

Sweet & Slim

Clinical Studies and Research Super CitriMax® & ChromeMate®

Most nutritional ingredients rely on research conducted on other similar compounds, when in fact small differences in these ingredients may completely alter their safety or efficacy. At InterHealth Nutraceuticals, we don't rely solely on the research of others. InterHealth actively sponsors original, independent university studies on its ingredients to validate safety and efficacy, and to confirm product marketing claims. Our ingredients are among the most widely researched ingredients in the nutraceutical marketplace. Below is our Research Library, which is continuously updated with new studies, so please check back often. For more details on each study, click the title you are interested in.

Natural Appetite Control the amazing beneficial properties of Citrimax have been the subject of twenty years of extensive scientific research reported on over 100 television news programs. Although a relatively recent discovery of the Western world, *Garcinia cambogia* - the key ingredient in Citrimax, has been harvested and used for centuries by the people of India as an aid to making meals more "filling." As part of a complete diet plan, Citrimax may help you control appetite and inhibit the production of unwanted fat. Chromium is a mineral which plays a role in blood sugar metabolism due to its relationship with the hormone insulin. Chromium helps keep blood sugar levels stable, thereby potentially reducing the tendency to snack between meals, as a result of the "crashing" feeling that comes with rising and plunging blood sugar. There is a significant body of research about chromium in the form of polypicolinate and its ability to potentiate the loss of body fat and to increase lean muscle when used as part of an exercise program. Both Citrimax and chromium were named among the "Top Ten Fat Burners" in Total Health Magazine (volume 20,no.4;Oct. 1998).

Citrimax (HCA) Research In a 2002 study published in the International Journal of Obesity Related Metabolic Disorders (2002 Jun;26(6):870-2), the effects of daily administration of HCA on energy intake and satiety in twelve overweight men and twelve women was studied (body mass index 27.5+/-2.0 kg/m²; age 37+/-10 y). This was a six-week randomized placebo-controlled single-blinded cross-over trial. Subjects consumed 100 ml tomato juice (placebo) three times daily for 2 weeks, and separated by a 2 week wash-out period, 100 ml tomato juice with 300 mg HCA. After two weeks, 24 hour energy intake (EI), appetite profile, hedonics, mood and possible change in dietary restraint were assessed in the laboratory restaurant. Prevention of degradation and bioavailability was documented. The results showed 24 hour EI was decreased by 15-30% (P<0.05) with HCA treatment compared to placebo, without changes in the appetite profile, dietary restraint, mood, taste perception and hedonics,

while body weight tended to decrease (P=0.1). The researchers concluded that HCA treatment reduced 24 h EI in humans while satiety was sustained [thereby aiding weight loss].(1)

Research

For over twenty years, InterHealth set the standard for research on nutritional ingredients. We conduct comprehensive independent safety and efficacy studies at leading universities that are published in peer reviewed journals.

Research by Brand

Research is the cornerstone of InterHealth's products. InterHealth's research model starts with a battery of safety studies including establishing a safe an upper limit, eye and dermal irritation and cell reproduction studies. Once safety has been well established, our scientific team of InterHealth and outside leading university researchers conduct a progression of preclinical and clinical studies to build the science that supports possible structure/function and superiority claims. Published peer reviewed studies can be accessed through PubMed at <http://www.ncbi.nlm.nih.gov/sites/entrez/>. Please contact InterHealth for more information.

Super CitriMax®



Super CitriMax® Preclinical Research

(Research Study)

- **Super CitriMax® Shown Safe in Long-Term Reproductive and Teratogenicity Studies (Research Study)**
- **Review: Body of Evidence Supports Superior Efficacy of Super CitriMax® (Research Study)**
- **Super CitriMax® Clinically Studied to Support Weight Management (Research Study)**
- **Super CitriMax® Demonstrates Safety at Levels Used in Clinical Trials (Research Study)**
- **Super CitriMax® Safety Affirmed in Research Review (Research Study)**
- **Super CitriMax® Clinically Studied for Weight Management (Research Study)**
- **Super CitriMax® Demonstrates Long-Term Safety (Research Study)**
- **Super CitriMax® Found to Help Support a Healthy Calorie Intake (Research Study)**

- **SuperCitriMax® Shown to be Bioavailable in Humans (Research Study)**
- **CitriMax® Shown to Support Weight Management in Humans (Research Study)**

ChromeMate®



- **ChromeMate® Two-Generation Safety Study (Research Study)**
- **ChromeMate® Preclinical Research (Research Study)**
- **ChromeMate® Exhibits Long-Term Safety (Research Study)**
- **ChromeMate® Found Safe in a Broad Range of Toxicity Tests (Research Study)**
- **ChromeMate® Maintains Healthy Cholesterol Already Within Normal Range in Male Athletes (Research Study)**
- **ChromeMate® Found to Support Healthy Body Composition (Research Study)**
- **ChromeMate® Found to Maintain Healthy Body Weight (Research Study)**
- **ChromeMate® Supports Healthy Cholesterol Levels Already Within the Normal Range (Research Study)**

ChromeMate and Super Citrimax are registered trademarks of the Interhealth Company. CitriMax Plus ChromeMate contains a unique combination of CitriMax, a high-potency niacin-bound chromium ingredient. CitriMax is derived from the dried pericarp (rind) of Garcinia Cambogia, a native fruit of India popularly used in cooking and preparation of curries.

Together, CitriMax and ChromeMate provide a potent combination of ingredients that have been the focus of numerous studies validating their use.