***Dr.Amen's Craving Control***

The key to successful weight management is eating a brain healthy diet and managing your cravings. In support of this goal, Dr. Amen has developed Craving Control, a powerful new nutritional supplement formulated to support healthy blood sugar and insulin levels while providing antioxidants and nutrients to the body. Our formulation includes N-Acetyl-Cysteine (NAC) and glutamine to reduce cravings, chromium and alpha-lipoic acid to support stable blood sugar levels and a brain-healthy chocolate designed to boost endorphins.

This is the formula we use at the Amen Clinics in our own weight loss groups. In the first group, participants who used the craving formula and attended each group, lost an average of 10 pounds in 10 weeks.

**Background**

**L-glutamine** is an amino acid that has been shown to decrease cravings. It is involved with the production of the excitatory neurotransmitter glutamate and the inhibitor neurotransmitter GABA

**N-Acetyl-Cysteine (NAC):** NAC is an amino acid that is needed to produce glutathione, a very powerful antioxidant. NAC freely crosses cell membranes and functions to help diminish cravings. In addition, NAC is a vasodilator, working to relax blood vessels and allow for more oxygen delivery to in the body (Ref. 1).

**DL-Phenylalanine** is an amino acid building block to neurotransmitters that are involved with mood, including dopamine, norepinephrine, epinephrine and endorphins.

**Alpha Lipoic Acid (ALA)** is a compound is found in the mitochondria that is important in energy production. Supplemental ALA has a powerful antioxidant capacity and has been found to increase the cellular uptake of glucose, making it an important regulator of blood sugar levels, which may help reduce cravings.

**High-flavanol cocoa** is a cocoa flavonoid from the cacao bean, which is derived from the *Theobroma cacao* tree. Cocoa flavonoids contain antioxidant, anti-inflammatory and immune stimulating effects. They function as a free radical scavenger, binding to highly reactive molecules and neutralizing them to prevent cell damage. Cocoa flavonoids have been shown to promote heart health by inhibiting the oxidation of LDL cholesterol, a step that commonly leads to atherosclerosis. It may lead to increased blood flow, a lower blood pressure, and decreased cravings.

***Chromax Plus:** Chromax is a combination of chromium picolinate and chromium histidinate in a 1:1 ratio. When chromium picolinate and chromium histidinate are combined, it significantly increases the uptake into cells while decreasing hunger levels, fat cravings and calories consumed per day. Chromium picolinate is a nutritional supplement used to aid the body in the regulation of insulin, which enhances its ability to

efficiently metabolize glucose and fat. Supplementation with chromium picolinate has been shown to effectively modulate carbohydrate cravings and appetite (Ref. 2).

**Recommended Use:**

As a dietary supplement, take one to three capsules of Dr.Amen's Craving Solution twice daily away from food or as directed by your healthcare professional.

**Servings per container: 15**

**6 capsules contain:**

- Chromax Plus (chromium picolinate/ histidinate*)1000 mcg
- DL-Phenylalanine 200 mg
- L-glutamine 1000 mg
- Alpha-lipoic Acid 300 mg
- High-flavanol cocoa ( 11% catechins) 70 mg
- N-Acetyl-L-Cysteine (NAC) 1200 mg

*Chromax Plus ™ is a registered trademark of Nutrition 21.

Other Ingredients: Gelatin capsules (gelatin, water, glycerin), magnesium stearate, silicon dioxide and magnesium silicate.

Certificate of Analysis

This product does not contain wheat, yeast, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**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.**

**References:**


1. Han W.Q., et al. (2009) N-acetylcysteine-induced vasodilation involves voltage-gated potassium channels in rat aorta, *Life Sci* 21-22:732-7.
2. Anton, S., et al. (2008) Effects of chromium picolinate on food intake and satiety, *Diabetes Tech & Therapeutics*, 10(5):405-12.