

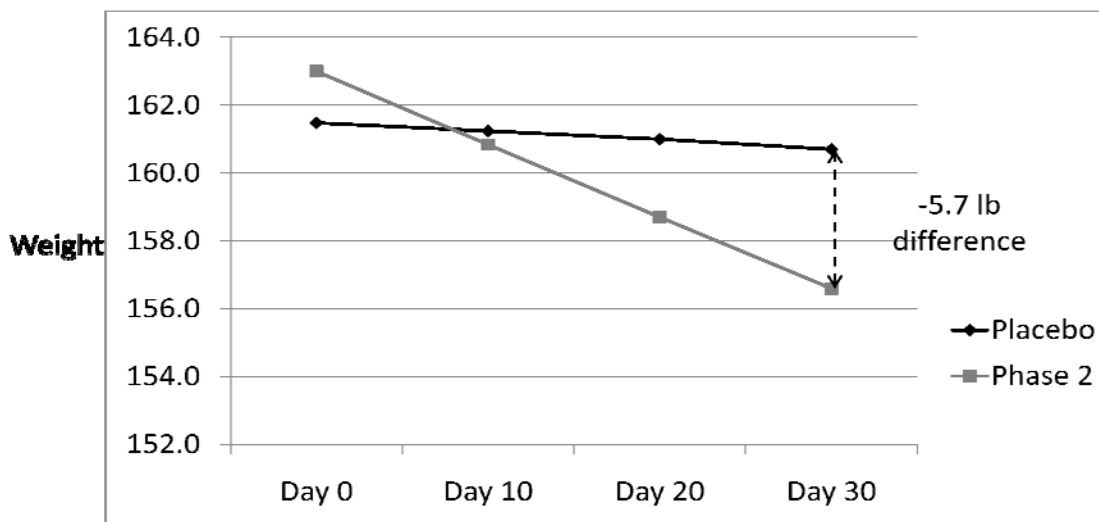
## dotFIT™ CarbRepel™

*CarbRepel* contains a fibrous blend with citrus pectin to support appetite control while also containing a unique extract that has been shown to significantly reduce the body's absorption of starches from carbohydrates. The combined goal of this product is to reduce voluntary caloric intake and absorption of unneeded calories in order to ease and accelerate a user's body fat reduction when compared to a non-supplemented state. *CarbRepel* works through different and complimentary body-weight regulation pathways than *FatReleaser™* and *ThermAccel™*, making it ideal for cycling or use by itself, especially for people who tend to overeat carbohydrates/sugars.

### Rationale

**Phase 2®**, a proprietary extract of the bean *Phaseolus vulgaris*, contains phaseolamin, which can block the action of alpha amylase, the enzyme that breaks down carbohydrates and allows them to be absorbed into your body. Five-hundred to 1000 mgs of this natural extract has been shown to dramatically reduce the absorption of starches (thus calories), resulting in significantly greater weight loss in numerous studies when compared to placebo.<sup>i,ii,iii,iv,v,vi,vii</sup> (See Figure 4.)

**Figure 1: Subjects consumed a 2000-2200 calorie carbohydrate rich diet. The Phase 2 group experienced ~700% greater weight loss compared to the placebo.**



**Citrus pectin** is a fiber found in many fruits and has been demonstrated to slow gastric emptying<sup>viii</sup> – in other words, it helps keep food in the stomach longer. Proper use of pectin may make a significant contribution to controlling appetite by allowing the user to feel fuller sooner and longer thus potentially delaying or reducing the next meal.<sup>ix,x</sup>

**Pomegranate leaf extract** in proper amounts may help support a person's lipid profile (total cholesterol, triglycerides, etc) especially when consuming foods high in fat.<sup>xi</sup>

### Supplement Facts (2 tablets)

<b>Supplement Facts</b>	
Serving Size: 2 Tablets	Servings Per Container: 60
Amount Per Serving	% Daily Value
<b>Phase 2 Starch Neutralizer<sup>®</sup></b>	750 mg **
White Kidney Bean Extract ( <i>Phaseolus vulgaris</i> )	
<b>Citrus Pectin</b>	375 mg **
<b>Pomegranate Fruit Extract</b>	137.5 mg **
(Total Polyphenols 110 mg, Ellagic Acid 55 mg)	
** % Daily Value not established.	
<b>Other Ingredients:</b> Calcium Phosphate, Sorbitol, Stearic acid (Vegetable source), Xanthan gum, Silica, Povidone, Magnesium Stearate (Vegetable source), Inulin and Hydroxypropylmethylcellulose.	

### Typical Use

- A non-stimulant fat loss and appetite aid for those who tend to overeat carbohydrates
- Anyone seeking to enhance body fat reduction without affecting the central nervous system (CNS)
- Discontinue after reaching body fat goal
- Can be used alone or as part of the dotFIT *90 Day Weight Loss Solution*
- Take 2 tablets twice daily, 30 minutes before your largest carbohydrate containing meals or snacks with at least 8oz of water

### Precautions

*CarbRepel* is generally considered a safe fat-loss aid when used appropriately.

### Contraindications

The compounds in *CarbRepel* are contraindicated in pregnancy and lactation because of a lack of data for these populations.

## Adverse Reactions

**Phaseolus vulgaris** when used appropriately seems to be safe when used for two to three months<sup>xii,xiii</sup>,xiv

**Citrus pectin** in large doses (20 g) can cause gastrointestinal side effects.<sup>xv</sup> Pectin has Generally Recognized as Safe (GRAS) status in the United States.<sup>xvi</sup>

**Pomegranate** is generally well-tolerated.

## Upper Limit/Toxicity

There are no established upper limits for the compounds found in *CarbRepel*.

## Summary

### Purpose

- The purpose of this product is to reduce caloric intake and absorption in order to accelerate body fat reduction
- A non-stimulant fat loss and appetite aid for those who tend to overeat carbohydrates

### Unique Features

- The all natural ingredient Phase 2® is the first nutritional ingredient that has been clinically and scientifically proven to neutralize starch
- The FDA has accepted the following claims based on 14 clinical investigations:
  - “May assist in weight control when used in conjunction with a sensible diet and exercise program”
  - “May reduce the enzymatic digestion of dietary starches”
- Formula and recommendations are proprietary to dotFIT™
- Can be used alone or as part of the dotFIT *90 Day Weight Loss Solution*
- Manufactured in a FDA registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

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- xiii Udani J, Hardy M, Madsen DC. Blocking carbohydrate absorption and weight loss: A clinical trial using phase 2 brand proprietary fractionated white bean extract. *Altern Med Rev* 2004;9:63-9.
- xiv Celleno L, Tolaini MV, D'Amore A, et al. A dietary supplement containing standardized *Phaseolus vulgaris* extract influences body composition of overweight men and women. *Int J Med Sci* 2007;4:45-52.
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- xvi FDA. Center for Food Safety and Applied Nutrition, Office of Premarket Approval, EAFUS: A food additive database. Available at: [vm.cfsan.fda.gov/~dms/eafus.html](http://vm.cfsan.fda.gov/~dms/eafus.html).