

# Dieter's Choice for Carb Control

by Terry... Naturally

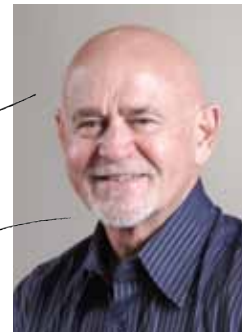
If you're one of the millions of people across the country who are struggling to lose weight, you know what a challenge it can be. Even the most dedicated dieter can be overwhelmed by cravings for high-carbohydrate "comfort foods" that can quickly raise your caloric intake beyond what you're able to work off through exercise. As a pasta lover, I know the problem all too well. That's why I was so excited to discover a revolutionary, all-natural starch blocker that's far more effective than anything else on the market. Dieter's Choice for Carb Control is a highly purified, water-based extract of the white kidney bean *Phaseolus Vulgaris* that inhibits the activity of alpha-amylase, the digestive enzyme that breaks down starches and complex carbohydrates. When Dieter's Choice for Carb Control is taken with a meal, a person can eat carbohydrates. However because the amylase enzyme is blocked, some of the carbohydrates aren't digested and therefore pass through the GI tract—much like fiber—instead of being absorbed and stored as fat.

You may be familiar with other carb-control formulas made from white kidney beans, but Dieter's Choice for Carb Control is truly in a class by itself. When my European partners and I developed Dieter's Choice for Carb Control, we started with the most concentrated *Phaseolus Vulgaris* extract available. In fact, Dieter's Choice for Carb Control is up to 120 times more concentrated than other carb blockers, but that's only part of the story. Dieter's Choice for Carb Control features a special enteric coating that enables it to pass safely through the stomach and into the intestines where starch absorption occurs. Put simply, Dieter's Choice for Carb Control



delivers more starch-blocking power to the region of the digestive tract where it can do the most good, making it far more efficient than anything else. Phaseolamin extracted

To your good health,  
Terry... Naturally



from white kidney bean is nothing new, but we have been working several years with a partner that has purified it so that you will no longer have to use 1,500 mg; just a discrete 2 mg tablet is now sufficient and effective to achieve excellent results. We have now licensed an enteric coating technology combined with the 2 mg dosage to create a new form of carb-blocking activity. Unlike other carb blockers, virtually none of which uses such coating, the Sure-Release enteric coating guarantees the tablet will pass through the digestive tract without being digested, or altered by the low pH of the stomach contents, as is the case with other forms of phaseolamin. According to the patent the Max-Phase phaseolamin is released at the targeted site of the pancreas, inhibiting the release of amylase which is responsible for breaking down carbohydrates, and therefore inhibiting the absorption of up to 75 grams of carbohydrates and 300 calories per meal. On an annualized basis, taking three tablets a day would result in 50 to 90 pounds of weight loss per year. That's a huge advantage, enabling us to pack a tremendous level of starch-blocking potential into a tiny tablet that's easy to swallow.

**More...**

*When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.*

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Dieter's Choice for Carb Control is one of the most effective natural diet aids ever created and one that can help just about anyone lose weight when combined with a sensible diet and exercise program. We have not had anyone experience one negative side effect such as bloating, loose stools, flatulence or any other kind of intestinal discomfort. Try it for yourself, and you'll see.

## Lose up to one pound every 3½ days



The greatest advancements in utilizing the white kidney bean have been in processing and purification—and in seeking the most potent strains.

### BEANS TO BEANS

Alpha-amylase is the digestive enzyme responsible for breaking down carbohydrates. White kidney beans have the profound ability to inhibit this enzyme. Phaseolamine, from white kidney beans, is said to neutralize the enzyme responsible for digesting starches. But it is fragile and does not easily make it through the stomach—and even the way it is processed (called Max-Phase) is critical.

Enteric coating keeps a pill from dissolving in the stomach, letting it pass through to the small intestine before releasing its ingredients. Such an enteric-coated product would make far more sense than packaging phaseolamine in quickly dissolving tablets or pull-apart gelatin capsules.

In this case, the holy grail of carb blockers is alpha-amylase-inhibiting activity. As with enzymes, milligrams don't count; potency is everything.

With so much claimed effectiveness, this makes for smaller easily swallowed tablets of only 2 mgs with meals. Because it's enteric coated, it's going to get into the lower intestines intact. So you don't have to take it before a meal, take it with the meal itself or up to an hour after, but with a meal is preferred. The tablet is timed, so it will release when the carbohydrates are in the lower intestines.

**Look for Dieter's Choice for Carb Control your local health food store:**

*Max-Phase™* Phaseolamin 2 mgs\*\*  
from Purified White Kidney Bean  
(*Phaseolus vulgaris*) Extract 120X

The most popular white kidney bean extracts on the U.S. market today are really not that purified. The recommended dosage is usually quite high—about 1,500 mg before each meal. This is a large dose, and the reason for that is that it takes a lot of initial material to get a significant amount through the digestive tract because phaseolamine is quite fragile and vulnerable to stomach acids. So, in order to get even a small amount through, you have to over-



whelm the system with that large 1,500 mg dose. Carb Control is completely different. Working with my partners in Europe, we came up with an extract so highly concentrated that you need just a few milligrams per meal to equal the 1,500 mg required by other carb blockers. We have shown in experimental studies that as little as 2 mgs of Carb Control has been shown to block up to 75 grams of carbohydrates, or 300 calories. Carb Control has really taken the technology of processing the white kidney bean to a much higher level.

And here's the great green on this product: It's a water-based extract, and absolutely no solvents are used in the processing. The white kidney beans we use in manufacturing are also non-GMO. <sup>TM</sup>