

Health And Well-Being

Using The Old Bean To Reduce Starch Digestion

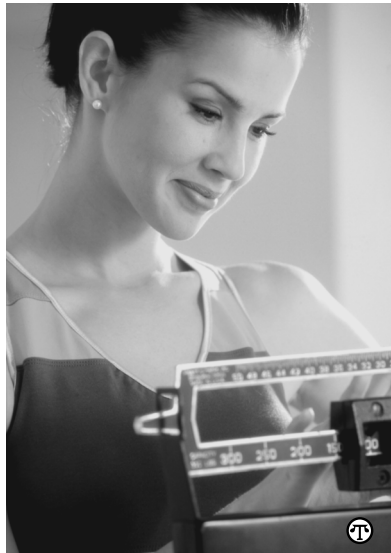
(NAPSA)—An estimated two-thirds of American adults are considered overweight or obese. And over the past several decades, researchers have searched for safe and effective methods to help these individuals bring their weight under control.

Increasingly, scientists are looking at natural solutions to weight issues. For example, components of some plants, such as the white bean, have been shown to “slow” the digestion of starches, offering a promising new tool for those trying to control their weight.

Starch is a form of carbohydrate that is found in foods such as potatoes and rice. During the digestive process, the body converts carbohydrates into sugar. The body does this by breaking down the carbohydrate molecule with an enzyme called alpha amylase. The resulting sugar is then used as energy for the body or stored as fat.

A highly concentrated extract of the white bean—known commercially as Phase 2 Carb Controller—functions as an alpha-amylase inhibitor, meaning it acts on the enzyme in a way that “slows” the digestion and absorption of starches. It works selectively on the starchy, white component of carbohydrates without affecting the digestion of healthy carbs such as fruit and whole grains.

Because of its ability to reduce the enzymatic digestion of dietary starches, this supplement may aid in weight control when used in conjunction with a sensible diet and exercise program. It may also play a role in regulating blood glucose already in normal limits. In 2006, it became the first nutritional ingredient with



Carb control may be a simple and effective way to reduce weight gain.

two permitted structure/function claims for starch digestion and weight control.

Phase 2 is one of the few dietary supplement ingredients to bridge the gap to food. It works in food much the same as it does in supplements—to slow the digestion of carbohydrates, reducing the caloric impact of starchy foods. Independent consumer taste tests found that it does not compromise the taste or texture of food like other ingredients, including resistant starches. In fact, consumers found that foods containing the ingredient compared favorably, and, in some cases, were preferred over traditional foods. It has numerous applications, including baked goods, frozen foods, pizza, pasta, beverages and more.

Visit www.phase2info.com to learn more.