



Product Description

Slimaluma™(Caralluma fimbriata)

Rev.: 13/11/2014

APPLICATIONS

Slimaluma™ is the registered trademark of a Caralluma fimbriata plant extract indicated to control weight, specifically:

- Reduction of calory intake
- Reduction of appetite
- Reduction of intra-abdominal fat

COMPOSITION

SlimalumaTM is standardized in 25% pregnane glycosides, 10% total saponins and 3% bitter principles.

This extract is 98% soluble in water.

El extracto presenta una solubilidad en agua superior al 98%.

DESCRIPTION

Caralluma fimbriata is an edible plant which grows up wildly in India but it is also cultivated as ornamental plant in gardens and markets.

Indian tribes used it to stave off the hunger when they moved from one place to another to hunt and, nowadays, people in humble condition chews some pieces to reduce hunger and increase the resistance to appetite.

In Eastern and Southern India *Caralluma fimbriata* is used as hunger and thirst controller, especially during starvation.

CLINICAL TRIALS

Climnical trial in St. John's Medical Collage de Bangalore (India) - 2003

A double-blind randomized and placebo-controlled study was carried out on 62 people (23 men and 39 women) aged between 25 and 60 years and with an average body mass higher than 25. Participants were divided into two groups: control and placebo, and the trial lasted 60 days.

Treatment was 1g Slimaluma™ daily or the same dosage of placebo. At the end of the trial, appetite levels of people taking part in the control group were reduced to 20% compared to the beginning, presumably determining a fall of 8% in the energy uptake. This caloric deficiency represented a reduction of 187 kcal per day approx. This result led to a weight loss of 2 kg of which 1.5 belonged to fat. (Fig.1)

Anthropometric measures showed a reduction of 3 cm in waist circumference, without any change in leg circumference (fat and muscle). This reduction of 3 cm in waist

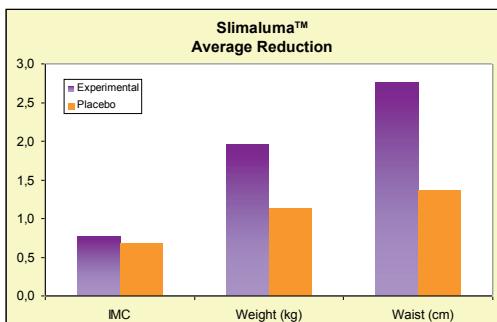


Fig. 1 Average of the reduction in the body mass, weight and waist circumference rate at the end of the study (eight weeks)

circumference was significant compared to the placebo group.

Researchers concluded that Slimaluma™ produced an appetite reduction with a consequent reduction of calories intake that it is positive change in the dietary habits, and also a reduction in waist circumference.

Clinical Trial at the Victoria University, Nutritional Therapy Clinic, Melbourne (Australia) - 2012

Randomized double-blind controlled versus placebo study for 12 weeks, in which 33 people (26 women and 7 men) participated with an age between 29 and 59, an index of body mass above 25.

The treatment was Slimaluma™ 1g daily (divided in 2 doses of 500 mg) or the same dose but with a placebo.

At week 9 the group consuming Slimaluma™ lost 5.7 cm compared with 2.8 cm in the placebo group. At the end of the treatment, the reduction was 6.5 cm in Slimaluma group with respect to 2.6 cm in placebo group.

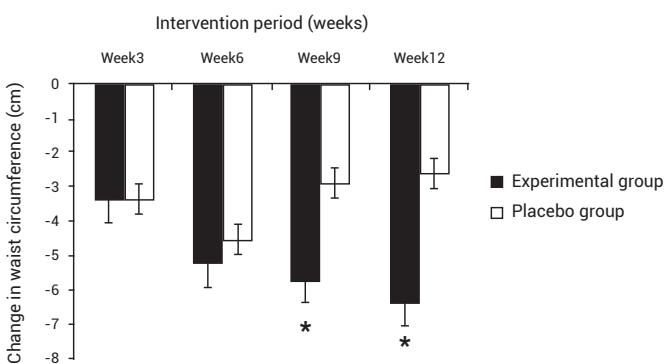


Fig. 2 Average reduction in waist circumference at the end of the study (12 weeks). Black bars correspond to the experimental group which consumed Slimaluma™.

The authors concluded that the intake of before meals Slimaluma™ produced a control daily food consumption, potentiated the effect of exercise in people with metabolic syndrome and led to a reduction in total weight with a significant decrease in abdominal fat perimeter.

MECHANISM OF ACTION

Slimaluma™ has demonstrated *in vitro* to inhibit the proliferation of pre-adipocytes and thus their effect on the hyperplastic obesity.

Slimaluma™ treatment in experimental rat model has shown to reduce leptin levels with the subsequent reduction of weight gain.

SAFETY

In the clinical trials some participants showed mild gastrointestinal disorders such as acidity, swelling, constipation and flatulence after taking the product. These effects were also in the placebo group.

RECOMMENDED DOSES

According to the results obtained with the clinical trials, we recommend from 1 to 1.5 g of Slimaluma™ per day, to be taken two or three times before the main meals.

The treatment should be kept one month at least, but the recommended duration is two months.

References

Rebecca Kuriyana et al. Effect of *Caralluma fimbriata* extract on appetite, food intake and anthropometry in adult Indian men and women. *Appetite* (2006) doi:10.1016/j.appet.2006.09.013

Katie J. Astell et al. A pilot study investigating the effect of *Caralluma fimbriata* extract on the risk factors of metabolic syndrome in overweight and obese subjects: a randomised controlled clinical trial. *Comp. Therapies in Med.*, 21:180-189 (2013).