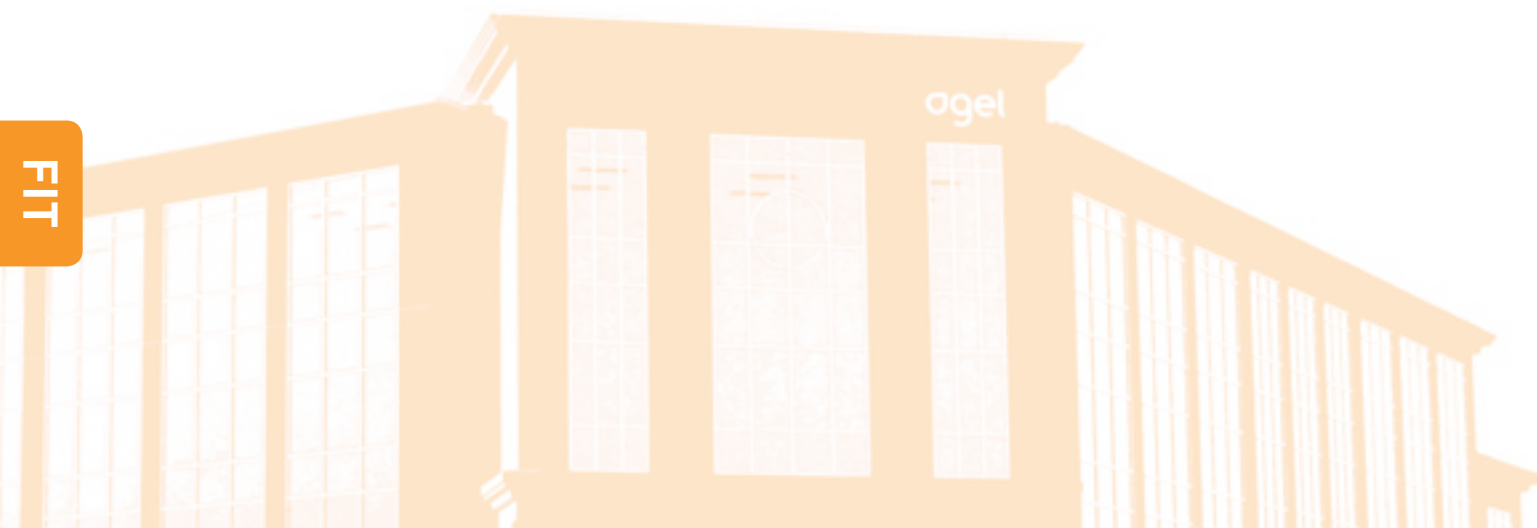


agel[®]



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PRODUCT PROFILES

who we are...

Agel Vision

The Global Leader in Suspension Gel Technology based Nutritional Products

Agel Purpose

AGEL and our Product Profiles in *Innovation, Research, Quality and Safety* provide the necessary components for a confident, well-informed community of empowered team members through:

- Safe and beneficial products
- Clear and organized information
- Compliance to well-defined systems



Marketing Summary

Losing weight and being healthy

Win the battle of the bulge

Win the battle of the bulge with help from FIT. Losing weight can be a huge struggle. Being overweight increases your chances for health problems and decreases your ability to do things. Overcoming it isn't easy, but using FIT as part of your weight control program can help*.

FIT fits perfectly with your weight control program

To reduce your weight, you have to eat less and move more. If you take a FIT gel packet before two meals, you may increase the effectiveness of your weight control program. That's because it contains an active ingredient called hydroxycitric acid (HCA) that comes from the fruit and rind of Garcinia cambogia.

Prevent your body from storing unused carbohydrates

Clinical studies have shown that HCA prevents your body from storing unused carbohydrates and inhibits fat production. In other words, it helps you win the battle between how many calories you consume and how many calories you burn.

