

# Crave Curb™



## CLINICAL APPLICATIONS

- Promotes weight loss (by reduced carbohydrate cravings)
- Increases energy
- Curbs the appetite
- Improves mood swings
- Naturally restores proper serotonin levels

## DISCUSSION

It has been estimated that over one third, 34 percent, of all adults in the United States are obese. It is no secret that the struggle against obesity is a difficult one. Unfortunately, dieting often presents unique problems that can be dangerous. In addition to being exposed to potential health risks, dieters often gain back the weight lost by dieting. The good news is that it doesn't have to be that way!

The key to losing weight is to increase exercise, eat a moderate calorie, mixed food diet, and manage damaging food cravings. Crave Curb™ can help by supporting the brain's ability to control unnecessary cravings. It contains neurotransmitter precursors and converting nutrients that have been shown to help satisfy the body's chemical pathway for pleasure and satisfaction known as the "reward cascade". It can affect the way you feel about yourself, the way you behave and the foods you choose to eat. Satisfying the "reward cascade" with the right nutrients may help in reducing carbohydrate and calorie cravings while improving mood swings and increasing energy.

Crave Curb's select nutrients work synergistically to restore major brain neurotransmitters which in turn may help induce weight loss, suppress carbohydrate cravings, and maintain proper weight modulation.\* Research has discovered a connection between deficiency of serotonin in the brain and depression, anxiety, violent behavior, even carbohydrate cravings. Crave Curb™ contains 5-Hydroxy L-Tryptophan which is the immediate precursor to serotonin and has been shown to safely elevate serotonin production in the brain. Other key ingredients in Crave Curb™ are L-Tyrosine and dl-Phenylalanine, which have been found to suppress the appetite.

L-Tyrosine aids in the production of the appetite inhibitory neurotransmitter norepinephrine and it has also been found to successfully elevate mood and energy levels. Crave Curb™ offers a unique formulation of these and other scientifically proven nutrients to ensure effective results in a high quality dietary supplement.

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Crave Curb™



## Supplement Facts

Serving Size: 8 Capsules  
Servings Per Container: Approximately 11

	Amount Per Serving	%Daily Value
Vitamin C (Ascorbic Acid)	1000 mg	1667%
Vitamin B6 (Pyridoxine HCl)	75 mg	3750%
Chromium (from 1000 mcg of Chromium Picolinate)	120 mcg	100%
dl - Phenylalanine	2000 mg	**
L-Tyrosine	1500 mg	**
L-Glutamine	750 mg	**
5-Hydroxytryptophan	150 mg	**

\*\* Daily Value not established.

**Other Ingredients:** Magnesium Stearate and Maltodextrin.

## DIRECTIONS:

Take 2 or 3 capsules before each meal.

## INGREDIENT BENEFITS:

5-Hydroxy L-Tryptophan (increases serotonin which is known to curb the appetite, increase mood, and reduce overeating)

L-Tyrosine/dl-Phenylalanine (increases the catecholamines' effectiveness in stress response, quenching the reward need, increased energy, mood, and appetite control)

L-Glutamine  
(important in reducing cravings for alcohol and carbohydrates)

Vitamin B6 and Vitamin C  
(helps in the conversion of amino acids to neurotransmitters)

Chromium Picolinate (aids in regulating glucose metabolism)

## REFERENCES

Blackburn GL, Grant JP, Young VR: "Amino Acids: Metabolism and Medical Applications," John Wright. PSG Inc. Boston, MA (1983).

Fullerton DT, Getto CJ, Swift WJ, Carlson IH: "Sugar, opioids, and binge eating," Brain Res Bull (1985)

Blum K, Trachtenberg MC, Cook DW: "Neuronutrient effects on weight loss in carbohydrate bingers: an open clinical trial," Curr Ther Res 1990; 48 (2): 217-233.

\*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.



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