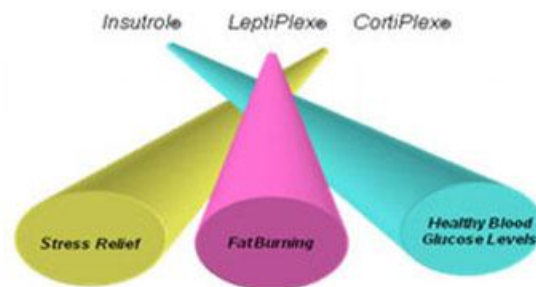


The Science Behind CortiSlim

CortiSlim Original provides a unique three-pronged approach to weight loss by addressing stress, enhancing thermogenesis (so you can burn more fat) and encouraging lean body mass through supporting healthy blood glucose levels. This revolutionary product blends three Proprietary Complexes in its unique and powerful weight loss formula to give you The CortiSlim Advantage!



1. CortiPlex® Complex

The CortiPlex® Complex, in CortiSlim *Original* and *Advanced*, combines a host of natural calming ingredients to compliment the stress-reducing effects of exercise.* Reducing stress is an important component to weight loss as preliminary studies¹ suggest that stress may be responsible for elevated levels of the steroid hormone, Cortisol (also known as the "stress hormone") and may be associated with increased appetite and weight gain. Regular exercise is one of the best ways to maintain healthy stress levels.

Cortisol is a necessary component in the human body as it assists you in regulating blood pressure, cardiovascular function, and your body's use of fats, proteins and carbohydrates. Cortisol is also involved in such important functions as glucose metabolism, insulin release for blood sugar maintenance, and inflammatory response. Research² indicates that under normal circumstances, your body maintains or regulates your natural Cortisol levels. For example, most healthy adults have a higher Cortisol level first thing in the morning and a lower Cortisol level at night. But when you're under stress, your body secretes more Cortisol, which is why it is often called the "stress hormone." Small increases of Cortisol often produce positive side effects like improved memory, reduced sensitivity to pain, and rapid bursts of energy. But elevated Cortisol levels, or excessive Cortisol in the bloodstream, due to such things as prolonged or chronic stress, can cause negative side effects such as suppression of thyroid function, cognitive impairment, increased blood pressure, decreased bone density, and blood sugar imbalances. High levels of Cortisol can also lower your immunity and inflammatory responses, as well as slow down the wound healing process.

Cortisol releases glucose into your bloodstream and increases blood pressure for increased physical activity such as running or fighting. Your brain is stimulated for more intense awareness. Immune system activity is reduced to save energy for physical activity.



Cortisol taps energy from your body's most-easily available sources. Muscle tissue is skimmed to produce glucose for energy. Triglycerides are mobilized from fat tissues. Short-term stressors and even cyclical daily variations cause elevated Cortisol levels that are normal and healthy to provide energy for different activities. Cortisol levels in the blood are usually higher in the morning to provide energy.

When physical activity to solve the stressor is used, the energy components produced by Cortisol are used by muscles, nerves and other tissues. Glucose and triglycerides are consumed by the cells providing activity. When Cortisol levels remain elevated for long periods of time (chronic stress), you may perceive a need for extra calories and over-eating is a common result.

2. LeptiPlex® Complex

Our proprietary LeptiPlex® Complex contains a powerful thermogenic blend of ingredients, including Green Tea Extract and healthy Caffeine to enhance your body's ability to efficiently burn more fat.*

When your body experiences an increase in temperature or energy output it is called "thermogenesis." When thermogenesis occurs within your body it causes the body's metabolism to speed up and increases the need for more energy. In order to support the metabolic increase, your body draws on its stored fat cells for additional energy output, causing you to burn fat. This thermogenic process within the body can be triggered by a number of things, including nutrition, supplements and exercise.

A 1999 clinical study³ on the effects of consuming Green Tea and Caffeine together concluded that the combination has thermogenic properties that cause the body's temperature to increase and promote fat oxidation. It was also concluded that Green Tea Extract may play a role in controlling body composition by activating the thermogenic process and facilitating fat oxidation, or both.

For those CortiSlim users that are looking for increased thermogenic benefits over what CortiSlim Original's LeptiPlex Blend provides, **CortiSlim® Burn™** may be safely taken in conjunction with the recommended daily dose of CortiSlim Original. **CortiSlim® Burn™** is not a 3-complex blend like CortiSlim Original, rather, it's a powerful thermogenic blend, designed to provide maximum fat burning thermogenic benefits.

CortiSlim Burn's formula contains added levels of Green Tea Extract and Caffeine, along with other clinically tested ingredients to help trigger thermogenesis within the body. If you're looking for maximum fat burning results, **CortiSlim Burn™** is a great solution for providing added weight loss support!

3. Insutrol® Blend

CortiSlim's proprietary Insutrol® blend is made of scientifically tested⁴ ingredients that have been shown to support healthy blood glucose (sugar) levels*. Maintaining healthy blood glucose (sugar) levels is an important part of weight management and good health. When our bodies produce excess sugar that is not utilized at the cell level, it converts to fat tissue.

Insulin plays a critical role in allowing our cells to absorb glucose molecules for healthy energy. Glucose molecules in our bloodstream can only enter our cells when insulin molecules are effectively received by the insulin receptors. Insulin molecules serve as a "key" to unlock the door allowing glucose to enter the cell to be converted to energy as illustrated below:

Normal Cell

