

## PRODUCT INFORMATION

# Seroslim®

*A balanced, low-calorie diet rich in fiber is the most important precondition for staying healthy. Seroslim® promotes healthy metabolism and suppresses an unhealthy desire for carbohydrates.*

### Basic Facts

Eating too much food, and eating the wrong foods, are the primary reasons people become overweight and develop disturbed lipid and sugar metabolism, not to mention significant risk factors for diseases of the heart and the blood vessels and consequently many other organs. The reasons for unbalanced eating habits are, however, manifold. Often mood, mental stress and emotional stress which cannot be worked off and compensated for in modern life – eventually leading to chronic stress – play a role. A deficiency in vitamins and essential trace substances may also contribute. Recently, research has also focused on the lack of serotonin, which can cause anxiety, sleeplessness, low mood and the desire to overeat.

Sufficient intake of serotonin or its precursor substance 5-HTP® is important, especially in cases of sugar and chocolate cravings. In its extreme form, deficiencies may lead to bulimia. When this type of morbidly excessive hunger is coupled with a depressive state, the administration of 5-HTP® is often beneficial.

Seroslim® provides 5-HTP® along with a balanced combination of vegetable extracts, vitamins and trace elements that act on various levels to help maintain a healthy weight. Plant extracts from coffee bean (**caffeine**) and **guarana** enhance energy consumption and help the body to utilize undesired fat reserves. Boosting energy consumption facilitates an increased demand for vitamins, some of which (**vitamins C, B1 and B6**) are also contained in Seroslim®.

### Effects

Our nerve cells form serotonin (5-HT = 5-hydroxytryptamine) in a two-step process, beginning with the amino acid tryptophan, which enters the body via food. In the nerve cells, tryptophan is then converted to 5-HTP® (5-hydroxytryptophan) and subsequently to 5-HT (serotonin). Studies have proven that supplementing with tryptophan or 5-HTP® raises serotonin levels, with 5-HTP® possessing the added advantage, in contrast to tryptophan, of also helping with chronic stress. Serotonin itself cannot be obtained in considerable quantities through food, as it is degraded within the intestines. Serotonin (5-HT) was discovered 50 years ago and only later identified as a neurotransmitter of the central nervous system.

It is an important messenger substance in the brain that is connected, among other things, with pleasurable sensations. Therefore, a lack of serotonin can lead to mood disturbances, aggressiveness and listlessness. Because serotonin levels in the blood rise soon after eating carbohydrate-rich food, the almost addictive craving for something sweet in cases of serotonin deficiency is quite understandable. Even when serotonin levels are balanced, not only can the administration of tryptophan or 5-HTP® further increase serotonin levels but it can also help to balance mood and reduce food cravings. Various medications, cholesterol depressors among them, have the undesirable side effect of lowering serotonin levels. Aside from modern living and eating habits, this may also be the reason that more and more people require supplementation with serotonin precursors.

When food provides fewer calories, the body automatically lowers its energy consumption. Evolutionarily, this was a sensible reaction to a state of hunger but nowadays it is an obstacle to maintaining a healthy weight. Substances intended to counteract this cycle should ideally interfere with the feedback mechanisms of the body and elicit an increase in performance and more efficient burning of fat reserves by stimulating adrenaline release.



**Seroslim®**

- ▶ Naturally supports normal appetite and healthy eating habits
- ▶ Discourages the «frustration eating» initiated by certain moods
- ▶ Suppresses the desire for sugar and carbohydrates
- ▶ Promotes healthy fat-burning

**At a Glance**

**Seroslim®**

In this respect, the conversion of stored fat to so-called «brown» fat has a positive impact, as brown fat can be mobilized much more quickly for the production of energy and heat. The conversion of stored fat to brown fat can be enhanced by guarana. An increase in efficiency when taking guarana is an additional pleasant «side effect».

**Chromium**, which is also contained in Seroslim®, helps the body to maintain healthy blood sugar levels within normal ranges and has also been proven to help maintain healthy cholesterol levels.

## Uses

Seroslim® is intended to help maintain a healthy weight in cases of **overweight** and to discourage the excess intake of calories. These properties are not meant to replace, but to support and supplement, a responsible and critical lifestyle which includes an awareness of the importance of a healthy and sensible diet.

Components of Seroslim® are also effective in **maintaining a healthy mood**, aiding in cases of **disturbed sleep** and relieving anxiety, and can help combat listlessness and aggressive mood.

Other components encourage increased motivation and have also been used successfully in **hay fever** and **asthmatic complaints**.

## Composition

### One capsule contains:

Vitamin C	30 mg
Vitamin B1	5 mg
Vitamin B6	5 mg
Chromium (Cr)	50 mcg
5 HTP®	13 mg
Caffeine	33 mg
Guarana extract	70 mg
Green tea extract	100 mg

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate.

## Dosage

In normal cases take 1 capsule 1 hour before breakfast with plenty of fluid. As required, increase the dosage up to a maximum of 2 capsules 3 times daily, 1 hour before meals.



## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

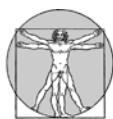
Store in a cool and dry environment, out of reach for children.

### Seroslim® Product Groups

Seroslim® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Metabolism & Weight**
-  **Depression & Moods**

Manufacturer:



**VitaBasix®**  
by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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