



Dr. Mehrdad Cheshmi
Medical Advisor of Bonyan Salamat Kasra Co.



Benefits of Dietary Supplements in Nutrition

Green Coffee bean advantage

- ☐ Strong antioxidant properties that reduce free radicals induced oxidative stress
- ☐ Reduction in the absorption of glucose in the intestine
- ☐ Inhibiting the enzymatic activity of hepatic glucose-6-phosphatase (involved in the homeostasis of glucose)
- ☐ Suppressing the accumulation of hepatic triglycerides
- ☐ Alteration of plasma adipokine level and body fat distribution

Ref:

Health Canada: www.hc-sc.gc.ca

PDR for Herbal Medicine. Fourth Edition. 2008. P.202-204.

Natural Medicine Comprehensive Database 2013 edition 13th



Randomized, double-blind, placebo-controlled, linear dose, crossover study to evaluate the efficacy and safety of a green coffee bean extract in overweight subjects

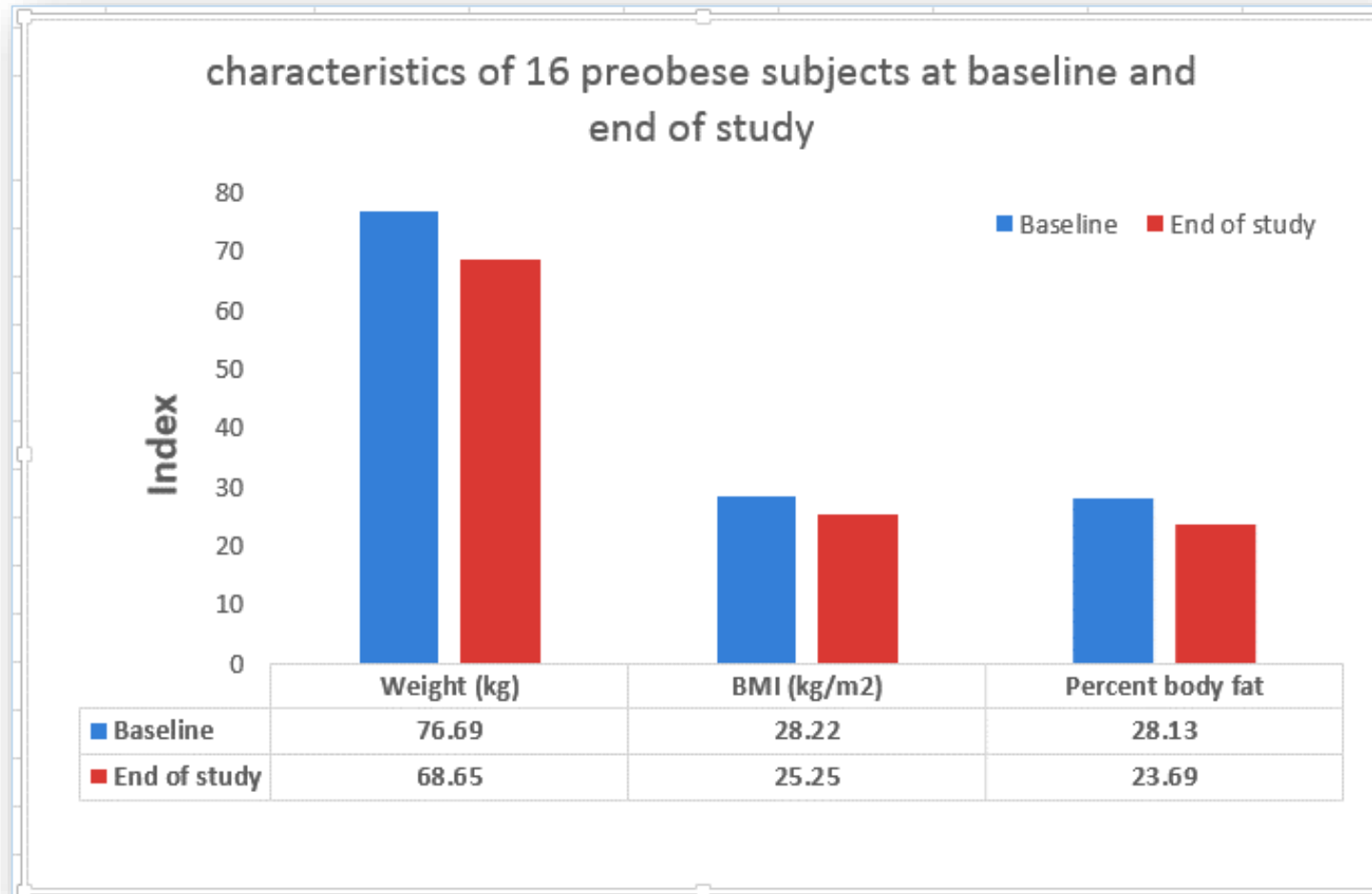
This article was published in the following Dove Press journal:
Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy
17 January 2012
[Number of times this article has been viewed](#)

