

# DiETING HINTS

## How Do You Know If A Supplement Works?

(NAPSA)—Contrary to what many people think, dietary supplements are regulated—and that's good news for anyone looking for a safe way to slim down.

One reason people think they are not regulated is that dietary supplements are regulated in a different way than drugs are.

Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed.

The FDA is also responsible for taking action against any misleading or false claims. So when the FDA accepts a claim for a supplement, you know it has been carefully documented.

For example, the FDA recently accepted two separate claims for Phase 2 Neutralizer, an extract of the white bean, used in many weight control products. The ingredient supplier had to deliver results of over a dozen studies conducted over the past five years to gain acceptance of the claims. Tests showed that the highly concentrated extract can delay the digestion and absorption of carbohydrates. After a review of the data, the FDA permitted the use of the following claims: "may assist in weight control when used with a sensible diet and exercise program" and "may reduce the digestion of dietary starches."

The Mayo Clinic began to investigate different concentrations of the bean extract in the 1980s.

Studies that followed in the next decades showed that those who took the ingredient did reduce body weight, body fat ratio, abdomen fat ratio, BMI, and waist-hip size. Triglycerides



**A white bean extract was recently permitted to make a weight control claim.**

were also reduced and metabolism was increased.

The most recent study took place in 2005.

"The study demonstrated a reduction of the Glycemic Index (GI) of white bread with the addition of adequate amounts of Phase 2," said Jay Udani, M.D., medical director of Pacific West Research, which conducted the study. "The GI of white bread was significantly decreased by the addition of 3,000 mg of the Phase 2 brand white bean extract in powder form. At that dose, the GI was reduced by 20.23 points, or 39.07 percent."

And Harry G. Preuss, M.D., professor at Georgetown University Medical Center, has performed both laboratory and clinical studies on carb blockers, including Phase 2. In his book (co-authored with Bill Gottlieb) called "The Natural Fat-Loss Pharmacy," he says, "Taking carb blockers can result in weight (fat) loss and prevent or lessen many of the metabolic disturbances of aging."

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