



Angel[®]

ANGEL[®] 30 CPS 470 MG

OVERWEIGHT AND OBESITY

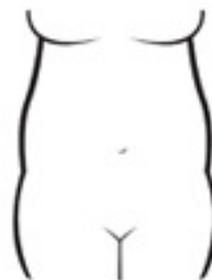
represent the most serious threat to health in Western countries and the number of obese people is in constant growth. This increase, according to the most recent data, is not mainly attributable to food consumption - that actually shows a trend in decline - but to the style of life. It is as if the environment of life, work and leisure has become obesogenic as a result of economic, social and behavioural factors that are very hard to change. It becomes then necessary to oppose constant energy in order to be focused on ourselves and our needs and to contrast the environmental influences that tend to make us slip into a body shape in which we risk not to recognize ourselves anymore.

It comes to establish gradually, and without return, a tiring and debilitating model of life in which the dislike for ourselves, exacerbated by the perception of a physical and psychological burden, encloses us in our body, as in a cage, with rigid back, contracted shoulders and prominent abdomen. In addition, are the well known metabolic consequences that, by means of hyperinsulinaemia and insulin resistance, beside favouring the metabolic syndrome, increase the cardiovascular risk. Among the modifiable risk factors is well known that the increase in the total cholesterolemia, the decrease in HDL cholesterol levels and the hemorheological alterations can be corrected with changes in the style of life.

THE RESET FOR TREATING OBESITY

Changing our lifestyle and contrast the inexorable drift towards obesity requires, beyond the temporary and often rejected attempts to diet, a real reset:

- Eliminate disorder from your life, remove the overload of information and commitments and redefine a priority scale that would enhance your basic needs.
- Restore an energy contribution related to your lifestyle (optimize the distribution of food according to your actual pace of activities and, in particular, give energetic substance at breakfast if you are aware that you burn a lot of energy in the morning).
- Give greater emphasis on waist circumference rather than weight; this is the most important indicator of increased abdominal fat and the risk of metabolic complications.
- Standardize on your daily lifestyle at least half an hour of effective and distracting physical activity that will give you enormous advantages in terms of the metabolic and psychological level.



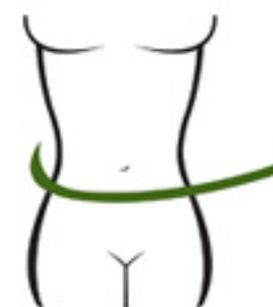
ANGEL

- HELPS TO REDUCE THE BURDEN THAT WEIGHS ON HEALTH

- ADDS WELLNESS TO THE CHANGE

Losing weight is a process of change. *Angel* is designed to improve the effectiveness of the 'action' phase or change of lifestyle.

Thus, through the specific functional character of its active ingredients, it assists weight loss in combination with slightly hypocaloric low-fat food programs and exercise programs and/or physical re-education.



It adds to this the action of cholesterol lowering, the positive effect on HDL cholesterol, the antioxidant activity and anti-platelet aggregation, making it particularly suitable for overweight / obese patients with hypercholesterolemia and mild to moderate cardiovascular risk, with potential non-pharmacological treatments.

Finally, thanks to the synergy of its functional components, it supports neurotrophic and antiastenic actions that enhance the psychophysical performance, encourage an active lifestyle and create a metabolic environment that promotes weight-loss and reduction of metabolic risk.

FORMULATION

The nutraceutical integration with *Angel* is characterized by the careful selection of high quality active ingredients that promote, regarding both the gene expression and the enzyme level, the activities listed in the table *Functionality* with their bibliographic references. The effectiveness of the product is linked to the optimal dosage of *fucoxantina*, that is contained in the extract of *Undaria Pinnatifida* or Wakame (brown seaweed from the Japan Sea) and the quality and standardization of the policosanols taken from sugar cane. The green tea titrated in epigallocatechin-gallate (catechins derivative) plays an important role in the formulation as, on one part, supports an effective thermogenic and lipolytic action that can synergize with that expressed by carotenoid "fucoxantina", on the other part it highlights a cholesterol-lowering and anti-platelet aggregation action which parallels the action of policosanols.

