

## Famex®

Plant extracts with a synergic action  
for the control of emotional eating disorders

Since 1988 **LAO DAN** has gathered professionalism and experience as the sole European company to produce herbal formulas of Traditional Chinese Medicine which form its Traditional Line.

With its new **Synergical® Line**, LAO DAN introduces innovative food supplements made of plants from all over the world: a synergy between the oriental tradition and modern western scientific research, synergy between different functional components that potentiate one another, achieving a higher effectiveness. The Synergical® Line is produced with highly concentrated dry plant extracts, with assays in active principles that act at different levels supporting the organism's physiological processes.

**Famex®** and **S.O.S. Linea** are two distinct though complementary products conceived to facilitate the adoption and maintenance of a correct and well balanced diet: the first helps to control the emotional eating disorders day by day, while the second reduces the negative effects of occasional excessive and or over rich meals.

Taking refuge in food to overcome anxiety, frustration, and stress is a behavior common to many people. The more the meals are plentiful, and particularly rich in sugars (carbohydrates), the higher will be the blood levels of tryptophan, an amino-acid used by the body for the production of serotonin, which is a substance with an antidepressant action that generates a sense of fullness and fulfillment. Not surprisingly, many people who experience a mood drop feel a **strong need of sugars**. This feeling of gratification or satisfaction derived from the consumption of sugars is however of short duration, so that the subject is induced to consume progressively larger quantities, thus entering a vicious circle of anxiety / food / carbohydrate that is addictive and reflects negatively on body weight.

The **Famex®** formulation has been specifically conceived to break this vicious circle based on sugars, since its ingredients directly supply high quantities of tryptophan, which is then used for the production of serotonin without the need of carbohydrate consumption. Besides encouraging the production of serotonin, the **Famex®** components prolong its activity, with **positive effects on mood**, anxiety and stress.

The result is a greater ability to control the craving for food, or compulsive and emotional eating, making it easier to deal with low-carbohydrate diets. In addition to this control action on appetite, **Famex®** promotes the disposal of the fatty acids accumulated in the adipose tissue through their employment in the energy production process. Lastly, the product's functional principles are precursors of melatonin, thus regulating the sleep-wake cycle and contributing to a peaceful and refreshing rest, unlike other substances that reduce appetite, though possibly inducing anxiety and insomnia.

## THE PLANT EXTRACTS CONTAINED IN FAMEX®

The **Famex®** formula was conceived by **LAO DAN FitoResearch** through the selection of plants of traditional use from China, Siberia, and Africa, and highly appreciated for their beneficial effects.

### **Griffonia simplicifolia seed (dry extract assayed to 98% in 5-hydroxytryptophan).**

Griffonia is a tropical African plant whose seeds contain high amounts of tryptophan. Tryptophan is an amino-acid essential to the production of serotonin, which can't be synthesized by the body but must be introduced with the diet. Low levels of serotonin may cause mood drops, insomnia, and anxiety, which the subject tends to compensate increasing his food intake, especially in sugars. A dietary supplementation of 5-HTP is useful for ensuring adequate levels of serotonin and for positively influencing attitudes to food and eating behavior, mood, and sleep. This integration is recommended in the course of diets, especially in those with a low content of carbohydrates, which drastically reduce the availability of tryptophan and serotonin, causing then a craving for food. The product's dry extract is obtained concentrating 30 times the Griffonia seed, and provides a high and constant content of 5-hydroxytryptophan equal to 98%.

### **Rhodiola rosea root (dry extract assayed to in 3% salidroside).**

Rhodiola is a northern Asian plant whose root is rich in glycosides with adaptogenic properties. In particular, the action of the salidroside on the serotonin metabolism decreases its inactivation in the brain and increases its production, resulting in positive effects on mood, sleep and food craving. Other functional principles contained in the root exercise an action on the adipose cells, promoting the disposal of fatty acids and their use for the production of energy. The product's dry extract is obtained by concentrating 10 times the Rhodiola root and provides a high and constant content of salidroside equal to 3%.

### **Ophiopogon japonicus root (total dry extract D:E 5:1).**

Ophiopogon is an Asian plant whose root has been used in the Chinese tradition for more than two thousand years due to its ability to fight anxiety and induce relaxation. The product's dry extract is obtained by concentrating 5 times the Ophiopogon root and extracting the totality of its functional principles.

For a scientific literature review regarding the components and functional principles of **Famex®**, visit [www.laodan.it](http://www.laodan.it).

## S.O.S. Linea

Plant extracts with a synergic action  
to reduce the absorption of fats and carbohydrates

Since 1988 **LAO DAN** has gathered professionalism and experience as the sole European company to produce herbal formulas of Traditional Chinese Medicine which form its Traditional Line.

