



MōDERE™

CARB BLOCKER

white kidney bean and hibiscus

THE WELLNESS PROBLEM

Globally the World Health Organisation (WHO) estimates there are over one billion overweight adults, making being overweight one of the leading preventable health risks in the world today.

Carbohydrates and starches, especially refined carbohydrates such as rice, pasta, breads and so forth when consumed in excessive quantities are a major contributor to weight gain.

Carbohydrates and starches break down into sugars. Many take-away and snack foods are high in carbohydrates, and their proliferation in our diet has had a profound impact on our body weight. Due to being overeating high glycaemic carbohydrates a driver of fat accumulation.

Reducing our daily consumption of high glycaemic carbohydrates is one way to avoid gaining too much body fat. We can do this by being aware of the refined carbohydrates in our diet and managing our portion sizes. Slowing down the absorption of our dietary carbohydrates may also help.

THE MODERE SOLUTION

Developed with natural plant extracts to provide an easy and convenient way to delay the absorption of dietary carbohydrates in the gastrointestinal tract, Carb Blocker helps to decrease the body's use of carbohydrates.

The digestion of carbohydrates begins in the mouth via the enzyme salivary amylase. The pancreas produces a slightly different form of amylase which further breaks down carbohydrates in the duodenum. By inhibiting these amylase enzymes, you help to reduce the body's ability to break down dietary carbohydrates, especially after eating a carbohydrate rich meal.

The white kidney bean plant (*Phaseolus vulgaris*) is a native to Peru, Europe and the Indies and an extract of the white kidney bean has been found to affect the amylase enzymes that break down carbohydrates.

Hibiscus flower extract (*Hibiscus sabdariffa*) is native to the old world tropics and is also known as roselle. Hibiscus is well known and has a variety of uses. The plant contains a variety of phytonutrients and combined with the white kidney bean supports the efficacy of the product.



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WELLBEING BENEFITS OF CARB BLOCKER

Weight Management

- May help to promote the feeling of fullness
- Inhibits the activity of digestive enzymes (alpha-amylase) whose job it is to break down carbohydrates
- Provides key ingredients to help balance calorie intake from high starchy and carbohydrate rich meal
- Inhibits complex carbohydrate digestion and may decrease the number of carbohydrate calories absorbed
- Enhances the effectiveness of Modere Weight Management Program

LIFESTYLE TIPS

- Carb Blocker can be used individually or as part of the Modere Weight Management Program.
- Detoxification can maximise weight loss as well as wellbeing.
- Correct nutritional deficiencies for optimal body composition.
- Avoid or minimise consumption of refined or complex carbohydrates such as sugar, high GI foods, juices, breads, pasta, rice and potatoes
- Access regular support and tap into all support information provided.
- Try to consume at least 3 fish meals per week or supplement your intake of omega 3-6-9 essential fatty acids.
- Modere Weight Management Program meal plans detail the correct foods for weight management.
- Avoid smoking and excess coffee consumption
- Avoid alcohol while following the Modere Weight Management Program.
- Stress affects body composition. If stressed use stress management techniques, such as meditation, yoga, tai chi, Pilates and specific stress formulas.
- To increase your metabolic rate a daily dose of exercise is essential. Research shows that quick bursts of energy then slowing down to reduce your heart rate will teach your body to burn more fat.

COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Modere Weight Management Program or individually with Chocolate Shake Pea Protein, Vanilla Shake Pea Protein, PEP, Sugar Balance.

FACTS

ACTIVE INGREDIENTS

Phaseolus vulgaris (white kidney bean), *Hibiscus sabdariffa* (hibiscus).

DIRECTIONS FOR USE

Take three capsules once daily with a meal. Pack size: 90 capsules.

PRECAUTIONS

Always read the label. Use only as directed. A healthy weight loss program should incorporate a balanced diet and regular exercise. Before beginning any new exercise program, consult with your healthcare professional.

FREE FROM

Milk, gluten, artificial colours and flavours, soy and yeast. Suitable for vegetarians and vegans.

Listed on the Australian Register of Therapeutic Goods, AUST L 235995.