





## Natural appetite control

### *Ceratonia siliqua*

- **CSAT+®** is a **carob bean** extract with satiating and metabolic effects for appetite control.
- **Carob** is a bean-like fruit typically found in the Mediterranean region and historically consumed as a food product.
- The combination of the seed's dietary fibre and the pods' natural phenols is an effective alternative for weight control.

## How does it work?

- **CSAT+®** has high content of Galactomannan (>30%), a polysaccharide recognised as a dietary fibre with gelling properties.
- Studies show that the gelling property of Galactomannan delays the stomach's content from emptying which helps prolong feelings of satiety.
- Studies also show that increasing the thickness of a liquid reduces the amount of liquid consumed.

## Indications, Claims and Dose

**Dose:** 300mg extract per day for weight control, 1000mg extract per day for maximum efficacy.

- Helps reduce **hunger cravings** and calorie intake.
- Helps support a **weight loss** program.
- Helps prevent **unhealthy eating habits**.
- Provides slow and constant **energy release**.



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