

FACT SHEET

GlyStrictin®

Bread. Pasta. Dessert. These carb rich foods are some of our favorites, and the first we cut when trying to lose weight. The Dietary Guidelines for Americans recommends that carbs make up 45-65% of your total daily calories, and most of us don't have a problem meeting or even exceeding that guideline! Reducing your favorite food group can be difficult and downright frustrating. GlyStrictin can help, in short, by preventing your body from absorbing all the calories in a carb rich meal. GlyStrictin's functional compound helps normalize post-meal hormonal and metabolic responses and suppresses ghrelin secretion, with an associated increase in feelings of satiety and a reduced desire to eat. Over time, the compound has been shown to reduce food intake and decrease not only body weight, but also lead to a dramatic loss of fat mass. The key GlyStrictin compound targets the support of various key metabolic factors. When combined with a balanced diet, GlyStrictin is formulated to help reduce risk factors associated with excess fat by promoting weight loss.*



GLYSTRICTIN® IS FORMULATED TO

- Reduce the body's glycemic response to food*
- Normalize post-meal hormonal and metabolic responses*
- Suppress ghrelin secretion and increase feelings of satiety, resulting in a reduced desire to eat*

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Use in conjunction with any sensible diet and exercise program. Individual results will vary



Science... Beyond Testimonials®

GlyStrictin®

In a recent, randomized, double-blind, placebo-controlled, cross-over study, the effects of the GlyStrictin functional compound supplementation on glycometabolic and appetite control was evaluated. The study included twelve volunteers, 20-26 years of age, of normal weight. On two different days, the volunteers, who had fasted for at least 12 hours, received a mixed standardized meal (60% carbohydrates, 25% lipids and 15% protein) that satisfied 40% of an individual's total energy requirements, with a supplement of the functional compound in GlyStrictin or placebo ingested immediately before the meal. The experiment days were separated by a washout period of 7 days. The two main objectives of the study were 1) to evaluate the effects of the supplement on glucose postprandial response, measuring glucose, insulin and C-peptide concentrations, and 2) to evaluate the effects of the supplement on appetite control by assessing plasma ghrelin and satiety sensation ratings using visual analogue scale. Plasma glucose, insulin, C-peptide, ghrelin and satiety sensation ratings were assessed at baseline and for 3 hours after meal consumption.

THE STUDY RESULTS

Results showed that supplement consumption led to lower increments in glucose ($p=0.04$ at 30 minutes), insulin ($p=0.04$ between 45 and 120 minutes) and C-peptide ($p=0.04$ between 30 and 90 minutes) when compared to placebo. In the first 2 hours, ghrelin decreased similarly in both the test group and the placebo group but did not rebound thereafter in the test group as it did in the placebo group ($p=0.04$). The supplement reduced the desire to eat compared to the placebo ($p=0.02$) over the 3 hours.

According to these results, supplementation of the key GlyStrictin compound reduces postprandial glucose, insulin and C-peptide excursions, suppresses ghrelin secretion and affects satiety sensations, inducing a reduced desire to eat. These standard metabolic parameters were used in the study because they measure a healthy body's normal glycemic response to food.*

ADDITIONAL RESEARCH

Another randomized, double-blinded, placebo-controlled study was conducted on 60 pre-selected, slightly overweight volunteers to evaluate the effects of the key GlyStrictin compound on body composition. The study was carried out for 30 days, where each subject took either the GlyStrictin functional compound or a placebo before a main meal rich in complex carbohydrates. The participants followed a nutritionist-recommended diet that provided approximately 2000-2200 calories during the study, and they reported to the study center after 10, 20 and 30 days. At each visit, body weight, fat and non-fat mass, skin fold thickness, and waist, hip, and thigh circumferences were all measured.

The results were highly significant with regard to reductions in body weight (-2.93 ± 1.16 kg vs -0.35 ± 0.38 kg; $p<0.001$), fat mass (-2.4 ± 0.67 kg vs -0.16 ± 0.33 kg; $p<0.001$), and adipose tissue thickness (-4.2 ± 6.51 mm vs -0.66 ± 2.81 mm; $p<0.001$) in the supplement group when compared to the placebo after 30 days. The difference in mean lean body mass loss was also significant (-0.53 ± 0.45 kg vs -0.19 ± 0.17 kg; $p<0.05$). The results indicated that the major weight changes were brought about by fat loss rather than non-fat mass loss.*

Supplement Facts

Serving Size: 1 Capsule | Servings Per Container: 30

	Amount Per Serving	% Daily Value††
Vitamin B3 (as Niacinamide)	56 mg	280%
Calcium (as Dicalcium Phosphate)	36 mg	4%
Chromium (as Chromium Picolinate)	50 mcg	42%
Proprietary Blend	145.5 mg	
White Kidney (bean) Extract		†
Cacao (seed) Extract		†
Milk Thistle (seed) Extract		†
Astragalus (root) Powder		†
Cinnamon (bark) Extract		†
Gymnema (leaf) Extract		†
Sage (root) Extract		†
Chlorella Algae Powder		†
Shali (seed) Powder		†
Klamath Blue Green (algae) Powder		†
Cayenne (fruit) Powder		†
Velvet Bean (seed) Extract		†
Lemon Balm (stem/leaf) Extract		†
Passionflower (flower) Powder		†
Magnolia (bark) Powder		†
Schizonepeta (herb) Powder		†
Chinese Skullcap (root) Extract		†
Ginseng (root) Extract		†
Hoelen (sclerotium) Powder		†
Jujube (fruit) Extract		†

†† Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

DIRECTIONS FOR USE: Adults take 1 capsule just before each meal. **Do not exceed 3 capsules in a 24-hour period.** Use in conjunction with the simple GlyStrictin® Body Shaping Plan available at www.limitlessworldwidellc.com. Individual results will vary.

WARNING: Do not exceed suggested daily serving. Not for use by individuals under the age of 18 years. Consult your physician before use if you are pregnant or nursing, taking medication, or have a medical condition. **Use only as directed. Keep out of reach of children.**

If you or your health-care provider have any questions, please call: 1-800-429-4290.

Manufactured for
Limitless Worldwide, LLC
Salt Lake City, Utah 84110

Manufactured in the USA.

For additional information on this or other Limitless products, please call our product support department at: 1-800-429-4290.

Product resale allowed only through authorized representatives. International distribution is not authorized without prior written approval.

Store at controlled room temperature: 15° to 30°C / 59° to 86°F

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

Other Ingredients: Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide, Turmeric (for color)