

Golden Lite Caps

Summary: Each ingredient has been carefully selected for its clinically proven abilities. This formula supports healthy weight loss by enhancing metabolic rate, curbing appetite, and by providing natural energy. Golden Lite can be used by itself as a weight loss aid or as an addition to any weight management program. Excess weight is a predisposing factor for Type 2 diabetes, Golden Lite was formulated to support weight loss and to improve glucose tolerance in the management of pre-diabetic conditions. Its antioxidant ingredients help balance blood glucose levels and maintain healthier levels of insulin while supporting the repair and reversal of oxidative stress brought about by obesity. Lowering cholesterol and triglycerides enables the slower release of carbohydrates, digestive factors, metabolizing agents, fiber, prebiotics, and thermogenic (fat burning factors).

Ingredients: Amino acids, antioxidants, flavonoids, herbs and herbal extracts, spices, minerals, enzymes, whole food and concentrated herbal extracts, nutrients, and vitamins.

Garcinia Cambogia (65% HCA (Hydroxycitric acid): This extract helps metabolize fats quickly, curbs appetite, and boosts fat-burning. It is a key ingredient for weight management by slowing down carbohydrate release. It can lower LDL cholesterol while raising HDL levels. Garcinia helps regulate insulin and control blood sugar.

FOS (Fructo oligosaccharides) Prebiotic Blend includes Chicory, Mesquite, Burdock, Yucca: Keeps the colon intact and serves as food for beneficial bacteria (probiotics). They provide for optimal mineral and digestive absorption, the protection of intestinal wall health, and work with probiotics for proper regularity. They mediate between fats and carbohydrates, are helpful for glucose intolerance issues, colitis, and the lowering of blood cholesterol while increasing mineral bioavailability. Prebiotics are, therefore, probiotic enhancers.

Chicory, in its role as a support food, has numerous health benefits including increased intestinal fermentation which results in better nutrient absorption. This helps vitamin production, primarily B, as well as enzyme production. By encouraging friendly bacteria, FOS fermentation helps to suppress other harmful bacterial species. Additional health benefits include alleviation of constipation and diarrhea by increasing stool mass for better regularity by helping to clean the colon, protecting the liver from the overwork, and increasing the bioavailability of minerals. Chicory contains the highest amount of inulin, non-glycemic beneficial food for intestinal tract probiotics.

Mesquite is a slow-acting complex carbohydrate which balances blood sugar absorption. It is a low glycemic natural sweetener with mineral-rich soluble fiber. It provides calcium, magnesium, potassium, iron, sulfur, manganese, and other valuable trace minerals. Its high protein and high lysine content provide a perfect balance to the high arginine of cacao. Mesquite is a grounding, balancing, and nutritive food which regulates blood sugar; diabetes is a decline in glucose tolerance.

Burdock root & Yucca are blood purifiers and diuretics which help fluid balance and support.

Green Papaya & Stabilized Rice Bran: Help with digestion, food metabolism, and nutrient assimilation. Rice bran is a functional dietary fiber (26%), rich in B vitamins, protein and fat (both 15%), minerals, and is 45% carbohydrates. Papaya has a soothing, buffering effect on the body's glucose response including a positive effect on blood pressure.

Green Papaya: Provides a rich source of vitamins, minerals, and enzymes making it an excellent nutritional supplement to the diet. Green papaya is rich in the proteolytic enzyme papain, known for its ability to break down protein. Digestive activity occurs in either acid,

alkaline, or neutral pH. Because of its ability to digest protein in stomachs with a varying pH factor, papain is helpful to those with low hydrochloric acid output. Additionally, its enzymes help digest carbohydrates and fats which improve those enzyme deficiencies. A balanced environment maintains beneficial intestinal flora. Green papaya is rich in protein enzymes, complex carbohydrates, fiber, calcium, potassium, magnesium, and vitamin A.

Vitamin C Flavonoid Blend: Bioflavonoids are phytochemicals which give plants their many colors and unique chemistries. They fortify the circulatory system by strengthening blood vessels and the immune system while maintaining cell wall integrity. The protection and enhancement of vitamin C is essential in producing the collagen protein, the cell wall building block. Bioflavonoids are called the “vitamin P” of nutrients which refers to the capillary factor of *permeability*. One of the main functions of bioflavonoids is to increase capillary and cell membrane strength while regulating their ability to absorb and assimilate substances. One of the signs of aging is the weakening of the body’s capillary system. Research has shown that bioflavonoids may therefore help to control—in their ability to promote circulatory health—the aging process.

