

# Fat Grabbers®

120 capsules, Herbal combination, Stock No. 2946-3

**F**at Grabbers is the ideal complement to any weight management program.

Fat Grabbers contains emulsifiers and fibres which help control the intake of fats in the system where they are usually stored in fat cells before the body can use them as a source of energy.

## *Did you know?*

Your body easily converts dietary fat calories into body fat. One hundred fat calories can be stored as body fat by expending only 2.5 calories, whereas your body must spend twenty-five calories—almost ten times as much—to convert one hundred calories of dietary protein or carbohydrates into body fat. Only about 1 percent of dietary protein and carbohydrates end up as body fat, because your body would rather use them up right away than waste energy to store them. (Dean Ornish in *Eat More, Weigh Less*)

## ***NSP Advantage***

120 capsules. Fiber supplement.

***Ingredients:*** 500 mg combination of the finest psyllium (*Plantago ovata*) hulls, chickweed (*Stellaria media*) herb, lecithin powder, sodium bicarbonate, guar (*Cyamopsis tetragonolobus*) gum, magnesium stearate, silicon dioxide.

***Recommendation:*** Take three capsules with 16 oz of water 30 minutes prior to meals three times daily.

## **Features & Benefits**

- Increases the intake of water-soluble dietary fibre.
- Guar gum and psyllium hulls are both water-soluble fibres (WSDF). Studies have shown WSDF adsorbs free fat and other unwanted materials in the intestinal tract. The fibres with the unwanted materials adsorbed onto them are then eliminated through normal digestion and elimination processes.
- These same studies have shown that the adsorption and elimination of excess dietary fat can lead to lower cholesterol levels in the blood.
- Chickweed and lecithin act as natural emulsifiers, which help to keep dietary fats in solution so they can be more easily adsorbed and eliminated.
- Fat Grabbers may relieve some symptoms normally experienced by individuals who have difficulty digesting dietary fats.