



APPETHYL

PRODUCT PROFILE

Appethyl® has been clinically-tested to show numerous benefits including significant reduction of hunger and cravings by slowing down digestion. Furthermore, a recent study shows that the reduction in hedonic hunger, which we often refer to as craving for sugar and unhealthy foods, is a particular strong effect of thylakoids: the main active compound in Appethyl®.

Appethyl® is made 100% from spinach, carefully processed to preserve all its benefits and in particular thylakoids.

WHAT IS A THYLAKOID?

Spinaches are particularly rich in thylakoids. A thylakoid is a membrane-bound compartment inside chloroplasts and cyanobacteria found in spinach and other leafy greens. They are the place where the light-dependent reactions of photosynthesis happen, and have also been found to have profound effects on appetite control.

The use of plant cell membranes (thylakoids), for appetite control is patented worldwide.

HOW DOES APPETHYL® REDUCE APPETITE?

Appethyl® enhances the body's natural satiety process. More specifically, the thylakoids in Appethyl® temporarily inhibit pancreatic lipase/colipase, which in turn delays fat digestion. This allows more fat further down the intestinal tract resulting in greater cholecystokinin (CCK) release. CCK is one of the primary satiety hormones.

CLINICAL STUDIES

To date, several clinical studies evaluating the health benefits of thylakoids in humans have been completed by researchers at internationally well-renowned research institutions in Europe and USA, all demonstrating positive results.

In detail, what the studies have shown is that the thylakoids delay and slow down the digestion and absorption of fats primarily, but also of that of carbohydrates. Through this action, the body's satiety system is able to work the way it is supposed to: releasing satiety hormones that signal to the brain that we are satisfied. Modern processed food is often digested very quickly, hardly giving the satiety system a chance to work, making us experience both hunger and cravings when we shouldn't have to.

Appethyl® is an all-natural, patented and safe ingredient from spinach, clinically proven to act as an appetite suppressant.

PRODUCT ADVANTAGES

- ✓ Patented, all-natural spinach powder rich in thylakoids
- ✓ Scientifically tested: 10 clinical studies (6 published) 9 published animal trials, 5 published biochemical studies, 4 PhD theses
- ✓ Clinically-proven positive results as appetite suppressant
- ✓ Safe: No side-effects were reported in any of the trials
- ✓ Only water is used in the extraction/concentration process
- ✓ Minimum 50% in vitro inhibition of pancreatic lipase/on specification
- ✓ Environmentally friendly
- ✓ Additional health benefits from spinach



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The thylakoids' profound effects on appetite control were first discovered by Charlotte Erlanson-Albertsson, Professor of Medicine and Physiological Chemistry at Lund University in Sweden. In her own words: "It is about making use of the time it takes to digest our food".

SUGGESTED DAILY DOSAGE

In clinical studies, the participants took 5 grams per day at breakfast time. They found that Appethyl® significantly reduced hunger at lunch as well as cravings for unhealthy foods for the entire day.

The best time to take the product is with the meal that precedes the person's biggest meal during the day. The reason for this is because appetite is reduced 4 to 6 hours post-ingestion. Please note that they thylakoids need a certain amount of fat in order to work their best.

Therefore it may be recommended to combine Appethyl® with a tablespoon of oil (olive oil, rapeseed or sunflower) or if taken in a meal, to make sure that the meal is not completely fat-free.

PRODUCT APPLICATIONS

- ✓ Food Supplements
- ✓ Functional Foods
- ✓ Yoghurts
- ✓ RTD, liquid shots, juices and other beverages
- ✓ Meal replacements, soups
- ✓ Nutritional bars

about



Greenleaf Medical

Greenleaf Medical AB is a Swedish R&D company, which develops and sells natural ingredients with well-documented health benefits to the global nutraceutical market. The safety and efficacy of the products is granted through research at leading international universities and research groups.

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