

LeptiCore® — Not Just a Weight-Loss Ingredient



Nancy J. Miller-Ihli, PhD

This scientifically based and clinically tested ingredient can help people achieve their health and weight-loss goals. **By Nancy J. Miller-Ihli, PhD**

Successful weight loss requires that we address inflammation, satiety and metabolic challenges. Leptin is a hormone that plays a key role in regulating energy intake and energy expenditure, including appetite/hunger and metabolism. Overweight individuals have elevated leptin levels yet are resistant to the normal effects of leptin.

LeptiCore — a patent-pending ingredient complex of plant-based polysaccharides, esterified fatty acids, pomegranate extract, beta-carotene, and more — has been clinically shown to reduce leptin levels, as well as systemic inflammation. **The result is enhanced leptin function which means people feel full sooner (improved satiety), their metabolism is more efficient (improved thermogenesis), and they have good blood sugar control, allowing them to achieve and maintain a healthy weight.**

LeptiCore is also formulated with blue-green algae, which contains phenylethylamine (PEA) known to enhance mood by raising serotonin levels. **This is an important element for weight loss**, as improved mood has been shown to help individuals avoid stress-eating.

As a scientist and health professional, I always want to back up my nutritional recommendations with hard facts. **And the studies done on LeptiCore are very exciting.** For example, a recent eight-week study* published in the journal *Lipids in Health and Disease* highlighted LeptiCore's weight management and metabolic wellness benefits. **This study found that taking 600 mg of LeptiCore daily decreased body weight, body fat and waist and hip circumference, lowered leptin and c-reactive protein levels, and improved blood sugar balance, blood lipid profiles and serotonin levels.**

“In this study, participants achieved these great results **WITHOUT** modifying their food choices.”

CLINICAL TRIAL RESULTS — 300 MG LEPTICORE TAKEN 2X PER DAY*

WEIGHT LOSS	↓ 5.4%, 11.6 lbs	BODY FAT LOSS	↓ 2.8%
WAIST CIRCUMFERENCE	↓ 4.4%, 1.8 in	HIP CIRCUMFERENCE	↓ 3.5%, 1.7 in
TOTAL CHOLESTEROL	↓ 18.0%	FASTING BLOOD GLUCOSE	↓ 7.9%
LDL CHOLESTEROL (BAD)	↓ 14.7%	SERUM SEROTONIN	↑ 28.6%
HDL CHOLESTEROL (GOOD)	↑ 13.7%	SERUM LEPTIN LEVELS	↓ 46.9%
PLASMA TRIGLYCERIDES	↓ 7.1%	C-REACTIVE PROTEIN LEVELS	↓ 15.1%

It is excellent that body fat was monitored in the study, because **it showed fat was lost rather than muscle or water.** Also, reducing body fat — particularly in the abdomen, as shown by decreased weight and hip measurements — significantly reduces health risks.

One more thing: **In this study, participants achieved these great results WITHOUT modifying their food choices.** Just imagine what can be achieved when LeptiCore is combined with a healthy, low-glycemic eating program and proper exercise. The results can be outstanding!

Studies like this show that LeptiCore offers great support to individuals who want to lose weight, and improve their body composition and cardiovascular health. In my opinion, **LeptiCore is much more than a weight loss ingredient. It is really a wellness ingredient because it can positively impact so many aspects of health.**

*Source: Kuate et al, The use of LeptiCore in Reducing Fat Gain and Managing Weight Loss in Patients with Metabolic Syndrome, *Lipids in Health and Diseases* (2010) 9:20

Nancy Miller-Ihli, PhD, is a former USDA National Program Leader for Nutrition and is a guest member of the nutraMetrix® clinical faculty. She is the senior author of more than 70 peer-reviewed publications and has authored a white paper on obesity for the White House. Dr. Miller-Ihli is a strong proponent of low-glycemic impact eating as part of a healthy lifestyle and is committed to community-based nutrition education.