Support your digestive system

If taken 30-60 minutes before a meal, FIT can help you eat less. If you eat less and move more, you can win the battle of the bulge. Few things benefit your health more than losing those extra pounds. Studies show that weight loss helps maintain existing healthy blood pressure and improves sleep*

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

***Products shown may not be available in every market and where available may be for personal use only.*

Research MONOGRAPH

Product History & Traditional Use

Agel FIT is a blend of synergistic ingredients formulated to provide support for long-term sustainable weight management when combined with exercise and reduced caloric intake. FIT is recommended for use along with PRO and GRN as part of the FIT Challenge.

FIT ingredients have a rich history of traditional use. The primary ingredient in FIT, *Garcinia cambogia* is known as Malabar Tamarind or Indian Berry. It has been used in Indian cuisine as a spice ingredient in curries. It is related to the Mangosteen. Apple Cider Vinegar has been used for centuries and is considered a home remedy to aid weight management, digestive processes and is touted to provide an overall sense of wellness.*



FIT INGREDIENT	PHYTONUTRIENT	TRADITIONAL USE*	CURRENT USE**
Garcinia cambogia (Super Citrimax®)	Hydroxycitric Acid (HCA)	Culinary spice, curry Astringent, Detoxification	Fatty acid metabolism management
Apple Cider Vinegar	Acetic Acid Organic Acids	Home remedy Weight Management	Flavor

*Traditional use claims have not been verified by modern scientific research.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific Summary

& CURRENT USE

The primary ingredient in Agel Fit is Super Citrimax®. It is a standardized extract derived from the fruit and rind of *Garcinia cambogia* containing 60% hydroxycitric acid (HCA). Each packet contains 1300 mg of Super Citrimax® or 780 mg of HCA.

HCA provides a dual approach to weight management by controlling fatty acid synthesis and maintaining effective appetite control. HCA increases levels of serotonin (5-HT). This neurotransmitter has been found to play a vital role in a wide range of behavioral functions, including mood, sleep and appetite control. Studies

have shown that there is an association between increased plasma levels of serotonin and decreased food intake, weight management and increased energy. Increased serotonin levels support related emotional issues such as binge cravings and depression. Research publications have documented the role of HCA in the inhibition of fatty acid production.

HCA in FIT inhibits the production of fatty acids by inhibiting the biochemical action on a cellular enzyme called ATP citrate lyase. ATP citrate lyase controls the biosynthesis of cellular Acetyl CoA (a carbohydrate-derived building block for fatty acids). Acetyl CoA

is initially synthesized in the cellular mitochondria, but since the mitochondrial membrane is impermeable to Acetyl CoA, it is converted into hydroxycitrate and pumped across the mitochondrial membrane then reconverted from hydroxycitrate into Acetyl CoA and oxaloacetate via ATP citrate lyase. However, in the presence of adequate HCA, ATP citrate lyase is deactivated, thereby blocking the synthesis of fatty acids from carbohydrates and their storage in the liver. This reaction prompts the biochemical change in the liver that promotes fat metabolism ("burning"). By switching this enzyme off, HCA effectively blocks the conversion of starch and sugary foods into fat.



FIT Challenge

& WEIGHT MANAGEMENT CONCEPTS

- 1 A FIT based weight management program includes exercise, reduced caloric intake, Agel supplements and willpower.
- 2 Keep hydrated. Drink four liters of water daily or as needed.
- 3 Exercise 30 minutes daily, 5-6x weekly.
- 4 An initial 7 day cleansing regimen to prepare for weight management is advised.
- 5 Use 1-2 PRO Shakes daily, GRN Packets 2x daily, FIT Packets 2x daily.
- 6 Daily protein 70-100 grams as needed (breakfast target of 30g).
- 7 Do not eat within 3 hours of retiring to sleep.
- 8 Weight management is a long term process. A long term sustainable weight management lifestyle is recommended over short term use of diet pills. Programs are more effective than just supplements alone!
- 9 Go to the FIT Challenge website at Agelfitness.com for additional information, diet plans, BMI calculator, and exercise programs.