**350 mg
GCA/ three times daily**

**16 Adults
Mean Age= 33.19
F/M=50%/50%
with overweight
22 week**

**Significant reductions were
observed in body weight,
body mass index (BMI), and
percent body fat.**

Clinical studies



GREEN COFFEE^{BSK}®

400mg green coffee bean extract

50% Chlorogenic Acid

Tablets (1-2 tablet daily- Half an hour before a meal)



- Weight loss
- Antioxidant
- Cardiovascular health
- Blood pressure reduction



Garcinia Cambogia extract advantage

- Effective role in weight loss
- Beneficial effects in body fat reduction
- Hydroxycitric Acid (HCA) which acts as a **natural appetite suppressant**
- Without any cerebral complications
- Enhancing the ability of the liver and muscles to store glycogen
- Prevents the conversion of excessive energy into fat by inhibiting enzymes which convert carbohydrate into fat

Ref:

Natural Medicine Comprehensive Database. 2013, edition 13th.

Health Canada: www.hc-sc.gc.ca, Monograph of GARCINIA GUMMI-GUTTA.

Pizzomo. J.E., Murray M. T., 2013. TEXTBOOK OF NATURAL MEDICINE. 4th Edition.

Marderosian A.D., Beutler J.A., 2012. The Review of Natural Products: the most complete source of natural product information. 7th Edition.

USP 39-NF 34, 2016



RESEARCH ARTICLE

Open Access



Long-term effects of *Garcinia cambogia*/ Glucomannan on weight loss in people with obesity, PLIN4, FTO and Trp64Arg polymorphisms

