



SLIMSTYLES® PGX® ULTRA MATRIX PLUS SOOTHE DIGEST™

Contributes to healthy weight loss

Many health experts agree that over the last 50 years, profound changes in our environment have contributed to an increase in obesity, heart disease, cancer, Alzheimer's, and other age-related physical and mental disorders. A marked reduction (by most people) in physical activity; a substantial increase in the consumption of foods that are nutrient-poor and high in saturated fats, simple carbohydrates, and salt; and an increase in stress, all contribute in a negative way to people's health. In the developed world, obesity is a true epidemic.

Much research has been conducted on obesity, cardiovascular disease and diabetes and a common denominator appears to be insulin resistance. Although healthy dietary choices, physical activity, and stress management can go a long way in preventing obesity, diabetes, and heart disease, SlimStyles PGX Ultra Matrix Plus Soothe Digest may be the most effective natural health product ever developed for promoting healthy weight loss and improving insulin sensitivity.

INSULIN RESISTANCE – THE GREATEST PLAGUE OF THE 21ST CENTURY

Science now tells us that almost all the health risks associated with increased body fat occur because most overweight people develop insulin resistance (sometimes referred to as Syndrome X or Metabolic Syndrome), a state in which insulin, the hormone that facilitates the uptake of glucose into the cells, works less efficiently with every pound of added fat. As the body's cells become less sensitive (less responsive) to insulin, the body tries to compensate by producing higher than normal amounts of insulin. Insulin resistance can eventually lead to the development of diabetes, increased blood pressure, damage to the heart and blood vessels, weight gain, inflammation, and other health conditions. The key to preventing or addressing these and other health problems is to improve insulin sensitivity, which can be achieved by normalizing and sustaining healthy blood glucose levels.

SlimStyles PGX Plus is a completely unique proprietary blend of highly-purified water-soluble polysaccharides (fibres) developed using advanced EnviroSimplex® technology. It is the result of many years of intensive clinical and laboratory research at a leading Canadian university in collaboration with the Canadian Centre for Functional Medicine. The proprietary PGX formula combines, in a very specific ratio, polysaccharides derived from konjac root, sodium alginate and xanthan gum, which act synergistically to normalize blood glucose levels and restore insulin sensitivity – better than any other natural health product, drug, or dietary program ever studied.

AN ADVANCED DELIVERY SYSTEM

Ongoing research and development involving PGX has led to the development of the Ultra Matrix softgel – an advanced delivery system that produces superior results. The Ultra Matrix technology involves suspending PGX in an MCT-rich oil matrix (medium chain triglycerides) derived from purified coconut oil. This matrix, when combined with stomach acid, disperses better than any other tested delivery system for soluble or insoluble fibre, including previous forms of PGX such as the granules. Rapid dispersal substantially increases the volumetric potential of PGX because the polysaccharides quickly hydrate and form strong bonds for a level of viscosity which is greater than any known polysaccharide. This effect is referred to as “acid-induced viscosity” and it begins within minutes of ingesting PGX.

Although the primary health benefits come from the PGX itself, the thermogenic effect of the MCTs increases metabolism, helping to burn more calories each day. Ongoing research also indicates that MCTs may help improve blood-glucose-related disorders such as diabetes. The ease with which MCTs are digested and metabolized compared to other fats is another benefit, especially for people who have problems digesting fats.

OBESITY AND THE BLOOD SUGAR ROLLER COASTER

Overweight and obese people, especially those who tend to collect excess fat around the waist, spend much of their day riding a virtual “blood sugar roller coaster”. In fact, this blood glucose volatility is characteristic of almost every person with a weight problem and is strongly correlated to their inability to lose weight and keep it off. As a result, they could potentially experience hundreds of neurological commands to eat, most of which are inappropriate. The effect of fibre on reducing appetite, blood glucose, and cholesterol is directly proportionate to the amount of water it can absorb and how viscous (or thick) it becomes in the stomach and intestine. PGX is able to bind several hundred times its weight in water and stomach fluids, far more than other highly-soluble fibres like psyllium or oat beta glucan. Compared to PGX, such large amounts of other highly-soluble fibres would have to be consumed to produce any meaningful health benefit that for most people it would be difficult and the side effects undesirable.

The volumetric and viscous effects of PGX create a feeling of fullness (satiety), making it possible to decrease food intake without experiencing hunger. PGX also dramatically restores the body's ability to control blood glucose levels. Research has shown that by slowing digestion and the absorption of

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carbohydrates, PGX can lower the glycemic index of meals by up to 50%.

