

Being

# Overweight

“ A Serious Medical Problem”

Even an inch more, on waist / belly can be

## Dangerous

- There are no shortcuts available.
- It can not be treated cosmetically.
- Risk of life threatening infections associated with surgical procedures.
- Side effects of Multiple Constituent Ayurvedic formulas or allopathic drugs.
- Heating pads or Heating belts, Which leads to water loss mainly rather than fat loss, and thus can cause serious, Health problems.
- Dieting schedules / dieting crash courses are not advisable scientifically.



The **Weight Loss** Specialist

# Sargam<sup>®</sup> YOUNG

100% Vegetarian & Natural

Green Tea Extract 400mg &  
Green Coffee Beans Extract 100mg Capsules

## **GREEN TEA EXTRACT** (Mechanism of Action):

- 1 Green Tea Extract helps to boost Body Metabolic Rate (BMR), making it easier for the body to burn fat. As per Research published in the “**AMERICAN JOURNAL OF CLINICAL NUTRITION**” (Consumption of Green Tea Extract produces Thermogenesis).
- 2 Green Tea Extract rich in catechin, Polyphenols increases 24 hour energy expenditure & fat oxidation.
- 3 Green Tea Extract inhibits the fat absorbing enzyme 'Lipase' in the digestive system, thus stopping the addition of further fat in the body from the foods.
- 4 Green Tea Extract in weight loss, helps body to regulate **blood sugar levels** & it can also help **thyroid** patients, without over stimulating the adrenal glands (as the thyroid patients, have low Body Metabolic Rate (BMR), thus they have a tendency to gain weight faster).

## **Green coffee bean extract: (GCBE)**

According to studies (GCBE) works as a **catalyst** in the oxidation of fat.

- It helps the release of fatty acids.
- It improves metabolism.
- It reduces glucose and calorie absorption which in turn decreases insulin output and reduces the formation of adipose tissue.

***The end result of using Green coffee bean extract is that it decreases body fat and body mass.***

**"The American college of Sports Medicine (ACSM)"** The largest and the most respected Health Medical & Exercise organization in the world has established guidelines for Healthy Weight Loss; They recommend a weight loss goal of 4-8 pounds / month (1 pound= 454 gms) approx. 2-4 kg/ month.

***So all you need is a comprehensive way of getting rid from this serious Health Problem, which includes;***

- A change in lifestyle like Cutting on or avoiding Unhealthy snacking / Junk food & Carbonated / Sugary drinks.
- Adopting an active way of daily routine which includes Jogging, Cycling, Swimming, Brisk Walking and going by steps instead of Lifts or Escalators.
- Adding some **Natural Body Metabolic Rate (BMR)** enhancers like Green Tea Extract/Green Coffee bean Extract which is also associated with a plethora of other health benefits of being a **Natural Anti Oxidant**, with proven **Efficacy** and **Safety** records worldwide.

**Green tea V/s Green Tea Extract :** *As per Research conducted worldwide on weight loss benefits of green tea*, it has been found that when we drink green tea, we need to drink at least 8 – 10 cups per day to get the desired weight loss benefits, but drinking 8- 10 cups per day is extremely difficult, at the same time green tea contains a large amount of caffeine (50-60 mg per cup) which can have serious side effects (like **Increased heartbeat, loss of appetite, sleeplessness or gastric discomfort**)

So in that case **Sargam (Green Tea Extract)** is found to be a safer option as it is de-caffeinated and 1 Capsule of **Sargam** is equivalent to 3 - 4 Cups of Drinking Green Tea, thus the desired benefits are obtained with just 3 capsules per day.

***Sargam Facts :***

- Green tea extract is not an appetite suppressant.
- Green tea extract enhances stamina; it helps people to exercise for long duration thus significantly enhancing endurance levels.

***So people who take green tea extract & do exercise, will burn more fat than someone who simply diet & exercise.***

- Green tea extract is not a fast acting diet & one should use it in order to achieve long term goals.

Acc. to **Tom Venuto** author of the excellent book '**Burn The Fat**', It is possible to loose more than 2 pounds per week, but if you do, most of the additional weight will usually be Water or Muscles.

- ★ When you loose water weight, you will gain it back immediately as soon as you rehydrate yourself.
- ★ When you loose muscles, your Body Metabolic Rate (BMR) slows down, making you more likely to regain the lost weight.

***So permanent weight loss is always slow, because it involves fat loss not water or muscle loss, & Green Tea Extract & Green coffee bean extract are proficient in promoting fat loss. So "How quickly you loose weight depends upon your Diet & Lifestyle" thus No one can guarantee, "How many pounds / kg you can loose in a Month"?***

**Dosages : 3 Caps per day** (one Capsule after Breakfast, one after Lunch & one after Dinner) for a minimum period of 8-9 Months, for effective weight loss goal achievement. But you will start feeling the good effects during the 2-3 months itself.



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Helpline : **+ 91 8527161767**

Website : [www.medbiologicals.in](http://www.medbiologicals.in)