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Jessica Breen
Natural Factors PGX Daily Ultra Matrix Softgels

Each year, more of us fall prey to stress, a sedentary lifestyle and a food culture of highly processed, nutrient-poor quick fixes. Left overweight, undernourished and depleted of energy, we live each day desperate for change. A search for weight-loss solutions uncovers a vast sea of literature, including a myriad of fad diets promising remarkable results with little science.

Fortunately for those seeking answers, there is one very simple common denominator underlying weight gain and its effects, including heart disease and diabetes: insulin resistance. Also known as Syndrome X or Metabolic Syndrome, insulin resistance is a state in which insulin, a hormone necessary for glucose metabolism, is processed less efficiently with each added pound of body weight. To compensate, the body produces higher levels of insulin, causing a crash in blood sugar and often leading us to reach for sugary pick-me-ups that drop us hard. A vicious cycle of overeating is established. Over time, insulin resistance increases our risk for diabetes, heart disease and other inflammatory conditions.

Weight management is thus heavily dependent on improving insulin sensitivity through normalization and maintenance of healthy blood glucose levels. The key here is high-quality fiber, which not only normalizes blood glucose, but also slows digestion and increases satiety, or a feeling of fullness. A major breakthrough resulting from many years of intensive research, Natural Factors PGX Daily Ultra Matrix Softgels contain a unique proprietary blend of plant-based polysaccharides (fibers) that work synergistically to normalize blood glucose and restore insulin sensitivity better than any supplement, drug or dietary program ever studied.

In a double-blind, placebo-controlled study at a leading Canadian university, subjects taking PGX for three weeks lowered their after-meal blood glucose levels by a whopping 23%, compared to just 0.4% for the control group. Subjects also reduced body fat by 2.8%, compared to the control group's 1.4% (Vuksan, *et al*.). Another study found that continued use of PGX by overweight, insulin-resistant subjects can lower insulin secretion by 40%, improving insulin sensitivity by nearly 55%. When insulin sensitivity is restored, fewer calories are available for fat cells and more calories are available for energy.

Quality of dietary fiber is strongly determined by how much water it can absorb and how viscous, or thick it becomes in the stomach. The polysaccharides in PGX can bind several hundred times their weight in water and stomach fluids! This is much higher than other fibers such as oat bran and psyllium husk, which would need to be consumed in extremely high, side effect-producing amounts to receive a comparable benefit. The superior viscosity of PGX produces a feeling of fullness that allows us to decrease food intake without feeling hungry. In

addition, PGX's coconut oil-derived encasing of the polysaccharides is the most advanced, rapidly-dispersing delivery system for fiber available.
Incorporating PGX Daily Ultra Matrix Softgels into your daily routine can help you lose weight safely and gradually and improve your overall health, even if you're not yet ready to make other positive diet and lifestyle changes. Taken before each meal, PGX can balance blood sugar levels, regulate appetite through increased satiety *and even reduce the onset or progression of heart disease and diabetes*. As the pounds are shed, the resulting increase in energy will likely be the boost you need to adopt a healthy lifestyle, further accelerating weight loss. Amid a market of sensational claims and few results, PGX stands out as using sound science to tackle the root of weight management.

References

Vuksan, V., *et al.,* "3-week Consumption of a Highly Viscous Dietary Fibre Blend Results in Improvements in Insulin Sensitivity and Reductions in Body Fat," Results of a double-blind, placebo-controlled trial presented at the 64th Annual Meeting of the *American Diabetes Association,* Orlando, Florida, June 4-8, 2004.

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Because insulin regulation is so fundamental to health, the benefits of PGX extend beyond weight loss to preventing the onset or progression of diabetes and heart disease. A randomized, controlled clinical trial of subjects taking medication for diabetes, high blood pressure and cholesterol found that PGX reduced a marker of glycemic control as effectively as the oral hypoglycemic agent (Vuksan, V., Jenkins D.J., et al.). In addition, two studies found PGX significantly reduced total and LDL cholesterol in subjects with Metabolic Syndrome or diabetes (Vuksan,V., Sievenpiper, J.L., et al). This effect is similar to a modest dose of statin drugs and is three-to-five times greater than that produced by studies using psyllium or oat bran.

Vuksan V., Jenkins, D.J., Spadofora P., Stevenpiper, et al., "Konjac-mannan (glucomannan) improves glycemia and other associated risk factors for coronary heart disease in Type II diabetes," A randomized, controlled metabolic trial, Diabetes Care, 22:6, 913-9; June 1999.

Vuksan V., Sievenpiper J.L, Owen R., Swilley J.A., Spadafora P., Jenkins D. J., Vidgen E., Brighenti F., Jossee R. G., Leiter L.A., Xu Z., Novokmet R., "Beneficial effects of viscous dietary fibre from Konjac-mannan in subjects with the insulin resistance syndrome," Results of a controlled metabolic trial, Diabetes Care, 23 (1): 9-14; 2000.