



BHealth

WEIGHT MANAGEMENT

Boosts Metabolism

90 CAPSULES

CONTENTS PER CAPSULE:

1332 mg green coffee extract, 100 mg Malabar tamarind (*Garcinia gummi-gutta*)

NON-MEDICINAL INGREDIENTS:

100 mg organic beetroot (*Beta vulgaris*), cellulose, hypromellose

ADULT DOSAGE:

Take 1 capsule 3 times a day, 20 to 30 minutes before meals.

MADE FROM ORGANIC BEETROOT



ORGANIC BEETROOTS



NON GMO



GLUTEN FREE



APPROVED BY HEALTH CANADA



NPN # 80066744



RECYCLABLE

This product has not been evaluated by the FDA and is not intended to treat, cure, or diagnose any disease.

WEIGHT MANAGEMENT

BHealth Weight Management is a natural solution that stimulates the metabolism to help you lose weight when combined with a healthy diet and an active lifestyle. The combination of active ingredients such as organic beetroot, *Garcinia cambogia* and green coffee bean extract, is an ideal solution to incorporate into your weight-loss program.

Did you know...

Organic beetroot (*Beta vulgaris*)

Nitrates contained in beetroot, when in contact with human saliva, transform into nitric oxide (NO), a molecule that acts as a powerful vasodilator. Nitric oxide relaxes the arteries to facilitate an increase in blood flow carrying oxygen and essential nutrients throughout the body. The many recognized beneficial properties of beetroot combined with a balanced diet and a healthy lifestyle can make significant contributions for people on a fitness program who wish to manage healthy weight. It's a natural solution that also helps maintain normal blood glucose.

Green coffee bean extract

Green coffee bean extract is drawn from unroasted coffee beans that contain a very active compound called chlorogenic acid which is lost during the high temperatures required for the roasting process. Chlorogenic acid has the powerful action of inhibiting the release of

glucose in the body and helps achieve weight loss. It prevents the transformation of sugar into glycogen in the liver and controls glucose levels in the blood. These two combined actions help prevent the absorption of fat and help slow weight gain.

Garcinia cambogia extract (*Garcinia gummi-gutta*)

Hydroxycitric acid (HCA) contained in *Garcinia cambogia* stimulates secretion of serotonin, the satiety hormone. It drastically decreases food cravings and the uncontrollable urge to snack on unhealthy junk foods. *Garcinia cambogia* is also rich in benzophenones which makes *Garcinia* an excellent ally to eat only when hungry instead of emotional binge eating when stressed or depressed. Increase your metabolism and overcome those frustrating weight loss plateaus and avoid rebound weight gain.

A NATURAL SOLUTION THAT INCREASES METABOLISM TO HELP LOSE WEIGHT



Health Benefits

- Natural nitrates contained in beetroots are powerful vasodilators that reduce blood pressure allowing more oxygen to be quickly delivered to your muscles and brain.
- Chlorogenic acid in green coffee bean extract helps to limit the storage of sugars in the form of fat.
- Hydroxycitric acid in *Garcinia cambogia* is an appetite suppressant and raises serotonin levels in the brain.

CAUTION: If you are pregnant, do not use this product. Consult a health care practitioner prior to use if you are breastfeeding or have diabetes. Discontinue use and consult a health care practitioner if you experience symptoms of weakness, confusion, headache, nausea, difficulty breathing or have pale, grey or blue-coloured skin.