



Safety Information

AppTrim is contraindicated in an extremely small number of patients with hypersensitivity to any of the nutritional components of **AppTrim**. Patients with a history of melanoma should avoid **AppTrim**. Products containing L-tyrosine are contraindicated in those with the inborn errors of metabolism alkaptonuria and tyrosinemia type I and type II. Products containing tyrosine are also contraindicated in patients taking non-selective monoamine oxidase (MAO) inhibitors.

ADVERSE REACTIONS: Ingestion of L-tryptophan and/or choline at high doses of up to 15 grams daily is generally well tolerated. The most common adverse reactions of higher doses — from 15 to 30 grams daily — are nausea, abdominal cramps, and diarrhea. Some patients may experience these symptoms at lower doses. The total combined amount of amino acids in each **AppTrim** capsule does not exceed 400 mg.

DRUG INTERACTIONS: **AppTrim** does not directly influence the pharmacokinetics of prescription drugs.

The Benefits of Medical Foods

Medical foods can help manage a disease through a different pathway than drugs. They have a much safer side effect profile than most prescription drugs and are thoroughly tested for efficacy. These products are carefully regulated by the FDA and are produced in a cGMP certified facility in the United States.



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Better Health with **AppTrim**[®]



Targeted Therapeutic Option for the Dietary Management of Obesity

For Use Under the Supervision of a Physician



What is *AppTrim*®?

AppTrim is a medical food designed for the clinical dietary management of Obesity. *AppTrim* is a natural formulation of amino acids, nutrients and antioxidants that address the specific nutritional deficiencies associated with Obesity. *AppTrim* is regulated by the United States Food and Drug Administration (FDA) as a medical food and only contains ingredients that are Generally Recognized as Safe (GRAS).

How Can *AppTrim* Help?

As a medical food, *AppTrim* addresses specific amino acid deficiencies associated with Obesity. Addressing the increased amino acid requirements of Obesity can help coordinate communication between the brain, stomach and nervous system so that you feel full quicker and for longer period of time. *AppTrim* is an important part of an Obesity management program and is a safe and effective tool for reducing appetite.

Why *AppTrim*?

AppTrim is an effective appetite suppressant that can help you control hunger and reduce daily calorie intake. *AppTrim* is most effective when it is incorporated into a daily exercise and nutrition plan.

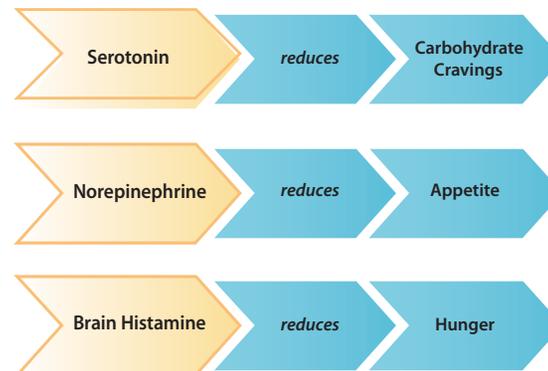
What Does *AppTrim* Do?

AppTrim provides the amino acids that are precursors to the neurotransmitters that control hunger:

- Norepinephrine
- Epinephrine
- Serotonin
- Acetylcholine
- Glutamate

How Does *AppTrim* Work?

AppTrim works by restoring the neurotransmitters that are required to control appetite, satiety, and carbohydrate cravings.



How Do I Take *AppTrim*?

It is recommended that two (2) capsules of *AppTrim* be taken twice daily; two (2) capsules mid-morning and two (2) capsules in the afternoon. Your doctor will determine the most appropriate dose for your condition.

Is *AppTrim* Effective?

AppTrim has been the subject of numerous clinical trials and has proven to be a very effective tool for the dietary management of obesity. In one clinical trial, when 2 pills of *AppTrim* were given twice daily as an adjunct to a weight loss diet, participants saw a statistically significant reduction in appetite, compared to the placebo group.

