

Crave Control

INDICATIONS:

Crave Control combines support for improving body composition and encouraging healthy calorie intake when used as part of a healthy eating program. The amino acid precursors support biosynthesis of neurotransmitters related to emotional well being and food cravings. The targeted herbal ingredients help encourage healthy eating habits and metabolism.

Why Crave Control?

As part of a healthy eating program, **Crave Control** can help support weight management by helping the body with cravings and hunger between meals. The ingredients in **Crave Control** are designed to address the many factors that can influence hunger, including emotional balance, feelings of fullness, and healthy blood sugar levels. **Crave Control** can be used as part of any weight-management program, including the DesBio's **Evolution Weight-Management Program**. **Crave Control** may also be used as daily support for weight and hunger control.

Regulating Calorie Intake

Many people who are trying to achieve a healthy weight find that feelings of hunger and cravings for favorite foods are major issues in achieving weight-loss goals. Relying on willpower alone makes it a struggle to keep caloric intake at an optimum level. The supportive ingredients in **Crave Control** assist in the struggle with between-meal hunger. In addition, the ingredients in **Crave Control** support healthy metabolism of carbohydrates and lipids to support energy production and limit the synthesis of unwanted fat.

Rhodiola Rosea, L-tyrosine, and 5-hydroxytryptophan (5-HTP)

are three nutraceuticals shown to impact mood. Managing emotional health is a critical part of controlling cravings and energy levels. Cravings for foods that increase brain stimulation such as caffeine, sugar, and chocolate are linked to low levels of the neurotransmitter dopamine. The L-tyrosine in **Crave Control** is the amino acid precursor to dopamine which can help reduce these types of cravings. Low levels of serotonin, a brain chemical linked to relaxation, can cause cravings for starches or comfort foods. 5-HTP provides the amino acid precursor to serotonin to encourage healthy levels of this brain chemical.¹ Many patients turn to food during times of stress. Rhodiola rosea is an adaptogenic herb which supports brain function, memory, and focus while encouraging a healthy response to stress.²

Glandulars (pituitary, hypothalamus, thymus, adrenal) help to regenerate the major organs involved in the stress response.

COMPANION PRODUCTS

- **hA²cg Evolution** is a homeopathic formula for the temporary relief of symptoms related to increased appetite, regulation of fat metabolism, headache and fatigue
- **Appetite Control** is a homeopathic formula for the temporary relief of symptoms including constant appetite, increase or insatiable hunger

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	% DV*
Chromium (as chromium nicotinate glycinate chelate)	10 mcg	8%
<i>Garcinia cambogia</i> fruit extract (50% hydroxycitric acid)	500 mg	†
Glucomannan	400 mg	†
White kidney bean extract	200 mg	†
<i>Hoodia gordonii</i> (aerial parts)	100 mg	†
L-Tyrosine	100 mg	†
Green tea leaf extract (98% polyphenols, 75% catechins, and 45% EGCG)	75 mg	†
<i>Griffonia simplicifolia</i> seed extract (95% 5-HTP)	75 mg	†
<i>Rhodiola rosea</i> root extract	75 mg	†

*Percent daily values (DV%) are based on a 2,000 calorie diet

†Percent daily value not established

OTHER INGREDIENTS: Hypromellose, Microcrystalline Cellulose, Magnesium Stearate, and Silica

Suggested Use: As a dietary supplement, take 3 capsules per day between meals or as directed by your healthcare provider. Take this product with at least 8 fluid ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning.

Warnings: Keep out of reach of children. If pregnant or breastfeeding or currently taking medications, consult with healthcare provider before use. Store in a cool, dry place.

Choking: Taking this product without adequate fluid may cause it to swell and block your throat and esophagus and may cause choking. Do not take this product if you have difficulty swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

These statements are based upon traditional homeopathic practices. They have not been reviewed by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Crave Control

Glandulars help to rebuild tissues and balance body chemistry by providing the substrates and materials needed by each specific organ.