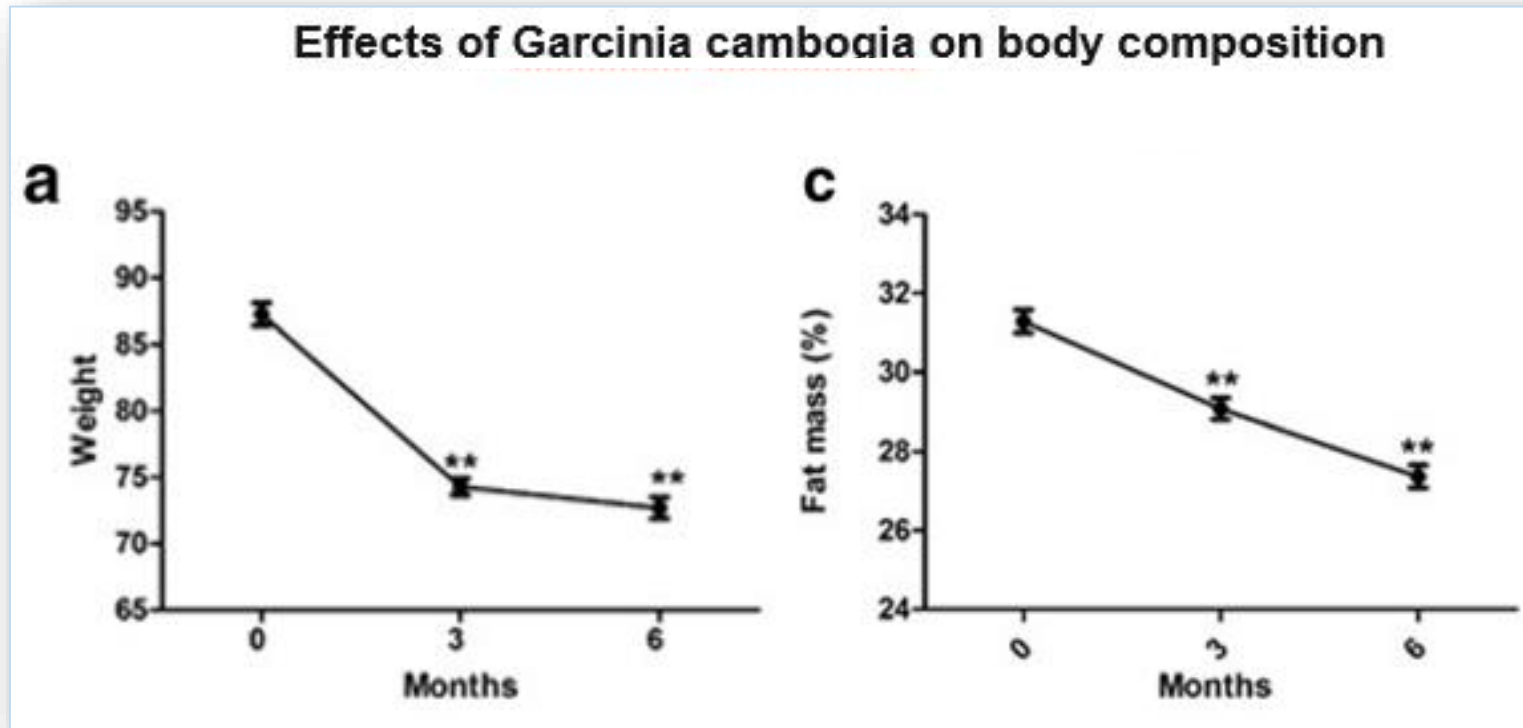
Andrea Maia-Landim¹, Juan M. Ramírez¹, Carolina Lancho², María S. Poblador¹ and José L. Lancho^{1*}