FUNCTIONALITY

FUCOXANTINA

Induction of UCP gene expression directly into fat deposit with increase of energy expenditure by thermogenesis and increase of the production of docosahexaenoic acid (DHA) by the liver, which induces the gene expression of lipolysis enzymes.

Inhibition of the differentiation of preadipocytes into adipocytes with reduction of the possibility of storing fat in the adipose cells.

EGCG (green tea epigallocatechin-gallate)

Increase of energy expenditure by thermogenesis and fat oxidation by enzyme inhibition of the catechol-oxy-methyl-transferase (COMT) appointed to the metabolism of biogenic amines; reduction of total cholesterol, antioxidant activity and anti-platelet aggregation.

POLICOSANOLS

Inhibition of the expression of HMG-CoA reductase with reduction of total cholesterol; significant increase in HDL cholesterol and the antioxidant activity and anti-platelet aggregation.

NICOTINAMIDE

Promotion of the metabolic processes of energy production.

Literature data show that reducing overweight reduces cardiovascular and metabolic risks and that an appropriate diet induces a decrease in cholesterol of an average of 5-10%, while regular physical activity increases HDL cholesterol. In addition, these factors support the usefulness of functional nutraceuticals that can synergize positively with changes in lifestyle, leading to wellness and avoiding the use of medicines.

INDICATIONS

Start with 1 capsule of *Angel* before breakfast, for 1 week, combined with changes in lifestyle, including a slightly hypocaloric low-fat food program (with reduction of 300-500 kcal in relation to individual energy requirements) and appropriate physical activity programs. These programs require the need to pay attention to the standardization of a minimal daily physical activity that we could define "need to move". The easiest way to check if the standard of the patient is placed between 8000 and 12000 steps per day is to recommended the use of the pedometer for a few weeks in order to monitor this parameter and encourage the habit of walking. In addition to that it should be required at least 30 minutes /2-3 times per week of aerobic exercise and 15 minutes / 2 times a week of exercises for toning the muscles, particularly the abdominal muscles. After the first week

starting with one capsule of **Angel**, before breakfast, associated with the recommended changes in lifestyle, take a second capsule of **Angel**, before lunch, to support the dynamic phase of weight loss. Dosage and different patterns of treatment, and possible associations with drug therapies, can be prescribed according to medical opinion.

Usage patterns

Take 1 capsule before breakfast for one week. Then take 1 capsule before breakfast and 1 capsule before lunch. Proceed for periods from 1 to 3 months, to be repeated in the dynamic phases of weight loss and whenever a positive reinforcement in the stages of regression/demotivation (relapse), is necessary.

Package

30 transparent capsules of 470 mg

Warnings

Since the reduced presence of carbohydrates can lead to an incomplete and less efficient use of lipids, carbohydrates restrictive regimes, that may reduce metabolism and make the product inefficient, are to be avoided

Precautions

The catechins contained in green tea and policosanols can reduce platelet aggregation, so the patients taking anti-platelet aggregation and anticoagulants agents, or patients with genetic or acquired predisposition to bleeding, should observe special caution in the use of nutraceuticals containing these substances. In addition, the integration of green tea catechins and policosanols should be stopped before any surgical operation. Keep out of reach of children under 5 years. Do not use during pregnancy and breast-feeding .

Side effects

Mild and rare side effects against the gastro enteric system and rare reports of headache and insomnia related mainly to the presence of policosanols in the formulation.

Contraindications

Not known, beyond the possible hypersensitivity to any component of the product.

Additional notes

Gluten and lactose free.

Selfmonitoring

Routinely use of the measure of waist circumference.

The measurement of waist circumference (WC) provides an assessment of visceral fat with the following levels of risk:

WC cm:	normal	moderate risk	high risk
Males	<94	≥ 94	≥ 102
Females	<80	≥ 80	≥ 88

NB: the focus on this parameter provides greater reliability, rather than to body weight, on the quality of the results and on the prevention of metabolic complications and relapse.

Angela's Pharma srl

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