Super Citrimax® (HCA) features in FIT

- Appetite control
- Fatty acid synthesis management
- Soluble form bound to potassium and calcium to maximize bioavailability
- Suspension gel technology form to enhance extended delivery
- Published research and documented results

Product Label

*Take one Agel FIT packet twice a day
30-60 minutes prior to a meal*

Supplement Facts

Serving Size: 1 Packet (21g) Servings Per Container: 30

Amount Per Serving		% Daily Value *
Calories	25	
Total Carbohydrates	5 g	2%
Fiber	<1 g	3%
Sugars	5 g	†
Calcium	150 mg	15%
Potassium	190 mg	5%
Sodium	6 mg	<1%
Super Citrimax ® [60% (-)hydroxycitric acid extract of <i>Garcinia cambogia</i> fruit]	1300 mg	†
Apple Cider Vinegar	400 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Agel® **FIT** helps play a role in the frustrating struggle of ‘eating less’ and ‘moving more’ that is essential to weight loss and maintenance, without the harmful effects of stimulants. **FIT** helps decrease body weight by reducing appetite and inhibiting fat synthesis.

Nutritional Supplement

Patent Pending Suspension Gel Technology.

Other Ingredients: Water, Fructose, Citric Acid, Cellulose, Guar Gum, Natural Flavoring, Xanthan Gum, Sodium Benzoate.



Approved Claims

Key Ingredients

Garcinia cambogia Extract (Super Citrimax®) 1300mg per packet or 2600mg daily (per two servings or 2 packets), Vinegar Powder 400mg per packet

APPROVED	NOT APPROVED
A natural formulation (containing <i>Garcinia cambogia</i> extract) to maintain a healthy weight	FIT is guaranteed to remove those extra pounds. Formulated to meet everyone's needs.
Agel FIT helps play a role in the frustrating struggle of "eating less" and "moving more" that is essential to weight loss (control) and maintenance, without the harmful effects of stimulants.	Super Citrimax® is essential for weight reduction and support of weight related disease and symptoms such as high blood sugar, hypertension, fatigue, high cholesterol, decreased libido.
FIT used with a reduced caloric intake and exercise supports a healthy body weight	Prevent and treat obesity the natural way with FIT.
FIT and a healthy lifestyle go hand-in-hand. You will look and feel your best	FIT contains 100% natural synergistic herbals that support healthy body weight.

Notes

- 1 The FIT recommended dosage is 1 packet twice daily taken 30-60 minutes prior to meals.
- 2 Super Citrimax® is standardized to contain 60% Hydroxycitric Acid (HCA). Each FIT packet contains 1300mg of Super Citrimax® or 780mg of HCA.
- 3 FIT, GRN and PRO are components of the FIT system.

Safety Cautions

& ASSESSMENT

- Pregnant or lactating women (or those planning pregnancy) should consult their physician prior to using this product.
- If you are planning a surgery, disclose use of Agel FIT and all other dietary supplements to your physician.
- A daily dosage of 2 Agel FIT packets a day can be safely used by most people. The recommended regimen is to use one FIT packet 30-60 minutes prior to a meal.
- FIT is intended for adult use. It is not intended for use in young children. Consult with your healthcare professional prior to using in children.
- The Agel approach to dietary weight management and fitness is that most young children (ages 2 to 12) should not need to supplement with nutritional products such as FIT. Young children should be engaged in healthy lifestyle choices such as exercise, adequate rest, and following parental guidelines that will foster confidence and a healthy self image.
- Hydroxycitric acid and vinegar are both considered GRAS (Generally Regarded as Safe).
- The LD50 of Hydroxycitric Acid (HCA) is greater than 4000mg/kg for oral administration. The LD50 is a safety evaluation test that is defined as the lethal dosage that will kill 50% of the study group population. The HCA LD50 dosage is 4000 mg or 4 gram per kilogram or 2.2 pounds of body weight. In other words a 50 kg (110 pound person) would need to ingest 200 grams of HCA (or the amount contained in about 250 packets of FIT) to have a potentially lethal dosage. Each packet of FIT has 0.78 grams or less than 1 gram of HCA.