500 mg
(52.4% HCA)
GC/ twice a day

214 adults with overweight or
obesity
Older than 18 years old
3-6 Month

Reduce weight and
improve lipid and
glucose blood profiles

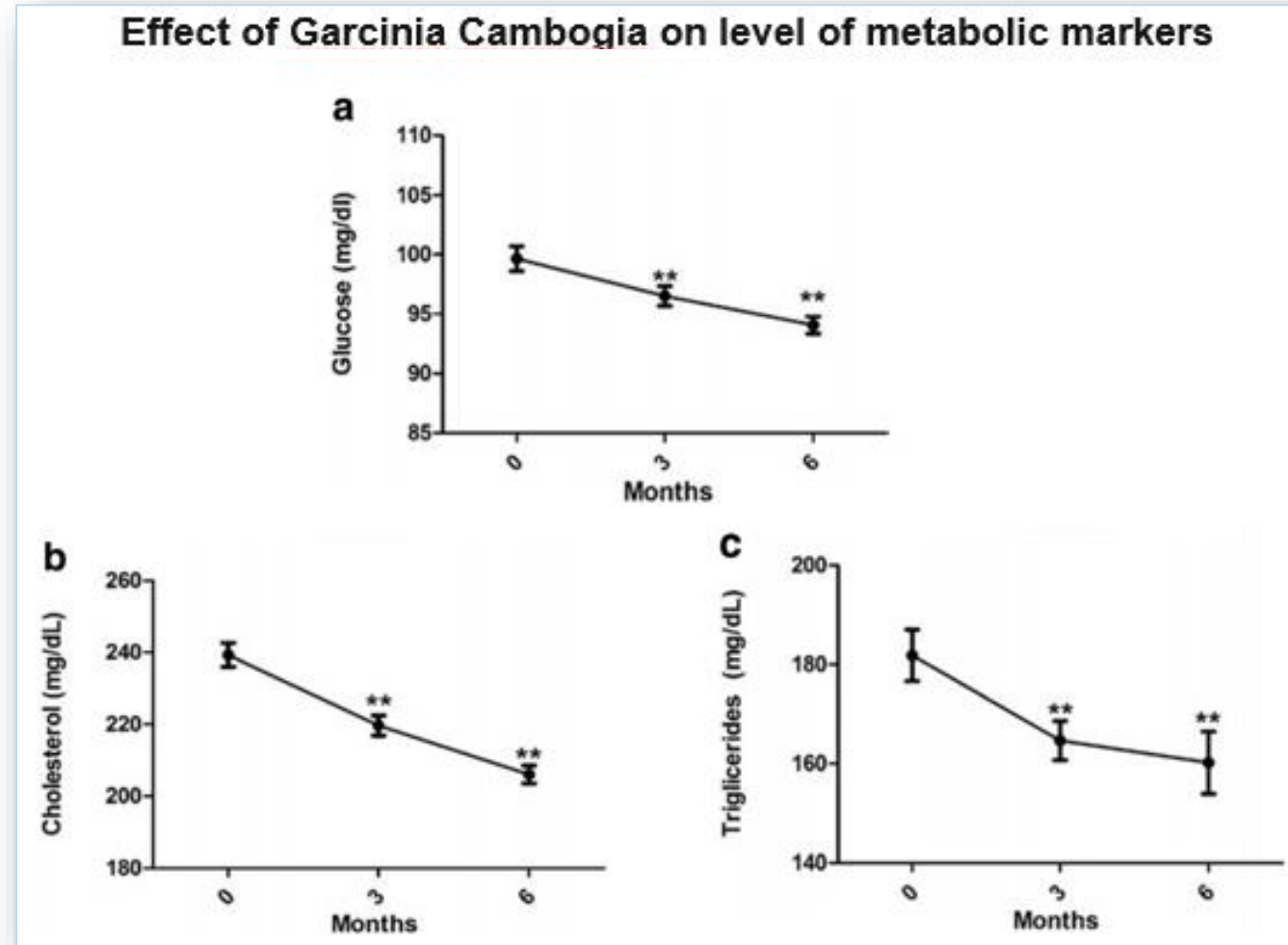
Clinical studies



- Result show decreases Weight and Fat mass

Clinical studies

- Result show decreases
Glucose, Cholesterol and
Triglycerides



GARCINIA CAMBOGIA^{BSK®}

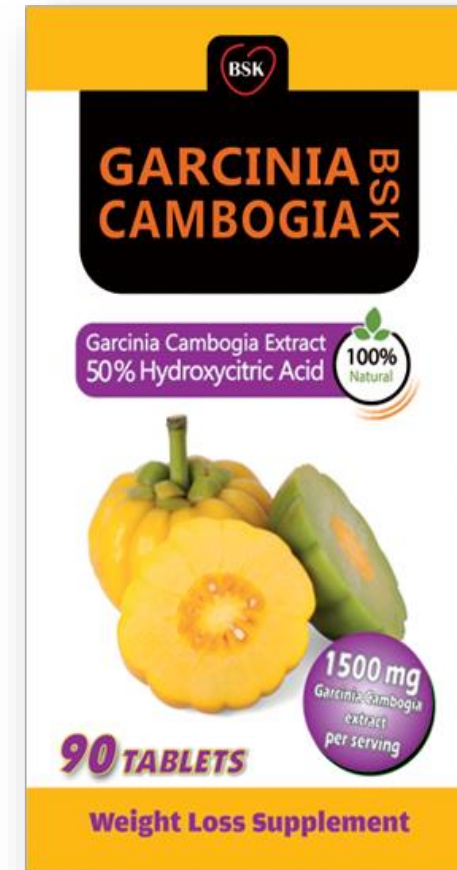
500mg garcinia cambogia powder

50% Hydroxycitric Acid (HCA)