Acerola (25% Vitamin C): A rich source of natural vitamin C and flavonoids and a powerful antioxidant and natural preservative. Supports capillaries and connective tissue by strengthening of cell walls.

Grape seed extract (95% OPC): Lessens inflammation and allergies and is a major free-radical scavenger. Improves peripheral circulation, reduces swelling from injuries and bruises and hastens recovery time, restores elastin and collagen which is crucial for tissue elasticity and better circulation, thus helps with varicose and spider veins. GSE helps alleviate the pain and stiffness of carpal tunnel syndrome and tendonitis. Rich in OPCs, it works to prevent oxidative stress in the progression of diabetic symptoms. Reduces blood glucose levels, improves blood circulation, and strengthens blood vessels, Aids in wound healing, platelet adhesion, and blood vessel integrity. Inhibits lipid peroxidation, is anti-inflammatory, and improves the circulatory system liver function, and oxygen utilization.

Hawthorn (10:1/China, U.S.): Called “a complete cardiac medicine.” Has heart muscle strengthening properties which help regulate both high and low blood pressure by increasing arterial blood flow. Citrus bioflavonoids also enhance the potent vitamin C sources.

Mineral co-factors, Sea plants, Alfalfa grass juice: All biochemical processes require minerals for their proper functioning and are extremely important in thousands of enzymatic reactions throughout the body by establishing overall cellular balance. Nutrients which are needed by the body require minerals to make them bioavailable. Ocean sea water contains a wealth of minerals and sea plants and offer us a highly nutritious form. It is well-known that sea water and blood are similar in composition, implying that our blood could contain as rich a complement of minerals as the ocean.

Sea plants are an excellent way to re-mineralize our bodies including all necessary trace minerals. They deserve better recognition for their health and restorative benefits and are body tonics. Roughly 20–35% of concentrated minerals are found in sea plants including the important macro-minerals calcium and magnesium. In addition, sea plants contain amino acid protein, vitamins including B, enzymes, fiber, and carbohydrates. Brown algae is particularly high in iodine and helps regulate glands, especially the thyroid gland.

The beneficial properties of sea plants include: chelation of heavy metals and removal from the body, liver and kidney detoxification, blood sugar regulation, joint health mobility, moistens the lungs to prevent dryness and coughing, improves nerve functions, and assists with overall energy metabolism. Sea plants have soothing nutritive properties which improve the immune system. They alkalize the blood with their anti-inflammatory,

anti-oxidant, anti-spasmodic, and anti-acidic properties. ***Essence of Sea Plants:*** (Red dulse, Norwegian kelp, Giant kelp, Laminaria, Gracilaria, Lithothamnion, Bladder wrack, and Irish moss) is sourced worldwide and represents different colors and types primarily those classified as the browns and reds, as each type has its own particular properties.

Alfalfa grass juice is considered the world's richest land plant mineral source. The alkalizing minerals found in alfalfa include potassium, calcium, magnesium, phosphorus, zinc, iron, silicon, copper, selenium, and other trace elements. Alfalfa has high chlorophyll content as is a blood builder and purifier. It is a rich source of almost all the known vitamins including K, and is high in protein and flavonoids. It is helpful for inflammatory conditions, such as arthritis and rheumatism. Alfalfa may benefit digestion, ulcerated conditions, and friendly flora maintenance. Its cooling and cleansing effects help to reduce fever.

Chromium picolinate (98%): An essential micronutrient for normal carbohydrate metabolism. It helps enable insulin binding and the subsequent glucose uptake by cells for energy.

Magnesium Gluconate: Derived from the more alkalizing gluconic acid salts, it is an essential co-factor for glucose transport and its subsequent conversion to energy within the liver. Magnesium is involved in over 300 body processes and helps lower the risk of diabetes. Magnesium helps with cramping and helps the body achieve proper hydration. The proper amount of magnesium helps the body absorb calcium. Magnesium converts food to energy through its enzymatic properties. It helps strengthen bones and assists nerve and muscle functions, energy metabolism, and protein synthesis. It normalizes blood pressure and blood sugar, improves HDL and lowers LDL, and improves cardiovascular integrity. It helps maintain proper magnesium levels for Calcium (Ca), Potassium (K), and Sodium (Na).