LOSE WEIGHT SAFELY AND GRADUALLY

One study involving overweight, insulin-resistant subjects showed that continued use of PGX can lower insulin secretion by approximately 40%, producing a whole body insulin sensitivity index improvement of nearly 55%. When insulin sensitivity is restored, more nutrients enter muscle cells after each meal, making fewer calories available to fat cells and more calories available for energy. In a double-blind, placebo-controlled study conducted at the University of Toronto, subjects taking PGX for three weeks lowered their after-meal blood glucose levels by 23%, and reduced body fat by 2.8%. The control group lowered blood glucose levels by only 0.4% and body fat by 1.4% (Vuksan, *et al.*).

Incorporating Slimstyles PGX Plus 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.

DIABETES EPIDEMIC

Adults with diabetes have death rates from cardiovascular disease about two to four times higher than adults without diabetes and just over 75% have high blood pressure. Restoring insulin sensitivity is the only real answer to this diabetes dilemma. A randomized, controlled clinical trial was conducted on subjects with high-risk coronary heart disease who also had Type 2 diabetes and were being treated with drugs for diabetes, high cholesterol and blood pressure. Compared to placebo, PGX reduced serum fructosamine, a marker of glycemic control, as effectively as the oral hypoglycemic agent Acarbose (Vuksan, *et al.*).

REDUCING HEART DISEASE RISK FACTORS

Insulin resistance is correlated with cardiovascular disease risk factors, such as elevated cholesterol, triglycerides, blood pressure, and the development of atherosclerosis. Two studies showed that the consumption of PGX significantly reduced total and LDL-cholesterol by up

to 19% and 29% respectively in individuals with Metabolic Syndrome or diabetes. Compared to previous studies using other viscous fibres such as psyllium or oats to lower cholesterol, PGX has a three to five fold greater effect (Vuksan, *et al.*).

In the colon, PGX is highly “prebiotic” in that it promotes the growth of healthy bacteria and, via fermentation, the production of short chain fatty acids (SCFAs), substances that are vitally important to colon health. The key SCFA produced is propionate, which is partially taken up by the liver and may help decrease the synthesis of cholesterol. PGX also increases the production of bile acids, increasing the excretion of cholesterol and triglycerides through the stools.

DOSAGE

Start with 1-2 softgels per meal and slowly build up to the recommended dose of 3-6 softgels per meal. For best results take before meals with a glass of water (250 mL), or as directed by a health care practitioner.

PGX is a highly concentrated and effective form of fibre. In fact, gram for gram, PGX is several times more effective than any other dietary fibre. It can take time for your body to adjust to increased amounts of dietary fibre and PGX is no exception to this rule. To minimize the chance of minor side effects, such as increased gas, bloating, loose stools or constipation, 20 mg of Natural Factors Soothe Digest formula has been added to each softgel. Soothe Digest combines fennel, anise, and caraway; three effective carminative herbs that help ease fibre digestion. A carminative is a medicinal plant with antispasmodic activity that is used to alleviate flatulence and to soothe the stomach. It is best to start with small amounts of PGX and then gradually increase your intake as your body adjusts. If you take PGX consistently and increase the dose gradually, it is almost certain that you will be able to consume a highly effective dose within 3-14 days.

SAFETY

PGX has an excellent safety profile, and is suitable for long-term use.

Pregnancy and lactation: Pregnant or lactating women should discuss

SlimStyles PGX Plus with their health care practitioner.

Children: Half the adult dose is recommended, following the same dosage recommendations as stated.

Drug interactions: If taking medication, take one hour prior to, or two hours after taking SlimStyles PGX Plus. SlimStyles PGX Plus can be used along with insulin or diabetes drugs. People with diabetes must monitor their blood glucose and adjust their medication accordingly, as PGX helps control blood glucose and may lessen the need for insulin or other diabetes medications over time. Persons with Type I and Type II diabetes should work closely with their prescribing doctor.

Contraindications: Anyone on a large number of medications that need to be taken with food should discuss SlimStyles PGX Plus with their health care practitioner. If you are under 18 years of age or have health concerns, consult your health care practitioner before starting any weight-loss program.

SlimStyles PGX Ultra Matrix Plus Soothe Digest represents a breakthrough achieving and maintaining vigorous health. It focuses on normalizing blood glucose levels, which is key to promoting healthy weight loss and preventing the onset or progression of diabetes and cardiovascular disease risk factors.

PGX Patent pending. For more information on the research behind PGX, consult the product monograph.

KEY REFERENCES

Vuksan V., *et al.*, “3-week Consumption of a Highly Viscous Dietary Fibre Blend Results in Improvements in Insulin Sensitivity and Reductions in Body Fat,” Results of a double-blind, placebo-controlled trial presented at the 64th Annual Meeting of the American Diabetes Association, Orlando, Florida, June 4-8; 2004

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Vuksan V., Jenkins, D.J., Spadofora P., *et al.*, “Konjac-mannan (glucomannan) improves glycemia and other associated risk factors for coronary heart disease in type 2 diabetes,” A randomized, controlled metabolic trial, *Diabetes Care*, 22: 6, 913-9, June; 1999