Tabletes (1-2 tablet daily- One hour before each meal)



- Enhance weight loss
- Reduce body fat



Effect of Probiotic on digestion

Probiotics

Live microorganisms which when administered in adequate amounts confer a health benefit on the host. (WHO)

Dysbiosis

The condition of having imbalances in the microbial communities either in or on the body.

Ref:

WHO

Faujdar SS, Mehrishi P, Bishnoi S, Sharma A. Role of probiotics in human health and disease: an update. International Journal of Current Microbiology and Applied Sciences. 2016;5(3):328-44.

World Gastroenterology Organisation Global Guidelines. February 2017

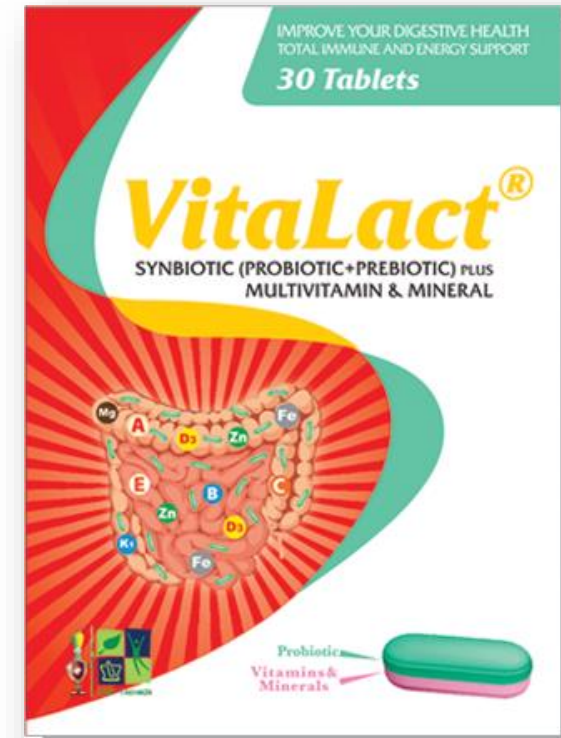
Degnan FH. The US Food and Drug Administration and probiotics: regulatory categorization. Clinical infectious diseases. 2008 Feb 1;46(Supplement_2):S133-6.



VitaLact®

Multivitamin & Mineral + Synbiotic (Probiotic + Prebiotic)

Supplement Facts		
Serving size: 1 Tablet		Serving per container: 30
	Amount per serving	Recommended RDI*
Vitamin A	3860 IU	3000 IU
Vitamin B1	1.26 mg	1.2 mg
Vitamin B2	1.54 mg	1.3 mg
Vitamin B3	16.8 mg	16 mg
Vitamin B6	1.7 mg	1.7 mg
Vitamin B12	3.25 mcg	2.4 mcg
Vitamin C	88 mg	90 mg
Vitamin D3	800 IU	800 IU
Vitamin K1	0.1 mg	0.12 mg
Vitamin E	16 IU	22.5 IU
Folic Acid	250 mcg	240 mcg
Iron	18 mg	18 mg
Magnesium	100 mg	420 mg
Zinc	10 mg	11 mg
Probiotic Blend (<i>L. gasseri</i> , <i>B. bifidum</i> , <i>B. longum</i>)	10 ⁹ CFU	**



Bilayer Technology



✓ Better absorption Vitamins and Minerals