

# phase 2™ carb controller

## a proven solution for carb control

### description

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

### benefits

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

Phase 2™ carb controller white kidney bean extract has been reviewed by U.S. Food and Drug Administration to permit the following structure/function claims:

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

Additionally, in its monograph for white kidney bean extract, Natural Health Products Directorate, Canada permits the following claim for weight management:

- at 3000 mg per day, standardized to 3000 AAIU per gram: assists in weight management when taken before meals

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

<sup>1</sup>Vinson JA, Kharat 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.



### advantages

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

### 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™ carb controller is a natural extract with a good safety profile.

### product form

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

\* 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.

