasing the level of body heat that is produced, thus promoting thermogenesis, the natural burning of fat for energy. It is also believed that chlorogenic acid helps to reduce the generation of new fat cells due to its superior anti-oxidant effects.

## INDICATIONS:

Lite Plus tablet is used in Weight loss, Joint pain, treating worms and parasites, emptying the bowel, severe diarrhea (dysentery). Exercise performance. Taking a chemical compound found in Garcinia called hydroxycitric acid (HCA) might increase how long untrained women are able to exercise. However, it does not seem benefit men in the same way. Lite Plus tablet that contains hydroxycitric acid (HA) that decrease fat breakdown or energy expenditure in overweight people it might improve weight loss when taken for 12 weeks. Taking a specific Garcinia product containing 60% HA by mouth in three doses daily 30 to 60 minutes before meals for 8 weeks, together with a healthy diet, seems to improve weight loss more than just diet alone. But other research shows that adding this specific Garcinia product to cereal bars or tomato juice and consuming them before lunch and dinner for 2 weeks does not improve weight loss.

Lite Plus tablet may have the potential to help with weight loss. The high level of antioxidants in



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green coffee bean extract may help the body fight toxins and free radicals. The free-radical theory of aging holds that antioxidants may slow down the process of aging. There have been indications that the chlorogenic acid in green coffee bean extract may help reduce the levels of homocysteine. Decreased levels of homocysteine may reduce the risk of heart problems. Chlorogenic acid may also have some potential to play some role prevent Type 2 diabetes, which is associated with high blood pressure and obesity. The indications of Lite Plus tablet are:

- Helps the body to metabolize sugar and fat
- Suppresses appetite
- Helps to boost metabolism
- Boost energy levels
- Helps maintain healthy bloody sugar levels
- High blood pressure
- To tone and maintain a healthy lean body.
- To prevent accumulation of free radicals that lead to oxidative stress.
- To achieve a healthy body weight, together with a varied diet.
- Joint pain.
- Treating worms and parasites,
- Emptying the bowel.
- Severe diarrhea (dysentery).
- Hypertension: Some research shows that people with mild high blood pressure who take a specific green coffee extract 93mg daily or 185mg daily have reduced blood pressure after 28 days of treatment. Other studies evaluating the effects of a different green coffee extract or a certain component of green coffee found similar results
- Weight loss: Some research shows that taking green coffee extract 80-200 mg daily might cause modest weight loss over a period of 12 weeks

## DOSAGE:

As directed by the doctor.  
One tablet 2 times daily with food.

## CONTRAINDICATION:

Avoid use if there is a known allergy or hypersensitivity.

## PREGNANCY & LACTATION:

There is not enough reliable information about the safety of taking Garcinia if you are pregnant or breast-feeding. Stay on the safe side and avoid use

## SPECIAL WARNINGS:

Green coffee beans extract can be very dangerous for others, suffering from heart diseases, blood flow problems, glaucoma, osteoporosis, anxiety, etc. Coffee is not recommended for pregnant women or breast feeding mothers either as it can harm the child. Green coffee contains caffeine, similar to regular coffee. Therefore, green coffee can cause caffeine-related side effects similar to coffee. Caffeine can cause insomnia, nervousness and restlessness, stomach upset, nausea and vomiting, increased heart and breathing rate, and other side effects. Consuming large amounts of coffee might also cause headache, anxiety agitation, ringing in the ears, and irregular heartbeats.



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If you are sensitive to caffeine, then you should be careful with green coffee bean extract. The Chlorogenic acid may also have a laxative effect and cause diarrhea. Some people have gotten allergic reactions to green coffee beans. If you have known allergies to coffee then definitely avoid it. Green coffee has not been shown to be safe for pregnant or breast feeding women and should not be consumed by children

## PRECAUTIONS:

if you are under any medication, consult your health expert or physician first before using this product.

Pregnant women should strictly avoid this diet regime till their lactation period is over;

Smoking & alcohol consumption during this weight loss program is strictly not allowed.

Overdose of Green Coffee Bean Extract may cause sleeplessness & anxiety among few users.

Pregnancy and breast-feeding: There isn't enough reliable information about the safety of taking green coffee if you are pregnant or breast feeding. Stay on the safe side and avoid use;

Abnormally high levels of homocysteine: Consuming a high dose of Chlorogenic acid for a short duration has caused increased plasma homocysteine levels, which may be associated with conditions such as heart disease

Anxiety disorders: The caffeine in green coffee might make anxiety worse.

Bleeding disorders; There is some concern that the caffeine in green coffee might make bleeding disorders worse.

Diabetes: Some research suggests that caffeine contained in green coffee might change the way people with diabetes process sugar. Caffeine has been reported to cause increases as well as decreases in blood sugar. Use caffeine with caution if you have diabetes and monitor your blood sugar carefully.

Diarrhea: Green coffee contains caffeine. The caffeine in coffee, especially when taken in large amounts, can worsen diarrhea.

Glaucoma: Taking caffeine which is contained in green coffee can increase pressure inside the eye. The increase starts within 30 minutes and lasts for at least 90 minutes.

Heart disease: When taken at high doses over a short time period, a certain component of green coffee may increase the levels of a particular amino acid in the body (known as homocysteine) that is associated with an increased risk of heart disease. Also, other components of green coffee (known as diterpenes) have been associated with increased cholesterol levels, which are also associated with an increased risk of heart disease,

High blood pressure: Taking caffeine found in green coffee might increase blood pressure in people with high blood pressure. However, this effect might be less in people who consume caffeine from coffee or other sources regularly.

High cholesterol; Certain components of unfiltered coffee have been shown to increase cholesterol levels. These components can be found in green coffee as well. However, it is unclear if green coffee can also cause increased cholesterol levels,

Irritable bowel syndrome (IBS): Green coffee contains caffeine, The caffeine in coffee, especially when taken in large amounts, can worsen diarrhea and might worsen symptoms of IBS.

Thinning bones (osteoporosis): Caffeine from green coffee and other sources can increase the amount of calcium that is flushed out in the urine, This might weaken bones. If you have osteoporosis, limit caffeine consumption to less than 300mg per day (approximately 2-3 cups of regular coffee). Taking calcium supplements may help to make up for calcium that is lost.

Postmenopausal women who have an inherited condition that keeps them from processing Vita



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min D normally, should be especially cautious when using caffeine.

## **ADVERSE EFFECTS:**

Garcinia Cambogia is possibly safe for most people when taken by mouth for 12 weeks or less. Longterm safety is unknown Garcinia Cambogia can cause nausea, digestive tract discomfort, and headache

## **INSTRUCTIONS:**

Protect from light, excessive heat and moisture.  
Store in a cool & dry place below 30°C.  
Keep out of reach of children.

## **PRESENTATION:**

Lite Plus tablets are available in a blister pack of 30's



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