CarbXzyme™ Targeted intestinal support to help limit digestion and absorption of carbohydrates while improving digestion of protein

CarbXzyme™ may benefit:

- Weight loss - by reducing calories absorbed from carbohydrates and lowering insulin
- Blood sugar control - by lowering the glycemic index of carbohydrates
- The management of diabetes/pre-diabetic state/metabolic syndrome
- High triglycerides
- Preventing regain of weight after a weight loss program (especially when combined with CLA)
- Healthy aging (as a result of proper caloric and carbohydrate restriction)

CarbXzyme™ is a unique blend of three ingredients that have been shown to reduce digestion of starches and absorption of glucose while improving digestion of protein-containing foods. This can help those who have a difficult time controlling their carbohydrate intake and need better blood glucose control, which can then lead to greater success with healthy weight loss or prevention of weight gain. Phase 2 Carb Controller™ and Green Coffee Extract (GCE) help reduce carbohydrate absorption while improving blood lipid levels; BioCore® Pro helps to improve digestion of protein food. CarbXzyme™ may also help with satiety, which in turn can support weight control. As a result, benefits of CarbXzyme™ may include weight loss/reduction in body fat, lower postprandial (after meals) glucose and insulin levels, and healthier blood lipids.

CarbXzyme™ is free of stimulants and should not cause gastric upset. However, because digestion of complex carbohydrates is reduced and slowed as they pass from the intestine to the colon, some individuals have reported initial flatulence or bloating which resolves with continued use. An expert panel concluded that up to 10 grams/day of Phase 2 Carb Controller™ could be safely consumed.1

Highlights

Phase 2 Carb Controller™, a research-proven proprietary amylase inhibitor, is a water-extracted, non-GMO form of a common white bean (Phaseolus vulgaris). Common beans contain three forms of alpha-amylase inhibitors but only one has been shown to have anti-amylase activity in humans. The alpha-amylase inhibitor in Phase 2 Carb Controller™ appears to prevent starch digestion by blocking access to the enzyme’s active site in the intestines. Inhibiting carbohydrate digestion can reduce caloric intake and support weight and lipid management.2

Phase 2 Carb Controller™ (500-3000 mg per day in single or divided doses) has been shown to aid weight loss and reduce postprandial glucose levels.2 Ten clinical trials have shown reductions in weight loss; other effects including reduction in body fat, preservation of lean body mass, reductions in postprandial plasma glucose, insulin, and cholesterol levels, and increases in fecal starch and fat excretion have been reported.2,3,5

Three randomized placebo-controlled studies reported significant weight loss in overweight or obese subjects; studies completed with 60 to 100 subjects consuming either 445 mg/day or 1,000 mg Phase 2 Carb Controller™ before each meal (a total of 3,000 mg/day) reported an average loss of 4 to 7 pounds (just over half a pound a week) compared with the placebo groups who lost an average of less than 1 pound. Significant reductions in body weight, BMI, fat mass, adipose tissue thickness, and waist/hip/thigh circumferences while maintaining lean body mass compared to subjects receiving placebo were also reported.6,8 Weight loss results appear to be dose-related.

Green coffee extract (GCE) is produced from the green coffee bean. It contains chlorogenic acid, an organic, polyphenolic compound with antioxidant properties that has been shown in randomized, clinical trials to support weight loss and reduce body fat.9 Animal studies suggest that GCE reduces glucose absorption in the gut and triglyceride accumulation in the liver; decreased postprandial glucose and blood lipid concentrations have also been reported.9 These benefits are largely attributed to its chlorogenic acid, setting it apart from the potential thermogenic properties associated with caffeinated coffee and green tea.

ZTEC CBX 2/12
Research on GCE also shows it to be beneficial for cardiovascular health, as it provides circulatory support. The polyphenolic antioxidant properties may provide additional longevity benefits and significant cellular protection. The GCE used in CarbXzyme™ is standardized to provide 45% chlorogenic acid and is decaffeinated (less than 2% caffeine). GCE is not found in any significant amounts in coffee, as it gets destroyed in the roasting process.

**BioCore® Pro** is a blend of proteases designed to optimize protein digestion throughout the digestive tract. Selected for functionality and specificity, the protein enzymes in BioCore® Pro are plant-derived and vegetarian. BioCore® Pro is formulated to work across a wide range of pH and digest protein in both the stomach and intestines.

**How to Take**

- Take 2 capsules immediately before or during meals containing starches and/or sugars. This dose may be increased by the healthcare practitioner by 1-2 capsules per meal, based on the amount of carbohydrates consumed and the individual’s metabolism (such as production of amylase and insulin sensitivity). Postprandial blood glucose levels at about 30-60 minutes can be useful to find the optimal dose for each individual.

- Take with highest carbohydrate-containing meals of the day

- Can be taken each day with all three major meals

- Because CarbXzyme™ is taken to reduce digestion of carbohydrates by inhibiting amylase, taking digestive enzymes containing amylase such as Digestzymes™ and Plant Enzyme Digestive Formula at the same time is not recommended.

**Consider combining with:**

- CLA (Conjugated Linoleic Acid) and EndoTrim™ to assist in preventing potential weight regain after a weight loss program

- Metabolic 6XTM to enhance satiety and further slow down carbohydrate digestion and absorption

- Metabolic Synergy™ and GlucoSupreme™-Herbal to support improved insulin sensitivity and blood glucose management

**References**


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**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Phase 2 Carb Controller™</td>
<td>1500 mg</td>
<td>*</td>
</tr>
<tr>
<td>(Phaseolus vulgaris)(white kidney bean)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Coffee Extract</td>
<td>400 mg</td>
<td>*</td>
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<tr>
<td>(Decaffeinated)(Coffea arabica L)(seed)</td>
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<tr>
<td>[standardized to contain 45% chlorogenic acid]</td>
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</tr>
<tr>
<td>BioCore® Pro</td>
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<td>Protease (from Aspergillus oryzae)</td>
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*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, vegetable stearate