



Fitness Labs

Fat Erase Diet Chitosan 500 Mg 120 Capsules

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When it comes to dieting, we all know that we need to reduce not only our overall consumption of food, but also our total fat intake. We also know that if it tastes good, it has to be loaded with fat. So even if we eat less of the foods that we like, we are still consuming too much fat.

Sometimes the hardest part of dieting is having to substitute lowfat or fat-free foods that have less flavor for the ones we love. Now you don't have to suffer through a bland diet or lose momentum on your weight loss plan due to one little slip up. With **Fat Erase**, you can indulge occasionally in your favorite fatty foods and literally erase its detrimental effect on your weight.

Fat Erase is made of chitosan, a dietary fiber that binds fats and oils and naturally eliminates them from the body -- as if you had never eaten them. The basic raw material to make chitosan is chitin, the animal kingdom's version of plant cellulose, extracted from the shells of shrimp, crabs and lobster.

If you've ever heard of chitosan, you might know of its positive benefits. However, not all chitosan is created equal. Under laboratory conditions, regular chitosan products take up to two hours to fully dissolve in your stomach, making it mostly ineffective. By the time regular chitosan dissolves, most of the dietary fat will have already been processed and absorbed into the body.

Fat Erase, on the other hand, uses a patented form of chitosan (LipoSan Ultra) that has been processed to increase its solubility in stomach acid in 3-5 minutes instead of two hours as for other chitosan products. With this improvement, **Fat Erase** is able to bind almost three times as much fat as the regular and high density products on the market.

That's because the true benefit of **Fat Erase** occurs in the digestive tract. When taken at mealtime, its extremely fast solubility makes it available to complex with dietary fat for almost the entire time (1.5 to 2 hours) that the ingested food is in the stomach. By the time the fat/chitosan emulsion reaches the small intestine and begins to gel, **Fat Erase** has had the opportunity to complex far more fat -- up to 3 times more -- than regular chitosan, which still may not be fully dissolved.

The complexed fat is trapped in the gel and protected from enzymatic (lipase) breakdown into absorbable free fatty acids. This trapped fat is now unavailable for absorption and is effectively removed from the body as waste.

Randomized, double-blind, placebo controlled trials -- the gold standard of scientific study -- have shown promising results for this patented form of chitosan on weight loss. In one study of 59 overweight and mildly obese women, both mean weight and BMI in the treatment group significantly decreased compared to baseline over 8 weeks *without the benefit of a reduced caloric diet or exercise*. While the placebo group gained 1.5 kg (3.3 lbs.), the treatment group lost 1 kg (2.2 lbs.) -- a 5 lb. difference!

Fat Erase's fast-acting properties make it easy to take right at mealtimes. With our busy lives today, we no longer have the time to remember to take a product an hour before we eat like other chitosan products. **Fat Erase** gives you the convenience to incorporate the positive benefits of chitosan into your regular weight management routine.

When it comes to personal eating patterns, we know that it can be extremely difficult to change our individual habits. While experience tells us that we don't need another new diet that doesn't work, we do need help. Taking only 1-2 grams of **Fat Erase** per day in conjunction with a responsible diet and exercise program can be just the tool we need to have a realistic chance of taking control of our fat consumption -- and our weight.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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Label Information

Fat Erase Diet
Binds to Dietary Fat*

- LipoSan Ultra
- Chitosan 500mg
- Reduce Calories Absorbed From Dietary Fat*

Fat Erase binds with dietary fat from your favorite foods, reducing calories from being absorbed by the body. It features LipoSan Ultra chitosan, the same ingredient shown to be effective in clinical studies.

A double-blind, placebo controlled study involving 59 overweight women taking 3 capsules of the active ingredient in Fat Erase before meals each day, showed a significant weight loss differential of 5 pounds over an 8 week period.

This modified form of chitosan binds 3 to 5 times more fat than other varieties of chitosan. Due to its quick action, it can be taken at meal time for added convenience. Other generic chitosans need to be taken 30-60 minutes before meals.* Use with a sensible diet and exercise program.

Ingredients

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 40

Amount Per Serving	% Daily Value
LipoSan Ultra Chitosan (1,500mg)	1.5 g *
* Daily Value not established.	
Other Ingredients: Gelatin, Succinic Acid, Rice Powder.	
Contains shrimp shells.	

Directions For Use

Take 3 capsules with at least 8 ounces of water or liquid immediately prior to the two largest meals of the day.

Fat-soluble vitamins A, D, E, K, essential fatty acids or medications should be taken several hours before or after using this product.

Miscellaneous

Liposan Ultra is a trademark of Primex ehf.

Potency Purity Guaranteed Quality

Storage

Store in a cool, dry place.

Warnings

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Keep out of reach of children.

California Residents Proposition 65 WARNING: This product contains substances known to the State of California to cause birth defects or other reproductive harm.

Do not take if you are pregnant or lactating.

Contains shrimp shells.