

Curb Cravings™



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Clinical Applications

- Nutritional Support for Carbohydrate, Alcohol & Drug Cravings
- Support Healthy Weight (by reducing carbohydrate cravings)
- Improve Sense of Wellbeing and Energy
- Support Healthy Serotonin Levels

Curb Cravings™ contains key amino acids plus vitamins B6 and C that help convert these amino acids into the brain neurotransmitters involved in appetite control, cravings for carbohydrates and alcohol, energy levels, and mood. Chromium picolinate is present to help maintain healthy blood glucose levels.

All aaahh ChiroSpa® Formulas Meet or Exceed cGMP quality Standards

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Discussion

5-Hydroxytryptophan (“5-HTP”) is a naturally-occurring amino acid precursor to serotonin. Numerous studies during the ‘90s, including those randomized, double-blind, and placebo-controlled, confirmed the safety and efficacy of 5-HTP in reducing appetite and food intake in obese healthy and non-insulin-dependent diabetic individuals.^[1,2,3] A 2006 study in mice concluded, “5-HTP-induced anorexia may be mediated by facilitation of leptin secretion.”^[4] Vitamins B6 and C are important cofactors in the 5-HTP to serotonin pathway. Among the several serotonin receptors thus identified, the 5HT_{2C} receptors are suspected in control of food intake. Mice without this receptor exhibit increased food intake and become obese.^[5]

DL-Phenylalanine (DLPA) is a combination of the d- and the l- forms of this essential amino acid. Phenylalanine suppresses appetite by regulating the release of cholecystikinin, which in turns signals satiety in the brain. D-phenylalanine increases endorphins, while L-phenylalanine is an amphetamine-like stimulatory compound. DLPA has been found to elevate mood, curb appetite and reduce pain.

L-Tyrosine, an essential amino acid is needed for conversion into the catecholamine neurotransmitters stress depletes: dopamine, norepinephrine, and epinephrine. It is also a precursor for thyroxine. Doctors use tyrosine as a mood elevator, to increase alertness after sleep deprivation and as an appetite suppressant; although support for the latter appears anecdotal.^[6]

L-Glutamine, well-recognized for gut and immune support, has also been espoused to reduce carbohydrate cravings and support alcohol withdrawal, although the mechanism of action for these benefits is not known.^[7,8]

Chromium, as chromium picolinate is widely used to optimize insulin function; thereby preventing swings in blood glucose levels that may be responsible for carbohydrate cravings. The mineral in the form present was indeed demonstrated to reduce carbohydrate cravings in a double-blind, placebo-controlled study.^[9,10]



Supplement Facts

Serving Size: 8 Capsules
Servings Per Container: 15

| | Amount Per Serving | %Daily Value |
|-----------------------------------|--------------------|--------------|
| Vitamin C (Ascorbic Acid) | 1000 mg | 1667% |
| Vitamin B6 (Pyridoxine HCl) | 75 mg | 3750% |
| Chromium (Dinicotinate Glycinate) | 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: Vegetarian capsule (HPMC and water), rice flour and magnesium stearate.

Dosing:

Take 4 capsules before breakfast and 4 capsules before lunch or at mid-afternoon [2-3 pm]. Do not take after 3 pm. Individual response to Curb Cravings following a period of use may vary. In most cases, reducing the dose diminishes symptoms and remains efficacious.

References

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6. <http://web.indstate.edu/thcme/mwking/aminoacidderivatives.html> {accessed 09 July 07}
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10. Docherty JP, et al. A double-blind, placebo-controlled, exploratory trial of chromium picolinate in atypical depression: effect on carbohydrate craving. *J Psychiatr Pract.* 2005 Sep;11(5):302-14 [PMID: 16184071]

Contraindications:

Consult your healthcare practitioner prior to use if you have or suspect you have a medical condition, are taking prescription drugs, or are pregnant or lactating. Keep out of reach of children. Avoid if sensitive to any ingredient.

*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.

