



## **Pastore Formulations New and Improved Hoodia Ultra**

My Hoodia Ultra has given me wonderful results in clinical practice. While reading a clinical journal I was impressed with the similarities between hoodia gordonii and caralluma fibriata. Both plants are used by tribesmen (India for caralluma and Africa for hoodia) for energy enhancement as well for appetite suppressant characteris-

tics. Researchers studied the effect of caralluma fimbriata extract on appetite, food intake and anthropometry in adult Indian men and women. Caralluma extract appeared to suppress appetite, and reduce waist circumference when compared to placebo over a 2 month period. (Appetite. 2007 May;48(3):338-44). This study convinced me to start experimenting with caralluma. I blended a small quantity with my Hoodia Ultra formula and gave it to individuals that had strong cravings for starches and sugars and suffered from eating late at night, which would end up sabotaging their weight loss efforts. I started receiving feedback after the first dose was taken and I knew I was on to something to help fight the battle of the bulge. After a few months, I found a formula that worked out well in practice and I am so proud to announce my new and improved Hoodia Ultra formula.

*What makes Pastore Formulations Hoodia Ultra so effective?*

**HOODIA ULTRA** - A patent pending blend of hoodia gordonii, cordia ecalyculata, gymnema sylvestre, rooibos and standardized caralluma fimbriata makes Hoodia Ultra the most powerful weight support supplement available!

**Each Hoodia Ultra capsule contains**

- **Hoodia gordonii, 300mg, 20:1 standardized extract, which suppresses appetite**
- **Caralluma fimbriata, 250 mg of a proprietary standardized extract, which suppresses appetite**
- **Cordia ecalyculata 10:1 extract may boost metabolism and offer appetite control**
- **25% gymnemic acids helps support blood sugar**

- **Rooibos (red tea) as a powerful antioxidant**

### ***Hoodia***

For thousands of years, hoodia gordonii has been a native food of the San Tribesman of the Kalahari Desert, used to suppress appetite during times of reduced food and for long hunts. Now researchers are exploring the potential of hoodia as supplement to reduce appetite to aid in the battle of the bulge. The active component of hoodia seems to be a molecule called P-57, which acts as glucose, reaching the hypothalamus (region of the brain that controls hunger), stimulating the “turn-off” of appetite. Beware of internet sites offering Hoodia "pills". Many may not even contain any hoodia gordonii at all! One of the most popular weight support supplements contains only 75 mg of hoodia. Pastore Formulations Hoodia Ultra contains 300mg of hoodia per capsule, standardized as a 20:1 extract!

### ***Caralluma Fimbriata***

Caralluma fimbriata is a member of the Asclepiadaceae family. It has been used for centuries in India as a method of controlling hunger. Tribesmen in India will pack only this succulent when they go on long journeys or on hunts because it suppresses appetite, enhances energy and quenches thirst. It is classified as a vegetable and has been a part of the human diet for centuries. Researchers at Division of Nutrition, Institute of Population Health and Clinical Research, St John's National Academy of Health Sciences, Bangalore, India tested Caralluma fimbriata extract on appetite, food intake and anthropometry in adult Indian men and women. At the conclusion of the two-month trial, caralluma fimbriata reduced waist circumference, weight and appetite. Pastore Formulations Hoodia Ultra contains a proprietary standardized blend of caralluma fimbriata.

### ***Cordia Ecalyculata***

One certainly sees less cellulite on Rio's beaches than most American beaches, however, this phenomenon is probably not attributed to just cordia ecalyculata! Whether it is called chá de bugre or porangaba, cordia ecalyculata will probably long be sold as a natural weight loss aid in Rio and throughout Brazil. It acts as an appetite suppressant - but rather than cutting off appetite all together, it seems to provide a sense of being full and satiated after eating only a few bites of food. This seems to promote much smaller meals, more often, which is what many health practitioners believe is better for sustained weight maintenance and keeping the metabolism going throughout the day.

### ***Gymnemic acids***

Research shows that gymnemic acids from the leaves of Gymnema sylvestre may reduce glucose absorption from the intestine, improve uptake of glucose into cells, and prevent adrenal hormones from stimulating the liver to produce glucose, thereby reducing blood sugar levels. Blood sugar support prevents

“swings” in blood sugar, preventing that mid day crash and desire for something sweet during this vulnerable time. Balancing blood sugar can assist in weight maintenance efforts.

### **Rooibos**

The demonstration of decreased free radical generation has important implications for oxidative mechanism underlying obesity-associated disorders (Journal of Obesity (2005) 29, 142–145). Any sensible weight loss program should contain a diet rich in antioxidants. But supporting a healthy diet with an antioxidant rich, safe herbal tea, offers increased protective benefits. The polyphenol antioxidants identified in rooibos include the monomeric flavonoids aspalathin, nothofagin, quercetin, rutin, isoquercitrin, orientin, isoorientin, luteolin, vitexin, isovitexin, and chrysoeriol. Currently, rooibos is the only known natural source of aspalathin. Aspalathin is characterized by its ability to reduce the free oxygen radicals in the body. Similar to the known radical scavenger enzyme Superoxiddismutase (SOD), aspalathin is capable of metabolizing aggressive radicals into hydrogen peroxide, which in turn is metabolized to innocuous substances in human tissue by other enzymes. Pastore Formulations Hoodia Ultra contains Rooibos for antioxidant support during a healthy weight loss program of diet and exercise.

### **Directions:**

Take 1 or 2 capsules of Hoodia Ultra twice daily, 30 minutes to one hour before meals or as directed by your health care practitioner. Not for use during pregnancy or lactation.

### **References:**

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Gholap S, Kar A. Effects of *Inula racemosa* root and *Gymnema sylvestre* leaf extracts in the regulation of corticosteroid induced diabetes mellitus: involvement of thyroid hormones. *Pharmazie* 2003;58:413–5.

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