Garcinia Cambogia is derived from a tropical fruit native to India and Southeast Asia. Its active ingredient, hydroxycitric acid, has been shown to inhibit the activity of citrate lyase, an enzyme necessary for the production of fatty acids, cholesterol, and triglycerides from carbohydrates.³ Clinical evaluations of garcinia cambogia have demonstrated decreases in food intake as well as total cholesterol, LDL, and triglyceride levels. Simultaneously, garcinia cambogia seems to increase HDL and serotonin levels.⁴

White Kidney Bean contains high concentrations of the alpha-amylase inhibitor phaseolamin, which limits the conversion of dietary-derived starch to glucose. Laboratory research shows that supplementation with white kidney bean extract can promote weight loss and reduction in plasma insulin levels in obese animals.^{5,6} White kidney bean may also increase levels of the intestinal hormone cholecystokinin which produces the sensation of fullness following a meal.⁷

Konjac Root (Glucomannan) is a highly viscous soluble fiber that slows down how quickly the stomach empties after meals, therefore increasing feelings of fullness and satiety. Reviews of konjac root in obese patients have demonstrated significant benefits on reducing calorie intake and overall weight.⁸ Konjac root has been shown to be well tolerated and also provide beneficial effects on lipid and metabolic markers.

Hoodia Gordonii is a flowering plant native to southern Africa which has been traditionally used by the native population as an appetite suppressant. In animal models, supplementation with hoodia gordonii has resulted in significant weight loss.

DESBIO PRODUCT DATASHEET

Chromium is an essential trace mineral that may directly impact insulin sensitivity. Chromium is a component of glucose tolerance factor, a transporter that carries glucose into the cell. Increasing chromium levels may help maintain blood sugar levels within a normal range.

¹ Stahl SM, Mignon L, Meyer JM. Which comes first: atypical antipsychotic treatment or cardiometabolic risk? *Acta Psychiatr Scand.* 2009 Mar;119(3):171-9.

² Beranger GE, Pisani DF, Castel J, Djedaini M, Battaglia S, Amiaud J, Boukhechba F, Ailhaud G, Michiels JF, Heymann D, Luquet S, Amri EZ. Oxytocin reverses ovariectomy-induced osteopenia and body fat gain. *Endocrinology.* 2014 Apr;155(4):1340-52.

³ Volkow ND, Fowler JS, Wang GJ, Baler R, Telang F. Imaging dopamine's role in drug abuse and addiction. *Neuropharmacology.* 2009;56 Suppl 1:3-8.

⁴ Olsson EM, von Schéele B, Panossian AG. A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract shr-5 of the roots of *Rhodiola rosea* in the treatment of subjects with stress-related fatigue. *Planta Med.* 2009 Feb;75(2):105-12.

⁵ Preuss HG, Rao CV, Garis R, Bramble JD, Ohia SE, Bagchi M, Bagchi D. An overview of the safety and efficacy of a novel, natural(-)-hydroxycitric acid extract (HCA-SX) for weight management. *J Med.* 2004;35(1-6):33-48.

⁶ Márquez F, Babio N, Bulló M, Salas-Salvadó J. Evaluation of the safety and efficacy of hydroxycitric acid or *Garcinia cambogia* extracts in humans. *Crit Rev Food Sci Nutr.* 2012;52(7):585-94.

⁷ Rachon D, Vortherms T, Seidlová-Wuttke D, Wuttke W. Effects of dietary equol on body weight gain, intra-abdominal fat accumulation, plasma lipids, and glucose tolerance in ovariectomized Sprague-Dawley rats. *Menopause.* 2007 Sep-Oct;14(5):925-32.

⁸ Ely DL. Organization of cardiovascular and neurohumoral responses to stress. Implications for health and disease. *Ann N Y Acad Sci.* 1995 Dec 29;771:594-608.



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