

## Dave's Xappetite Formula

- **Appetite Control**
- **Metabolism Boost**
- **Diminish Sugar Cravings**

**Appetite control.** The herbs in Xappetite help to control appetite and boost metabolism. It is especially designed to help with sugar cravings by increasing metabolism. It has a slight bitterness to deactivate the sugar receptors on the tongue lasting from a few minutes to several hours.

Formula includes: Ashwaganda, Tribulus Terrestris, Gotu Kola, Gymnema, Hoodia, and Vitex.



# Dave's Xappetite Formula

## Herbal Formula

**Ashwaganda** is used in Ayurvedic medicine as a nerve restorative and is muscle sparing. It is an important adaptogen (adapts to energy and stress improving the adrenals). It has been shown positively affecting the thyroid. Ashwaganda is used in this formula for increasing metabolism

**Tribulus Terrestris** is shown to increase lean muscle mass which is important when losing weight; makes insulin work better; improves thyroid function. This may also improve energy and stamina. In Ayurvedic medicine it is used for hormonal issues, blood sugar regulation and as a nerve restorative.

**Gotu Kola** has a nerve calming effect and energized the brain. As a bonus it has anti-inflammatory, antibacterial and anti-fungal properties. It has been traditionally used in Ayurvedic medicine for nervous disorders, memory problems and hair loss.

**Gymnema** is used to balance blood sugar. It is called the "sugar destroyer." Its bitterness blocks the sweet receptors on the tongue for minutes to hours for some people. In traditional Ayurveda it is used for weight control and nourishes the kidneys, liver, and spleen.

**Hoodia** is traditionally used for indigestion in South Africa. The African bushmen use it for appetite suppression on long trips. There has been no research done.

**Vitex** has been used for tobacco cravings and helps keep emotional eating in check by balancing hormones. PMS can have an effect on eating. Hormonal balance always makes everyone feel better.

## Traditional herbal uses

- Appetite control
- Blood sugar control
- Digestive improvement
- Energy
- Muscle improvement
- Nervousness