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**BARRINGTON**  
NUTRITIONALS  
sales@BarringtonNutritionals.com  
Tollfree: 800-684-2436

Coleus Forskolin

## COLEUS FORSKOLIN

10% — 20% — 40% — 95%

In its native India, **Coleus Forskolin** has been used and recommended for centuries in the ancient medicine system of Ayurveda as a spice/condiment and as an aid to heart, respiratory system and digestive tract health. It is also reputed to act as a tonic, anthelmintic and conditioner for skin infections and eruptions. Modern clinical research on Forskolin was started in the seventies.

Metabolic studies have concluded that Coleus Forskolin stimulates the cellular production of **CYCLIC AMP** (cAMP), and many research papers have reconfirmed this effect on cAMP. Generally, Coleus Forskolin appears to be well tolerated with few adverse side effects. Recent research has proven that Coleus Forskolin plays a major role in a variety of important cell functions.

### ACHIEVE WEIGHT LOSS

**Coleus Forskolin** initiates a series of chemical reactions that cause fat cells to release their energy and melt away. Coleus Forskolin increases an enzyme called **ADENYLATE CYCLASE** which increases levels of another enzyme called cAMP, found in fat. cAMP then stimulates another enzyme, **LIPASE**, that helps **BURN FAT**. This allows the body to achieve weight loss easily.

Additionally, by a similar mechanism using cAMP, Coleus Forskolin increases thyroid hormone production, which in turn burns more calories through increased body metabolism.

*Weight Loss*





## CLINICAL STUDIES

### DIRECT EVIDENCE-BASED CLINICAL STUDIES CONCLUDE THAT SUPPLEMENTATION WITH COLEUS FORSKOLIN RESULTS IN:

#### INCREASED FAT-BURNING

- Decreases body mass index
- Reduces fat around waist, thighs and hips
- Reduces adipose tissue and fat deposits

#### INHIBITED HISTAMINE RELEASE

- Prevents allergic reactions
- Boosts body's immune system

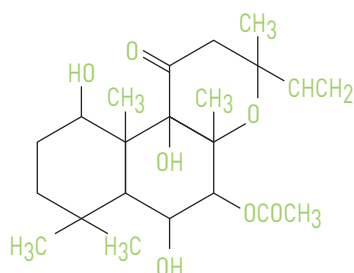
### OTHER BENEFICIAL EFFECTS HAVE ALSO BEEN SEEN IN RELATED STUDIES:

#### RELAXES MUSCLES

- Easier stretching and relaxation of aging muscles aided by Forskolin

#### INCREASES THYROID FUNCTION

- Increased basic metabolism
- Promotes calcium deposits in bones
- Alertness & activity
- Controls appetite




#### DOSAGE

0.5 mg to 2 mg of active Forskolol daily.

Standardized extracts available: 10%, 20%, 40% and 95%.

#### COLEUS FORSKOLIN SPECIES:

BOTANICAL NAME:	COLEUS FORSKOHLII
TYPE:	PERENNIAL HERB
FAMILY:	LABIATAE (LAMIACEAE)
TUBERS:	FLESHY, FIBROUS ROOTS, UP TO 20 CM LONG
REGION:	GROWS WILD IN WARM SUB-TROPICAL TEMPERATURES IN INDIA, BURMA & THAILAND



The **ROOTS** of the plant are a natural source of Forskolol, the only plant-derived compound presently known to directly stimulate the enzyme adenylate cyclase, and subsequently cAMP.

*Healthy Herbs*

DISTRIBUTED BY: Barrington Nutritionals | 500 Mamaroneck Avenue | Harrison, New York 10528  
| PHONE: 914-381-3500 | eMAIL: info@barringtonchem.com | www.barringtonchem.com