Appe-Curb™

Combatting Cravings Naturally*

Available in 120 capsules and 240 capsules

Clinical Applications

- Nutritional Support for Carbohydrate, Alcohol, & Drug Cravings*
- Supports Healthy Weight (by reducing carbohydrate cravings)*
- Improve Sense of Well-Being and Energy*
- Supports Healthy Serotonin Levels*

Appe-Curb™ *contains key amino acids to support the biosynthesis of neurotransmitters involved in processes that influence appetite, carbohydrate or fat cravings, and mood. Chromium is present to support healthy glucose metabolism and support food intake regulation.**

Discussion

5-Hydroxytryptophan ("5-HTP") is a naturally occurring amino acid precursor to serotonin. Numerous studies during the '90s, including randomized, double-blind, and placebo-controlled, confirmed the safety and efficacy of 5-HTP in reducing appetite and food intake in obese healthy and non–insulin-dependent diabetic individuals.[1-3] A 2006 study in mice concluded, "5-HTP–induced anorexia may be mediated by facilitation of leptin secretion."[4] Vitamins B6 and C are important cofactors in the 5-HTP to serotonin pathway. Among the several serotonin receptors thus identified, the 5-HT2C receptor is postulated as a controller of food intake. Mice without this receptor exhibit increased food intake and become obese.*[5]

DL-Phenylalanine (DLPA) is a combination of the D and L forms of this essential amino acid. Phenylalanine suppresses appetite by regulating the release of cholecystokinin, which in turn signals satiety in the brain. D-phenylalanine increases endorphins while L-phenylalanine is an amphetamine-like stimulatory compound. DLPA has been found to elevate mood, curb appetite, and reduce pain.*

L-Tyrosine, an essential amino acid, is needed for conversion into the catecholamine neurotransmitters stress depletes, including dopamine, norepinephrine, and epinephrine. It is also a precursor for thyroxine. Doctors use tyrosine as a mood elevator, to increase alertness after sleep deprivation, and as an appetite suppressant, although support for the latter appears anecdotal.*[6]

L-Glutamine, well recognized for gut and immune support, has also been espoused to reduce carbohydrate cravings and support alcohol withdrawal. However, the mechanism of action for these benefits is not known.*[7]

Chromium, as chromium nicotinate glycinate chelate, is widely used to optimize insulin function, thereby preventing swings in blood glucose levels that may be responsible for carbohydrate cravings. The mineral in the present form was demonstrated to reduce carbohydrate cravings in a double-blind, placebo-controlled study.*[8,9]

*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.

Appe-Curb™ Supplement Facts

Serving Size: 4 Capsules

	Amount Per Serving	%Daily Value
Vitamin C (ascorbic acid)	500 mg	556%
Vitamin B6 (as pyridoxine HCl)	37.5 mg	2206%
Chromium (as chromium nicotinate glycinate chelate)[S1]	60 mcg	171%
DL-Phenylalanine	1 g	**
L-Tyrosine	750 mg	**
L-Glutamine	375 mg	**
5-HTP (5-hydroxytryptophan)(from *Griffonia simplicifolia*)(seed)	75 mg	**

** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), stearic acid, magnesium stearate, medium-chain triglyceride oil, and silica.

DIRECTIONS: Take 4 capsules before breakfast and 4 capsules before lunch, or use as directed by your healthcare professional.

Consult your healthcare professional prior to use if you have, or suspect you have, a medical condition or are taking prescription drugs for depression, migraines, Parkinson's disease, or psychiatric disorders. Not for use by children. Do not use if tamper seal is damaged.

CAUTIONS: Do not take if you are, or suspect you are, pregnant or if you are lactating.

STORAGE: Keep closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

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VEGETARIAN CAPS

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All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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