



Gamboginal

Product Information Sheet

Gamboginal™ “Weight loss extract” is weight loss made simple. It contains **Phytotherapeutic** Extracts of *Garcinia gamboia*, *Camilla sinensis*, *Coleus forskohlii*, *Berberus vulgaris*, *Curcuma longa*, *Zingiber officinale*, and *Cinimonium vera*. **Gamboginal™** is a synergistic blend of seven potent phytotherapeutic extracts known for their appetite-suppressing properties. Formulated to support weight management by reducing hunger sensations. **Gamboginal™** harnesses the power of nature to support your weight management journey, making weight loss simple and effective.

Key Benefits

Appetite Suppression: *Helps reduce cravings and the feeling of needing to eat.*

Metabolic Support: *Ingredients that may boost metabolism and enhance fat oxidation.*

Natural Ingredients: *Made with high-quality herbal extracts.*

Balanced Wellness: *Supports overall health as part of a healthy lifestyle.*

Why Choose Gamboginal™?

- **Natural Formula:** Combines traditional herbal wisdom with modern science.
- **Quality Assured:** Produced in facilities that follow strict quality standards.
- **Easy to Use:** Integrates seamlessly into your daily routine.

Gamboginal contains:

1. *Garcinia cambogia* A tropical fruit containing hydroxycitric acid (HCA), which may inhibit fat-producing enzymes and increase serotonin levels to suppress appetite.

2. *Camellia sinensis* Rich in catechins and caffeine, green tea may boost metabolism and enhance fat oxidation.

3. *Coleus forskohlii* (Forskolin) Forskolin may stimulate the release of stored fat and promote lean body mass.

4. *Berberis vulgaris* Contains berberine, an alkaloid that may help regulate metabolism and improve insulin sensitivity.

5. *Curcuma longa* (Turmeric) Curcumin, the active component, has anti-inflammatory properties and may inhibit fat tissue growth. The curcumin in turmeric has antioxidant, antiseptic, antifungal and anti-inflammatory properties. Turmeric has often been used to treat and even prevent arthritis and other incidences of chronic inflammation.

6. *Zingiber officinale* (Ginger) Ginger may enhance thermogenesis and reduce appetite, aiding in weight management. It contains gingerol and other anti-inflammatory compounds like shogaol, paradol and zingerone.

7. *Cinnamomum verum* (Cinnamon) Cinnamon may help stabilize blood sugar levels, reducing cravings and appetite. It Contains antioxidants, including polyphenols, phenolic acid and flavonoids.

Start Your Journey Today Embrace a simpler path to weight management with **Gamboginal™**. Unlock the potential of nature's most effective appetite-suppressing herbs and take a confident step toward your wellness goals.



Effects of *Garcinia cambogia* (Hydroxycitric Acid) on Visceral Fat Accumulation: A Double-Blind, Randomized, Placebo-Controlled Trial

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ABSTRACT

Background: (-)-Hydroxycitric acid (HCA) is an active ingredient extracted from the rind of the Indian fruit *Garcinia cambogia*. It inhibits adenosine triphosphate citrate lyase and has been used in the treatment of obesity.

Objective: The primary end point of this study was the effects of 12 weeks of *G cambogia* extract administration on visceral fat accumulation. The secondary end points were body indices (including height, body weight, body mass index [BMI], waist and hip circumference, and waist-hip ratio) and laboratory values (including total cholesterol, triacylglycerol, and free fatty acid).

Methods: This study was performed according to a double-blind, randomized, placebo-controlled, parallel-group design. Subjects aged 20 to 65 years with a visceral fat area >90 cm² were enrolled. Subjects were randomly assigned to receive treatment for 12 weeks with *G cambogia* (containing 1000 mg of HCA per day) or placebo. At the end of the treatment period, both groups were administered placebo for 4 weeks to assess any rebound effect. Each subject underwent a computed tomography scan at the umbilical level at -2, 0, 12, and 16 weeks.

Results: Forty-four subjects were randomized at baseline, and 39 completed the study (*G cambogia* group, n = 18; placebo group, n = 21). At 16 weeks, the *G cambogia* group had significantly reduced visceral, subcutaneous, and total fat areas compared with the placebo group (all indices $P < 0.001$). No severe adverse effect was observed at any time in the test period. There were no



Body Composition and Hormonal Adaptations Associated with Forskolin Consumption in Overweight and Obese Men

Michael P. Godard, Brad A. Johnson, and Scott R. Richmond

Abstract

GODARD, MICHAEL P., BRAD A. JOHNSON, AND SCOTT R. RICHMOND. Body composition and hormonal adaptations associated with forskolin consumption in overweight and obese men. *Obes Res.* 2005;13:1335–1343.

Objective: This study examined the effect of forskolin on body composition, testosterone, metabolic rate, and blood pressure in overweight and obese ($\text{BMI} \geq 26 \text{ kg/m}^2$) men.

Research Methods and Procedure: Thirty subjects (forskolin, $n = 15$; placebo, $n = 15$) were studied in a randomized, double-blind, placebo-controlled study for 12 weeks.

Results: Forskolin was shown to elicit favorable changes in body composition by significantly decreasing body fat percentage (BF%) and fat mass (FM) as determined by DXA compared with the placebo group ($p \leq 0.05$). Additionally, forskolin administration resulted in a change in bone mass for the 12-week trial compared with the placebo group ($p \leq 0.05$). There was a trend toward a significant increase for lean body mass in the forskolin group compared with the placebo group ($p = 0.097$). Serum free testosterone levels were significantly increased in the forskolin group compared with the placebo group ($p \leq 0.05$). The actual change in serum total testosterone concentration was not significantly different among groups, but it increased $16.77 \pm 33.77\%$ in the forskolin group compared with a decrease of $1.08 \pm 18.35\%$ in the placebo group.

Discussion: Oral ingestion of forskolin (250 mg of 10% forskolin extract twice a day) for a 12-week period was

shown to favorably alter body composition while concurrently increasing bone mass and serum free testosterone levels in overweight and obese men. The results indicate that forskolin is a possible therapeutic agent for the management and treatment of obesity.

Key words: testosterone, DXA, fat mass, lean body mass

Introduction

Obesity results from consuming more energy than is expended or from placing the body in a positive energy balance (1). Causes of obesity are extremely complex and multifaceted; different influences include genetic and environmental elements. Increasingly, obesity is becoming highly resistant to treatment in most individuals because of this myriad of contributing factors. While this concept of energy balance to maintain weight is easy to understand and correct in theory, the application of this in an uncontrolled environment for most individuals, especially those who are already obese, is extremely difficult, if not impossible. Also, because of advances in technology, physical activity of any kind, if not during leisure time, is almost nonexistent. Poor or no adherence to proper diet and decreased physical activity levels can be expected, especially in chronically sedentary individuals. Because of this, some form of pharmacological or supplemental treatment to aid in weight loss and/or positively alter body composition is desperately needed.

Men with hypogonadism have alterations in body composition, including increases in percentage body fat, changes in adipose tissue distribution, and reduction in muscle mass (2,3). Additionally, BMI, fat mass, waist circumference, and insulin resistance are all negatively correlated with sexual hormone levels in both men and women (2).

A potential supplemental aid for obesity and the aforementioned hormonal deficiencies is a compound containing the herbal extract forskolin. Forskolin is an extract from the

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