



Green coffee bean extract has been in the news recently, due primarily to its role in weight management. It was featured on the Dr. Oz show. There is scientific evidence supporting the benefits attributed to this substance. Original research was centered around its role in blood sugar control, but it became clear that weight loss was, unexpectedly, the most significant observation.

According to the researchers (Applied Food Sciences), “One of the first things we did was a glucose inhibition study and we saw some really interesting things. As we went proceeded through the clinical evolution we realized that a lot of the subjects that were taking the extract for blood glucose management were also having some benefits of weight loss. And the weight loss was specifically from body composition changes and they were actually experiencing some changes in the amount of fat they were storing and metabolizing,”

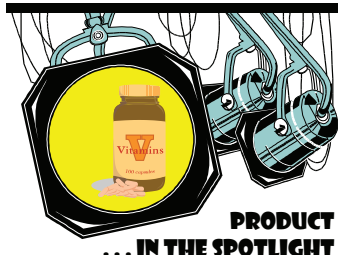
After getting intrigued about the weight loss benefits, They investigated further, conducting a longer-term, randomized, placebo-controlled cross-over study in which the subjects acted as their own controls, to try to better account for the wide variability in how subjects tend to respond in weight loss study. The study included placebo, low dose and high dose phases and washout phases between the phases. The study showed an average weight loss of about 17 pounds in 22 weeks.

The main active ingredient, chlorogenic acid, a type of polyphenol, is present in brewed coffee. But it is sensitive to temperature, and the roasting process destroys much of it. To avoid this loss of activity, green (unroasted) coffee beans are used.

### Green Coffee Bean Extract

*For Cardiovascular Health\* and Glucose Balance\**

Jarrow Formulas® Green Coffee Bean Extract is derived from “green” (meaning unroasted) coffee beans and offers a concentrated source of plant-derived antioxidants, especially chlorogenic acids. Chlorogenic acids have been shown to promote glucose regulation and balance by inhibiting the activity of glucose-6-phosphatase (an enzyme involved in the release of glucose from liver stores) thus slowing the release of glucose into the blood.\*



**PRODUCT  
... IN THE SPOTLIGHT**

Clinical trials have demonstrated that the chlorogenic acids found in Jarrow Formulas® Green Coffee Bean Extract support weight management.\*



*Each Capsule contains  
400 mg of Green Coffee  
Extract (Coffee spp.)  
(bean) (50% chlorogenic  
acids)*

**On Sale**  
**Product No. 62025**  
**60 Veggie Caps**  
**List: \$25.95**  
**Sale: \$18.17**  
**~ 30% Off List! ~**

Keep out of the reach of children.

Suggested Usage: Take 1 capsule 2 times per day before meals or as directed by your qualified health care consultant.

NOTE: If you have a medical condition (especially diabetes or being treated for glucose control), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially for glucose control), consult your health care practitioner before using this product. One capsule contains a small amount of caffeine — less than 16 mg — which is the amount found in approximately one quarter cup of green tea.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts. Suitable for vegetarians/vegans.

GCA® (Green Coffee Antioxidant) is the registered product of Applied Foods Science, Inc

*\*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.*