



Do you want to lose weight, feel better, and experience increased energy?

You can achieve this through Lifeshapes LIFeshape program!

The LIFeshape Program has been designed to offer four great Lifeshapes products that work better together to compliment a healthy diet and exercise to help you lose weight, feel better and more energized.

This is achieved through:

- Detoxifying and cleansing your body
- Burning fat for energy
- Suppressing your appetite
- Enjoying the benefits of high fibre
- Coordinating the LIFeshape Program to fit within your busy schedule and to compliment your healthy meal plan and exercise program

Thermogenics

Q: What makes LIFeshape Thermogenics unique?

There are 3 key ingredients in Thermogenics: **African Mango Seed Extract, Green Tea Extract, and Chromium.** The African Mango Seed Extract is the most recent weight loss herb, which helps with weight loss and the management of glucose and cholesterol levels. Green Tea Extract significantly increases metabolism and fat oxidation, and Chromium is a mineral that helps you metabolize fat and glucose.

Q: What is African Mango Seed (*Irvingia gabonensis*)?

Irvingia is a genus of African and Southeast Asian trees in the family Irvingiaceae, sometimes known by the common names wild mango, African mango, or bush mango. They bear edible mango-like fruits, and are especially valued for their fat- and protein-rich nuts. The subtly aromatic nuts are typically dried in the sun for preservation, and are sold whole or in powder form. They may be ground to a paste known variously as dika bread or Gabon chocolate.

Q: What have researchers discovered about African Mango Seed?

Since the early 1990s, *Irvingia gabonensis* has been linked to a decrease in glucose and diabetes treatments. Recent research found it has been efficient with weight and obesity management. In the newest study, researchers found that volunteers who had taken African Mango Seed reported a significant weight loss over a ten week period.

Q: What's the best time to take Thermogenics?

For the purpose of suppressing appetite cravings, we suggest taking Thermogenics just prior to lunch and dinner.

Q: Do I need to exercise and reduce food intake?

Exercise is a benefit to any weight loss program. It gives the metabolism an additional boost both during the exercise and for several hours after. Adequately modifying your diet is also a benefit to your weight loss plan.

Our LIFeshape diet program includes meal replacement shakes that provide concentrated nutrition. The high fibre and high protein formula found in our shakes will make you feel full longer.

Our 7- Day Menu Plan is designed to control fat and calories while at the same time providing the optimal nutrients necessary to support the body during the weight loss process.



What does all this mean to you?

Quite simply, LIFeshape Thermogenics is an effective way to maintain the weight you desire.

Thermogenics

Lifestyles Thermogenics formula stimulates your body to use excess body fat as a source of energy. This “fat burning” is the result of African Mango Seed (*Irvingia gabonensis*), Green Tea, and Chromium, which have been shown in studies that result in weight loss.^{1,4,6}

Key Ingredients:

- African Mango Seed Extract (*Irvingia gabonensis*)
- Green Tea Extract
- Chromium

African Mango Seed (*Irvingia gabonensis*)

Recent studies show that the seed extract of African Mango (*Irvingia gabonensis*) extract significantly reduces body weight, and may help people lose weight, lower cholesterol levels,¹ and reduce some common risk factors for Type II diabetes².

African Mango Seed promotes weight loss in several ways. One is to suppress appetite and increases the feeling of satiety, and help to reduce your daily energy intake¹. Another is to inhibit the formation of fat by increasing the levels of a hormone that plays an essential role in metabolic processes³. *Irvingia gabonensis* is also associated with decreasing levels of glucose and triglycerides content¹. Excess glucose is converted into glycogen and sustained high glucose level leads to increased fat (triglycerides) synthesis. Triglycerides are the fat in your blood and also the storage type of fat.

1. Ngondi J. L., Etoundi B. C., Nyangono C.B., Mbofung C.MF Oben J. E., IGOB131, a novel seed extract of the West African plant *Irvingia gabonensis*, significantly reduces body weight and improves metabolic parameters in overweight humans in a randomized double-blind placebo controlled investigation. *Lipids in health and disease* 8:7, 2009

2. Ngondi JL, Djijtsa EJ, Fossouo Z, Oben J: Hypoglycaemic effect of the methanol extract of *Irvingia gabonensis* seeds on streptozotocin diabetic rates. *Afr J Trad Cam* 2006, 3(4):74-77.

3. Oben J, Ngondi JL, Blum K: Inhibition of *Irvingia gabonensis* seed extract (OB131) on adipogenesis as mediated via down regulation of the PPAR γ and Leptin genes and up-regulation of the adiponectin gene. *Lipids in Health and Disease* 2008, 7:44.

4. Abdul G. (1999). Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *American Journal of Clinical Nutrition*, Vol. 70, No. 6, page1040-1045.

5. Green tea extracts (2008). Health Canada Natural Health Product Department Compendium of Monographs.

6. Grant K, Chandler R., Castle A., Ivy J. Chromium and Exercise Training: Effect on Obese Women. *Medicine & Science in Sports & Exercise*, 1997;29, page 992-998.

7. Groff J, Gropper S. *Advanced Nutrition and Human Metabolism*, 3rd edition. Belmont (CA): Wadsworth/Thomson Learning; 2000.

Green Tea

Green tea is a key ingredient in LIFeshape Thermogenics and provides a good source of EGCG, natural caffeine, stimulated thermogenesis (the body's rate of burning calories) and fat oxidation. Green Tea has the potential to influence body weight and body composition,⁴ and also contains natural polyphenols called catechins, which are powerful antioxidants that help maintain good health.⁵

Chromium

Chromium regulates blood sugar and insulin levels⁷ resulting in reduced appetite and sugar cravings. Benefits of Chromium are:

1. Provides support for healthy glucose metabolism and promotes healthy blood sugar levels.⁷
2. Promotes healthy body weight and normal energy metabolism.⁶
3. Helps the body to metabolize carbohydrates and fats.⁷