Siberian Eleuthero (20:1): The best known of the superior adaptogens, it providing stamina and energy reserves for the body in recovering from both physical and emotional stress. It helps renew and maintain vitality. It has a normalizing and balancing effect on blood pressure, nerves, and the endocrine and circulatory systems and supports the kidneys. It is good for endurance, productivity, and a maintaining a calm, steady mood. Being a glandular tonic, it is strongly supportive to the adrenals and the endocrine system. It helps combat fatigue and boosts energy levels (builds chi), concentration, focus, and alertness. It is a grounding and balancing stress and immune regulator, kidney strengthener, and anti-inflammatory.

Rhodiola (3% rosavin): Reduces fatigue while maintaining energy levels and physical performance, muscle recovery, dexterity and strength. It helps relieve stress and provides a relaxed sense of well-being and a positive mental state. Rhodiola helps balance blood glucose and cardiovascular levels to maintain healthier levels of insulin.

Maca: Well-known for energy and libido enhancement, it is naturally rich in hormone precursors which provide endocrine support and help regulate and balance hormonal secretions. Maca is a mood elevator and anti-depressant and stimulates the central nervous system while providing mental clarity. Its strong adaptogenic nature improves the vitality and balance of the body. The rich nutritional profile of maca includes numerous phytochemicals, amino acids, carbohydrates, beneficial fatty acids, fiber, and vitamins B1, B2, B12, C, and E, as well as many minerals including significant calcium, magnesium, potassium, and also iron, silica, zinc, iodine, manganese, and copper. Beneficial sugars (glyconutrients) in maca help to regulate metabolism and support the immune system.

Thermogenic Green tea extract (98% polyphenols/1< caffeine): Green tea is a traditional

tonic, and is one of the world's most popular antioxidants. Strong in health-promoting, healing phytochemicals, green tea benefits various body systems, especially the circulatory system, by improving blood flow and fat burning properties.

Cinnamon (bark, 4:1): Widely popular taste; helps with blood sugar balance.

Ginger: Has a warming, pungent quality and is used in a wide variety of foods, drinks, tonics, and recipes. Its strong medicinal benefits are well-known for aiding digestion and circulation. Ginger is used for nausea, motion sickness, and muscle pain due to anti-inflammatory activity. Ginger is a good carrier for other herbs thus harmonizing formulas. It contains blood-moving properties.

Long pepper (Bioperine): Spicy, similar to black pepper. Helps foods digest and assimilate.

Bitter melon extract (15% bitters): Used in folk medicine as a remedy for diabetes. It lowers blood glucose levels, triglycerides, and cholesterol, and reduces oxidative stress.

Banaba extract (2% corosolic acid): Traditionally use in Asia. Banaba is effective in lowering blood glucose levels, acting similarly to insulin as a glucose transport activator. It helps counteract the cellular mechanism for obesity, which is a predisposing factor in the development of diabetic conditions.

Turmeric extract (4:1): A well-known antioxidant, liver protector, and blood purifier. One of the best substances for lipid peroxidation (stops fat rancidity). Helps ease joint pain, varicose veins, morning stiffness and flare-ups. Turmeric and ginger are versatile and reduce pain in moist climates. Helps lower inflammation and supports circulation. It decongests the liver and stimulates bile production for digestion and absorption of fats. It improves blood vessel linings.

Alpha Lipoic acid (99%): A naturally occurring co-factor in the body which addresses 4 out of 5 pre-diabetic symptoms: excess weight, insulin resistance, low HDL cholesterol/high triglycerides, and high blood pressure. Easily absorbed and highly bioavailable being soluble in both water and fat, its antioxidant properties are effective throughout the body including increased uptake of glutathione, a key antioxidant. ALA has the special ability to regenerate other antioxidants like vitamins C and E. An essential co-factor in mitochondria energy production, its ability to pass through the blood-brain barrier helps improve cognitive function. Alpha lipoic acid is called the universal antioxidant and works at the cellular level. It can turn glucose into fuel which helps control various aspects of Metabolic Syndrome and for weight loss.

Juniper (5:1): Helps rid the body of excess uric acid. Improves kidney function. Improves stomach acids while soothing intestinal gas. Is antibacterial and antiviral.