With its new **Synergical® Line**, LAO DAN introduces innovative food supplements made of plants from all over the world: a synergy between the oriental tradition and modern western scientific research, synergy between different functional components that potentiate one another, achieving a higher effectiveness. The Synergical® Line is produced with highly concentrated dry plant extracts, with assays in active principles that act at different levels supporting the organism's physiological processes.

**Famex®** and **S.O.S. Linea** are two distinct though complementary products conceived to facilitate the adoption and maintenance of a correct and well balanced diet: the first helps to control the emotional eating disorders day by day, while the second reduces the negative effects of occasional excessive and or over rich meals.

The maintenance or restoration of a balanced weight requires regular exercise and proper nutrition both from a qualitative and quantitative point of view. Those who are overweight should avoid over rich meals, based on high calorie foods. But even those who follow a balanced diet can sometimes run into a food excess, an "exception to the rule". In these cases, **S.O.S. Linea** works to limit the damage caused by overeating or high calorie foods.

The functional principles contained in **S.O.S. Linea** act at multiple levels in the digestive process, **reducing the absorption** of fats and carbohydrates, and promoting the recovery or maintenance of a balanced body weight.

Operating on the pancreatic enzymes responsible for the absorption of nutrients, the functional principles contained in the Morus Alba reduce the flow of **carbohydrates** (sugars, alcohols) to the blood, while those of Gynostemma, Cassia, and the Dioscorea intervene effectively on the absorption of **fats**, reducing the peak of cholesterol and triglycerides in the blood levels after an abundant meal. Lastly, Turmeric acts selectively on specific proteins present in the adipocytes **and reduces fat storage** in the adipose tissue.

**S.O.S. Linea** is most effective if taken during or immediately after a meal, preferably at a dosage of two tablets.

## THE PLANT EXTRACTS CONTAINED IN S.O.S. LINEA

The **S.O.S. Linea** formula was conceived by **LAO DAN FitoResearch** selecting plants of traditional use from China, South Asia and Europe, highly appreciated for their beneficial effects.

### **Curcuma longa L. rhizome (dry extract assayed to 95% in curcumin).**

The Curcuma rhizome is used since time immemorial for its many beneficial properties supporting the digestive and liver functions, the joints and for its antioxidant capabilities. Recent studies have also shown curcumin's high activity at the level of specific adipose tissue proteins, with a favorable effect on lipid metabolism and body weight balancing. The product's dry extract is obtained by concentrating 100 times the Curcuma rhizome, and ensures a high and constant content of curcumin equal to 95%.

### **Gynostemma Pentaphyllum herb (dry extract assayed to 98% in gypenosides).**

This plant, native to the mountainous areas of southern China and India, has been known for centuries as a tonic and energizer, so that the Taoist monks call it the "plant of immortality". Numerous scientific studies have shown its ability to limit the glucose, triglycerides, total cholesterol and LDL cholesterol blood level increase that occurs as a result of food intake. The product's dry extract is obtained by concentrating 15 times the Gynostemma herb, and ensures a constant and high content of gypenosides equal to 98%.

### **Cassia mimosoides L. var. nomame Makino herb (dry extract assayed to 8% in flavanol)**

The Cassia nomame is a tropical plant belonging to the Leguminosae family. Its fruit is rich in substances that inhibit the action of the lipases, the pancreatic enzymes involved in the digestion of fats. This plant reduces by 30% the absorption of fats, thus limiting the overall caloric intake and decreasing the triglycerides and cholesterol blood levels. The product's dry extract is obtained by concentrating 10 times the Cassia plant, and ensures a constant and high content of flavanol equal to 8%.

### **Dioscorea opposita Thum. rhizome (dry extract assayed to 16% in diosgenin).**

The Dioscorea rhizome has been used in China for centuries to support the functions of the digestive system. The extract of the plant, in particular its functional principle diosgenin, has proved capable of effectively inhibit pancreatic enzymes, decreasing the intestinal absorption of lipids and reducing the triglycerides and cholesterol blood levels. The product's dry extract is obtained by concentrating 15 times the Dioscorea rhizome, and ensures a high and constant content of diosgenin equal to 16%.

### **Morus alba leafs (dry extract assayed to 0,4% in 1-deoxynojirimycin).**

The Mulberry is a tree native to China, cultivated in Europe since the fifteenth century. Its leaves contain natural substances that inhibit the enzymes responsible for the absorption of sugars ( $\alpha$  and  $\beta$  glycosidase), and consequently reduce the postprandial glycemic peak. The product's dry extract is obtained by concentrating 10 times the leaves of Morus alba and ensures a constant content of 1-deoxynojirimycin equal to 0.4%.

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