



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

FORSKOLIN

90 CT



WHAT IS FORSKOLIN (COLEUS FORSKOHII)?

Coleus Forskohlii is an ancient Ayurvedic plant and member of the mint and lavender family, which grows in the mountains of Asia. Forskolin is a chemical found in the roots of the plant *Plectranthus barbatus* (Coleus Forskohlii). It has been used for many years for health disorders such as high blood pressure, chest pain, asthma, eczema, psoriasis, obesity, irritable bowel syndrome, urinary tract infections, blood clots, glaucoma, and advanced cancer.

How does Forskolin Work to Burn Fat? The active chemical Forskolin initiates a chain reaction that cause fat cells to release their energy and melt away. Forskolin increases an enzyme called adenylate cyclase. This enzyme increases levels of another enzyme called cAMP (cyclic AMP) which is found in fat.

According to research, forskolin can help to promote the breakdown of stored fats in animal and human fat cells. It may also release fatty acids from adipose tissue, which results in increased thermogenesis, promoting loss of body fat and, theoretically, increasing lean body mass.

One of the overlooked benefits of forskolin includes its stimulation of digestive enzymes, which can allow individuals to digest and assimilate their food better. It has been shown to increase nutrient absorption in the small intestine.

What is the Forskolin Dosage for Weight Loss?

The typical dosage is 100 to 300 mg/day of an extract containing 10% to 20% Forskolin. Individuals should consult with their physician before using this or any dietary supplement.

Suggested Use

As a dietary supplement, adults take (1) capsule with water 20-30 minutes before each meal, or as directed by your physician.

As a dietary supplement, adults take (2) capsules with water 30-60 minutes before each meal, or as directed by your 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: 45

Amount Per Serving	%DV
Coleus Forskohlii Extract 200 mg † (standardized to 20% forskolin)	

† Daily Value Not Established

Other Ingredients: Hypromellose (derived from cellulose) Capsule, Microcrystalline cellulose (MCC) Capsule

Supplement Facts

Serving Size: One (1) Vegi Capsules
Serving per container: 90

Amount Per Serving	%DV
Coleus Forskohlii Extract 125 mg † (standardized to 10% forskolin)	

† Daily Value Not Established

Other Ingredients: Hypromellose (derived from cellulose) Capsule, Microcrystalline cellulose (MCC) Capsule

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