

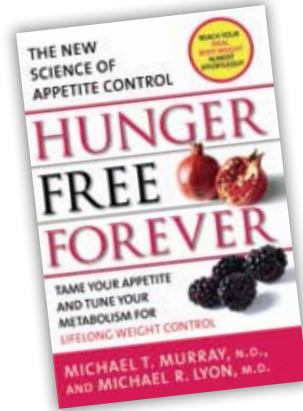
## Feel good about eating again

Changing life-long eating habits can seem impossible when you're overweight. If you don't have the "willpower" to stick to restrictive diets; if you have to fight fatigue in order to exercise; or if you have uncontrollable food cravings; don't beat yourself up. Poor blood sugar control may be at the heart of your weight problem. PGX can start changes from the inside out, getting you off the blood sugar roller coaster and helping you feel in control again. Then change can occur comfortably and naturally.



## Hunger Free Forever

The new book by Michael T. Murray, N.D.  
and Michael R. Lyon, M.D.  
[www.hungerfreeforever.com](http://www.hungerfreeforever.com)



### The new science of appetite control

From two leading authorities on appetite control, obesity, natural medicine, and food comes a breakthrough in getting healthy and staying slim without starving.

Millions have spent years searching for the perfect diet, one that enables them to lose weight without going hungry, and now they can finally find it – and make it work for life – in *Hunger Free Forever*.

**For more information on PGX:** Read *Hunger Free Forever*, published by Atria Books, visit [www.pgx.com](http://www.pgx.com) or call toll-free: 1-800-895-1470



Available at natural health stores throughout North America.  
For more information call toll free 1-800-895-1470  
or visit our website at: [naturalfactors.com](http://naturalfactors.com)  
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# PGX<sup>®</sup>

## Will change your life, even if you don't<sup>®</sup>



[naturalfactors.com](http://naturalfactors.com)



## Will change your life, even if you don't®

Years of research involving thousands of participants have shown that taking PGX with food can reduce a meal's glycemic index by up to 50%. Regulating blood sugar is a key factor in many health conditions, including weight gain. Most people gain weight gradually, adding five or ten pounds every decade. Change isn't easy. Incorporating PGX Daily into your diet can help you lose weight safely and gradually, even if you are not ready to make other positive diet and lifestyle changes at first. Naturally, the beneficial effects of PGX will be greatly enhanced by a healthy diet and exercise, leading to incredible results.

### What to expect from PGX DAILY

- Controls and balances blood sugar levels
- Lowers the glycemic index of meals by up to 50%
- Supports healthy weight loss for life
- Promotes satiety and reduces food cravings
- Lowers cholesterol and triglyceride levels
- Contains no stimulants

## PGX – Scientifically based and clinically proven

Research has shown that people who gain weight often spend much of their day on a “blood sugar roller coaster”, with blood sugar alternately surging and plummeting, leaving them tired or irritable and leading to frequent and unhealthy food cravings. Eating the wrong foods (especially high glycemic index foods) magnifies the problem, but the underlying cause is insulin resistance, a condition where insulin is released after meals but the body fails to respond appropriately.

Fortunately, PGX can restore insulin sensitivity and get you off the blood sugar roller coaster. PGX is a unique blend of naturally-occurring, water-soluble polysaccharides (dietary fibres) and is the result of years of intensive clinical and laboratory research at a leading Canadian university in collaboration with the Canadian Center for Functional Medicine.

PGX is the only nutritional ingredient proven to promote healthy blood sugar management by slowing digestion and reducing the glycemic index of meals (see figures 1 and 2).



The unique PGX DAILY Ultra Matrix Softgels

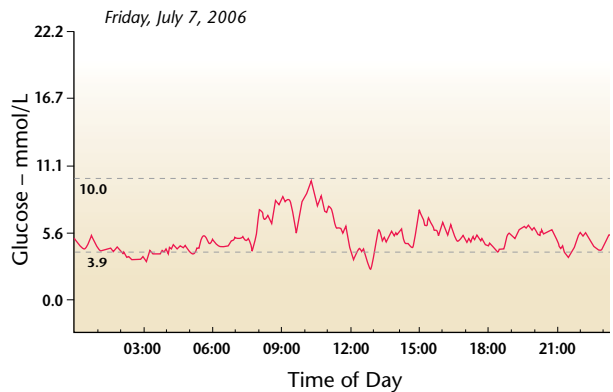


Figure 1: Uncontrolled and erratic blood sugar levels of an obese woman over 24 hours with a poor diet and no physical activity.

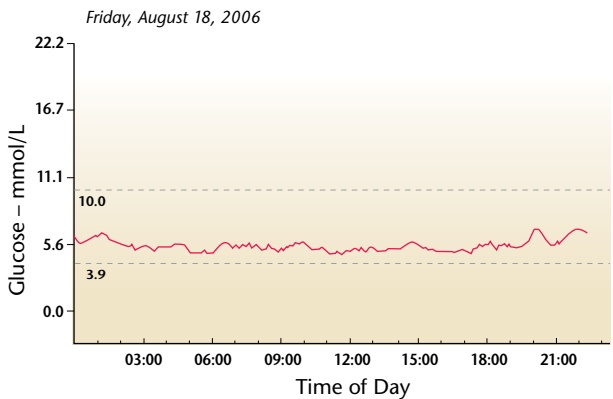


Figure 2: Controlled and balanced blood sugar levels of the same woman after consuming PGX for 6 weeks and experiencing a healthy weight loss of 2 pounds per week.

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