

NATURE'S BEST®

Verdesse®

348

60 tablets

Product Information Sheet

Please read this leaflet carefully because it contains important information for you.

What is in Verdesse®?

Verdesse® is a food supplement.

This pack contains 4 blister strips of 15 tablets.

Two small round green tablets provide:

Decaffeinated Green Coffee Bean 6000mg
providing green coffee extract 400mg
minimum 45% Chlorogenic Acids

Also contains inactive ingredients:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide, Curcumin, Copper Chlorophyllin & Iron Oxide, Glycerin), Silicon Dioxide, Stearic Acid, Magnesium Stearate.

Verdesse® is suitable for vegetarians.

Information on the active ingredients in Verdesse®

Verdesse® is a decaffeinated green coffee extract containing high levels of the active compounds 'chlorogenic acids' (minimum 45% chlorogenic acids), and one in particular which is called '5-caffeoylquinic acid'.

Coffee is one of the oldest and most widely drunk beverages worldwide. Normally coffee beans are picked and then roasted until they are dark brown in colour to bring out the flavours that we recognise as the distinctive coffee taste. However the roasting process changes the chemical profile of the coffee bean, altering many of the delicate compounds, which explains why Verdesse® contains an extract made from unroasted coffee beans. In fact Verdesse® uses only the best raw green robusta coffee beans selected for their richness in chlorogenic acids.

The process of extraction removes almost all the caffeine (there is less than 2% caffeine present in Verdesse®) as the active ingredient in Verdesse® is not caffeine, but chlorogenic acid.

What is Verdesse® recommended for?

There is only one way to lose excess weight which is to consume fewer calories than your body needs. Your body will then burn fat to make up the difference. Small changes can make a big difference.

A good rule of thumb to remember is that each pound of fat you burn will give you the equivalent of 3,000 calories of energy. So in other words, you need to eat 3,000 calories less than you are burning in order to lose a pound of fat. So if your maintenance level is 2,500 calories per day but you're only eating 1,500 you will lose 1 pound of fat in 3 days

Recent research has indicated that chlorogenic acids may influence the way the body absorbs carbohydrates, limiting the body's access to dietary energy and encouraging the body to use fat stores for energy instead.

Are there any side effects?

No, none have been reported. In fact the active ingredients in Verdesse® are also useful antioxidants, and the body will use these as part of its armoury of antioxidants designed to neutralise 'free radicals'. These are highly reactive compounds which have the potential to damage our cells. This makes Verdesse® one of the few products designed for slimmers that offer more than just a help with your weight loss plan.

Who is Verdesse® suitable for?

Verdesse® is an extract of raw coffee beans and as this supplement is decaffeinated it is suitable for all adults and is not known to interact with any medications.

People who are choosing to follow a low calorie diet plan may choose to take this product. Can be used as part of a healthy weight management programme.

How to take Verdesse®

Verdesse® can be taken on a long term basis as the nutrients provided by the formula are at safe levels.

Take two tablets daily with a main meal. These can be taken together or in divided doses.

Cautions

Do not take if pregnant or breast feeding.

Verdesse® is safe at the recommended intake.

Notes for Doctors

Verdesse® contains chlorogenic acid, a natural compound with a well established safety profile. Chlorogenic acid, particularly 5-caffeoylquinic acid has been shown to reduce the intestinal absorption of glucose and inhibit the activity of glucose-6-phosphatase. The combined effect of this is to favour the liberation and breakdown of triglycerides from the adipose tissue.

How Verdesse® should be stored

Store in a cool, dry place.

Do not use after the best before end date (BBE) shown on the pack.

Keep away from children.

If you would like further information about this product please contact: Nature's Best, Century Place, Tunbridge Wells, Kent TN2 3BE.
Tel: 01892 552175.

www.naturesbest.co.uk

Text updated: November 2014

Leaflet: LL444-1