

DiETING HINTS

Low-Carb Diet Shown To Boost Weight Loss

(NAPSA)—Cutting carbs could help you achieve a healthier lifestyle, says a recent study comparing three different kinds of diets.

The study, published in *The New England Journal of Medicine*, shows that a low-carb diet helps people lose more weight than a Mediterranean-style diet and the common low-fat diet.

In addition, researchers have discovered that a low-carb diet can help improve healthy cholesterol ratios.

“This is a landmark study in that it shows a low-carb diet should be part of a healthy lifestyle and not just a fad,” says Mitch Skop, director of new product development for Pharmachem Laboratories, Inc., the manufacturer of Phase 2 Carb Controller, an ingredient extracted from the white bean. This extract, widely available as Natrol’s Carb Intercept, has been proven to assist in healthy weight loss and help balance metabolic factors. “Phase 2 is a perfect addition to any product or lifestyle geared toward restricting carbohydrate intake.”

The average weight loss for those in the low-carb group was 10.3 pounds, followed by the Mediterranean diet with a loss of 10 pounds and the low-fat diet with 6.5 pounds lost on average.

Researchers were pleasantly surprised to likewise discover that the low-carb approach showed the most improvement in several cholesterol measures, including the



A white bean extract may assist in healthy weight control by reducing the digestion and absorption of starchy foods.

ratio of total cholesterol to HDL.

The ratio is often used to determine a patient’s risk of hardening of the arteries.

The lower the ratio, the better for the patient. In the study, the low-carb sector experienced a cholesterol ratio decrease of 20 percent, compared to 16 percent for those on the Mediterranean and 12 percent in the low-fat group.

In 2007, Pharmachem’s Phase 2 Carb Controller, became the first weight control ingredient with two structure/function claims as follows: “May assist in weight control when used in conjunction with a sensible diet and exercise program” and “May reduce the enzymatic digestion of dietary starches.”

For more information, call (800) 526-0609 or log on to www.phase2info.com and www.natrol.com.