

# Eat Less 90 Capsules

<b>Chromium</b> <b>(Chromium Polynicotinate,</b> <b>ChromeMate™)</b>	Helps prevent and lower high blood pressure. Helps prevent sugar cravings and sudden drops of energy. Helps in carbohydrate utilization. Involved in metabolism of glucose and synthesis of fatty acids and cholesterol. Helps bring protein to where it is needed.
<b>Magnesium</b>	Helps build bones, conduct nerve impulses and contract muscles. It increases enzymatic activity essential for the production of energy.
<b><u>Proprietary Blend</u></b>	
<b>Garcinia Cambogia</b>	Helps suppress one's appetite.
<b>Psyllium Husk</b>	Colon broom (scrubs colon) pulls putrefactive toxins from the side of the intestines and colon.
<b>Guar Gum</b>	A feeling of fullness, fiber source, colon scrub and pulls toxins from the side of the intestines and colon.
<b>Hibiscus Flower</b>	Generates energy that helps the body heal.
<b>Cascara Sagrada</b>	Helps with constipation, gall bladder, and stones.
<b>Citrus Pectin</b>	Helps to ease bowel movement.
<b>Licorice Root</b>	Adjusts blood sugar, quick energy.
<b>Papaya Fruit</b>	A depressant for the central nervous system, normalizes the colon.
<b>Black Walnut Bark</b>	Parasite cleanser, skin rashes, herpes, lupus.
<b>Burdock Root</b>	Powerful blood purifier. Helps the liver break down excess hormones. Decreases inflammation. Helps to clear persistent acne.
<b>Red Raspberry Leaves</b>	Good for females as it strengthens the uterine wall during pregnancy. Eases menstrual cramps, and regulates the flow during menstruation.
<b>Oat Bran</b>	Well known fiber source. Supports vascular and intestinal health.
<b>Gucomannan</b>	Is a soluble fiber. It may also have activity in the control of serum glucose and lipid levels.

**Reference: The Ultimate healing System, The How to Herb Book and Vitamin Bible**

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