



Not only do we make the supplements! We make the supplements BETTER.

SPINACH EXTRACT

120 CT, 3 OZ, & 1KG



WHAT IS SPINACH EXTRACT ?

Meta-Labs Spinach Extract contains green leaf membranes called thylakoids which decreases hedonic hunger up to 95% - and increases weight loss by 43%. Hedonic hunger is another term for the cravings many people experience for unhealthy foods such as sweets or fast food, a common cause of obesity and unhealthy eating habits. A recent study at Lund University in Sweden shows that taking thylakoids reinforces the body's production of satiety hormones and suppresses hedonic hunger, which leads to better appetite control, healthier eating habits and increased weight loss.

The Study – Lund University in Sweden

"Our analysis indicates that having a drink containing thylakoids before breakfast reduces cravings and keeps you feeling more satisfied all day", says Charlotte Erlanson-Albertsson, Professor of Medicine and Physiological Chemistry at Lund University.

The study involved 38 overweight women and ran for three months. Every morning before breakfast the participants had a green drink. Half of the women were given 5 grams of spinach extract and the other half, the control group, was given a placebo. The participants did not know which group they belonged to – the only instructions they received were to eat a balanced diet including three meals a day and not to go on any other diet.

"In the study, the control group lost an average of 3.5 kg while the group that was given thylakoids lost 5 kg. The thylakoid group also found that it was easier to stick to three meals a day – and they did not experience any cravings", said Charlotte Erlanson-Albertsson.

The key is the feeling of satiety and suppression of hedonic hunger, vs homeostatic hunger that deals with our basic energy needs. Modern processed food is broken down so quickly that the hormones in the intestines that send satiety signals to the brain and suppress cravings cannot keep up. The green leaf membranes slow down the digestion process, giving the intestinal hormones time to be released and communicate to the brain that we are satisfied.

"It is about making use of the time it takes to digest our food. There is nothing wrong with our digestive system, but it doesn't work well with the modern 'pre-chewed' food. The thylakoids extend digestion, producing a feeling of satiety. This means that we are able to stick to the diet we are meant for without snacks and unnecessary foods like sweets, crisps and such", says Charlotte Erlanson-Albertsson.

Suggested Use

As a dietary supplement, take two (2) capsules twice daily with meals or as directed by a physician.

KEEP OUT OF REACH OF CHILDREN

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

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.

Supplement Facts

Serving Size: Two (2) Vegi Capsules

Serving per container: 60

Amount Per Serving	%DV
Spinach (Spinacia oleracea) 4:1 Extract	1000 mg †

† Daily Value Not Established

Other Ingredients: Hypromellose (derived from cellulose) Capsule

Suggested Use

As a dietary supplement, add one (1) tsp to water or drink or sprinkle over food twice daily or as directed by a physician.

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Supplement Facts

Serving size: One (1) tsp

Amount Per Serving	%DV
Spinach (Spinacia oleracea) 4:1 Extract	3 g †

† Daily Value Not Established

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