

# phase 2™ carb controller

also sold under the brand name StarchLite®

## a proven solution for carb control

### description

Phase 2™ is a proprietary, natural ingredient derived from the white kidney bean. Phase 2™ is not a stimulant; it works by reducing the enzymatic digestion of dietary starches. Phase 2™ has been clinically shown to reduce the digestion and absorption of dietary starches by up to 66%.<sup>1</sup>

### benefits

Phase 2™ has been extensively studied; more than 14 clinical studies have been conducted in the past 15 years. Phase 2™ is a market leader, and has been used successfully in multiple products worldwide.

Phase 2™ white kidney bean extract has been reviewed by U.S. FDA to permit structure/function claims:

- "may reduce enzymatic digestion of dietary starch"
- "may assist in weight control when used with diet and exercise"

Additionally, Phase 2™ has a license from the Natural Health Products Directorate of Canada, in which the following uses are authorized:

- "at 6 capsules (3000 mg) per day: Assists in weight management when used with a program of reduced intake of dietary calories and increased physical activity."
- "at 4–6 capsules (2,000–3,000 mg) per day: Provides support for healthy glucose metabolism following a carbohydrate rich meal."

Phase 2™ has also been shown to have efficacy for pets. 88% of dogs in a multi-clinic study lost weight.<sup>2</sup>

<sup>1</sup>Vinson JA, Kharrot HA, Shuta D. Investigation of an amylase inhibitor on human glucose absorption after starch consumption. *The Open Nutraceuticals Journal*, 2009;2:88-91.

<sup>2</sup>Rosenblatt S, Willauer C, Timmel A, Ota B. Use of commercial starch blockers in canine weight loss. *Journal of the American Holistic Veterinary Medical Association*, 2004;23(2):43-46.

These statements have not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



### advantages

- supports weight management
- structure/function claims support
- solvent-free
- self-affirmed GRAS status
- made from U.S.-grown white kidney beans
- non-GMO

### recommended dosage

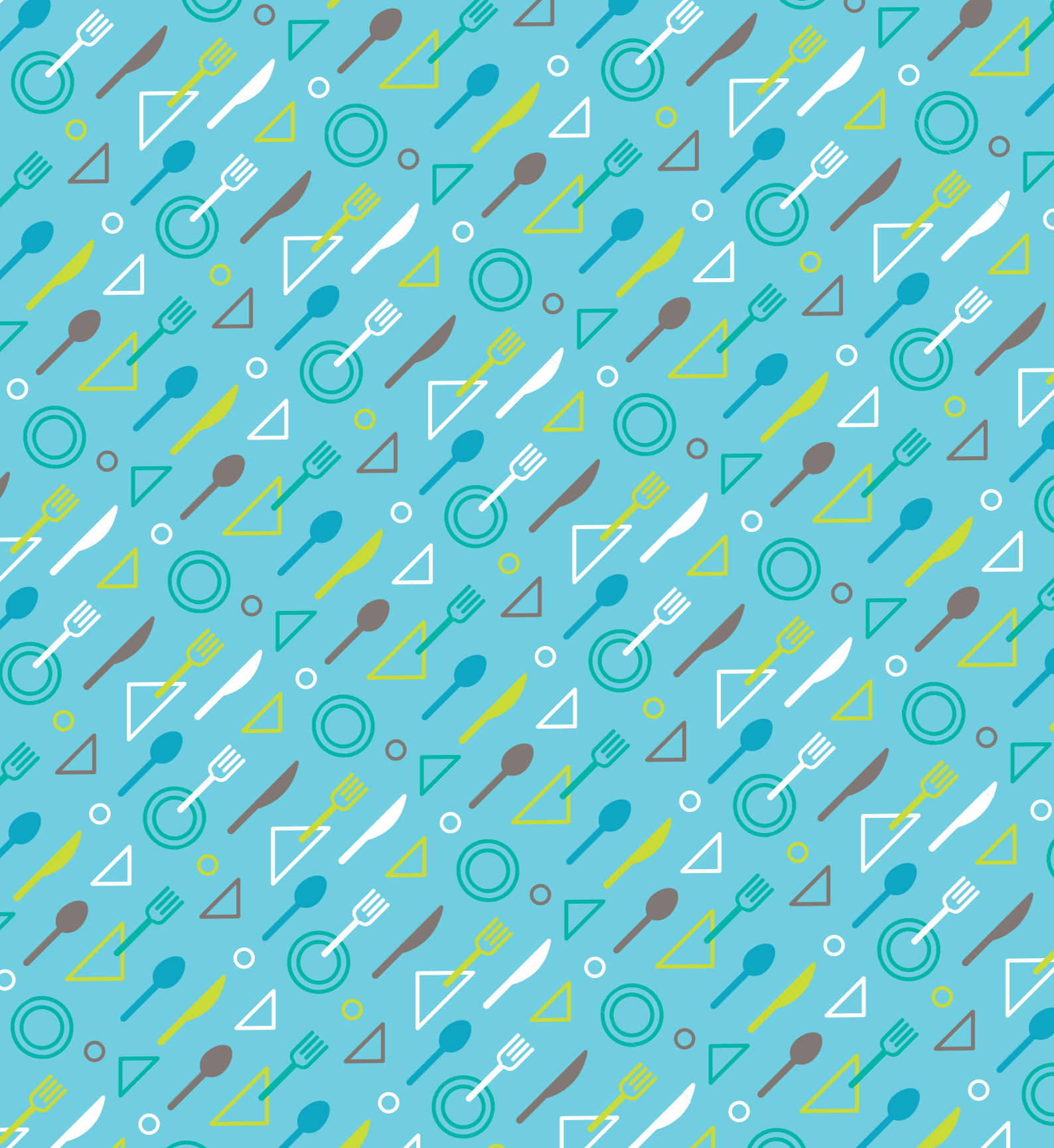
500–1500 mg per starchy meal. The amount required to inhibit alpha amylase enzyme from breaking down starches will vary based on amount of carbohydrate ingested.

### product safety

Phase 2™ is a natural extract with a good safety profile.

### product form

Phase 2™ is sold as a powder and can be used in a variety of end formats.



#### REGIONAL CENTERS

##### North America —

Wilmington, DE USA  
Tel: +1 877 546 2782

**Europe** — Switzerland  
Tel: +41 52 560 55 00

**India** — Maharashtra  
Tel: +91 22 61489696

**Asia Pacific** —  
Singapore  
Tel: +65 6775 5366

**Middle East, Africa** —  
Dubai, U.A.E.  
Tel: +971 4 3818515

**Latin America** — Mexico  
Tel: +52 55 52 76 6121

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