Key Ingredients

- Super Citrimax® 1300mg = *Garcinia cambogia* fruit extract standardized for 60% or 780 mg Hydroxycitric acid
- Vinegar 400mg

Age Guidelines

FOR USE

AGE GROUP CLASS	APPROXIMATE AGE	USE RECOMMENDATION
Newborn	Birth to one month of age	Not recommended for use
Infant	One month to 2 years	Not recommended for use
Child	2 years to 12 years	Not recommended for use
Adolescent	12 years to 17 years	Check physician before use
Adult	17 years and older	1-2 packets daily or as needed

Agel Guidelines

- 1 Individual conditions should be considered when considering use, including weight, sex, pre-existing medical conditions, sensitivity or allergic reactions to ingredients, use of prescription medication or other pharmaceuticals.
- 2 The adult use recommendation for adults FIT is 1-2 packets daily or as needed. The term “or as needed” denotes that individuals may select more than 2 packets daily based on individual need, however, the daily maximum dosage recommended is 5 packets daily.
- 3 Individuals should begin Agel product use with one Agel product at the lowest dosage and increase dosage and add other complementary Agel products as needed.

Product Shelf Life

Agel FIT has a shelf life of 18 months when stored under ambient conditions.

Glossary

Astringent Typically bitter substances that are capable of drawing together (pucker, styptic) soft organic tissues.

Body Mass Index (or BMI) Is a measurement of your body weight relative to your body height. A BMI less than 18.5 is considered underweight. A BMI of 18.5-24.9 is considered normal range. A BMI 25-29.9 is considered overweight and a BMI of greater than 30 places a person in the obese category. A healthy weight and BMI is based upon many individual factors and may vary for each person.

Detoxification (detox) The process of deactivating or eliminating harmful substances from the body.

Garcinia cambogia Also known as Malabar Tamarind a fruit occurring in India, Asia, and tropical areas that contains naturally occurring hydroxycitric acid.

Hydroxycitric Acid Also known as HCA, a chemical compound occurring in the fruit of *Garcinia cambogia*.

LD50 A safety evaluation test that is defined as the lethal dosage that will kill 50% of the study group population. The LD50 typically uses rodents or animal subjects. Agel does not conduct or commission LD50 tests. Agel evaluates the safety literature of ingredients used in Agel products to formulate ingredients, determine safe dosage, and develop products.

Mitochondria A cellular organelle associated with energy production in the cell.

Super Citrimax® An ingredient from Inter Health comprised of an extract of *Garcinia cambogia* fruit standardized for 60% hydroxycitric acid.

Synergistic Cooperative action among distinct parts such that the total effect is greater than the additive sum of the parts taken independently.

Weight Management The process of staying at a desired body weight.



References

- Agel GRN Finished Product Specifications S116.01 Revision 10. 2011.
- Jellin JM, Gregory PJ, et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database. 11th Edition. Stockton, CA: Therapeutic Research Facility. 2009
- The United States Pharmacopeial Convention. USP Dietary Supplements Compendium The Authoritative Reference 2009-2010 1st Edition. Rockville, MD. 2009.
- Woolley, Cole. Ageless Nutrition 2nd Edition. Orem UT: Nutritional Sciences LLC. 2005.
- Gerry K. Schwalfenberg, "The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?," Journal of Environmental and Public Health, vol. 2012.

Additional Resources

[US Regulatory Requirements](#)
[European Regulatory Requirements](#)
[Agel Suspension Gel Technology FAQ](#)
[Agel Product Allowable Claims](#)
[Agel Product Shelf Life](#)
[Agel Quality \(QA/QA 2011\)](#)

