

Bella Slim

The Slimming Sea

Staying fit is a challenge. Our modern diets and lifestyles often leave us with extra pounds and inches. In addition to improving our eating habits and getting regular exercise, one of the most effective things you can



do is influence the way your body metabolizes fats. First, absorption of fats should be reduced, allowing their elimination through the hepato-biliary tract and eventually through the bowel. Second, you should be promoting the proper drainage of connective tissue in order to help reduce excess fluid, particularly from the limbs. BELLA SLIM is formulated to help support precisely these mechanisms.

Ingredients

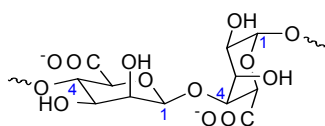
Water
 Kombu (*Laminaria japonica*) thallus
 Pineapple (*Ananas comosus sativus*) fruit
 Damiana (*Turnera diffusa*) leaf
 Bladderwrack (*Fucus vesiculosus*) thallus
 Dandelion (*Taraxacum officinale*) root
 Eleuthero (*Eleutherococcus senticosus*) root
 Muira Puama (*Ptychopetalum olacoides*) bark
 Rosemary (*Rosmarinus officinalis*) leaf
 Horsetail (*Equisetum arvense*) grass
 Uva Ursi (*Arctostaphylos uva ursi*) leaf
 Guar (*Cyamopsis tetragonoloba*) gum
 Birch (*Betula pendula*) leaf
 Restharrow (*Ononis campestris*) root
 Watercress (*Rorippa nasturtium-aquaticum*) whole plant
 Juniper (*Juniperus communis*) bark
 European Ash (*Fraxinus excelsior*) bark
 Chervil (*Anthriscus cerefolium*) leaf
 Nettle (*Urtica dioica*) root
 natural flavors
 natural caramel color (strictly to control slight variations in product appearance due to seasonal and geographic variations in natural herbs)

Herb Discussion

All plants used by Balestra & Mech are either wild or have not been treated with chemical agents. All products contain no alcohol, no sugar and no preservatives.

Extracts of **Kombu** algae, **Pineapple**, Bladderwrack and **Guar**, in synergy with other ingredients, reduce fat absorption. **Kombu** is a large, green algae belonging to the Kelp family. It occurs in the seas of Japan and

is a common ingredient in traditional Japanese cuisine. Kombu extracts are extremely rich in oligoelements in an ionic form, which makes them perfectly absorbable by the body. These negatively charged ions also transport toxins to the intestinal lumen where they can be eliminated through the bowel. This process has



Alginic acid:
-4)- β -D-ManpA(1-4)- α -L-GulpA(1-

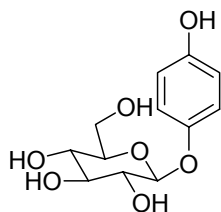
been well-documented both in Germany and the U.S. **Bladderwrack** is known for its high alginic acid content (more than 40%). Alginic acid is found in the cellular wall of the brown algae. Chemically it is a linear polyuramide made up of units of β -D-mannuronic acid and α -L-gulonic acid with 1-4 type bonds. At times, the two monomers alternate in the chemical structure, while at other times only one of the two is present.

Alginic acid has two important properties. First, it is not absorbed by our bodies, and second it forms gelatinous masses that can absorb toxins such as lead, cadmium, mercury and other substances, making them unavailable for absorption by the body. Because of these characteristics, Alginic acid is often used for natural cleansing. In addition to absorbing toxins, Alginic acid also absorbs other substances such as sugars, further supporting the goal of weight loss. **Guar** gum is obtained from *Cyamopsis tetragonolobus* through grinding of the endosperm. 85% of guar is composed of Galactomannan, a linear polysaccharide composed of mannose and galactose in a 1:2 ratio. Taken by mouth, it reduces absorption of nutrients, reducing glycaemia and cholesterol and also contributing to weight loss. **Pineapple stalk** contains an important molecule, Bromelain. This protein is a good anti-inflammatory. Pineapple stalk is also slimming and draining, accelerates proteic metabolism and reduces the absorption of proteins, lipids and sugars.

The second group of extracts contained in BELLA SLIM is comprised of **Dandelion, Birch, Uva Ursi, Horsetail, Restharrow, Juniper, Rosemary** and **Nettle**. In concert, these extracts support hepatic and kidney function.

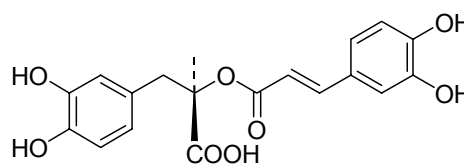
Dandelion belongs to the Asteracea family, but in this case it is the sesquiterpenics, triterpenics, sterols and inulin lactones that are responsible for the plant's benefits.

Dandelion works at both the hepatic and kidney level, where it behaves as a weak diuretic. At a hepatic level, where the main action takes place, it stabilizes the hepatocyte membranes, providing a protective and shielding effect. **Birch** detoxifies and cleanses. It is particularly rich in iperoside, a molecule that belongs to the flavonoid family. Birch is slightly antibacterial due to the presence of umbelliferone, and is also an effective diuretic. Because of this fact, Birch is also known as the "European kidney plant."

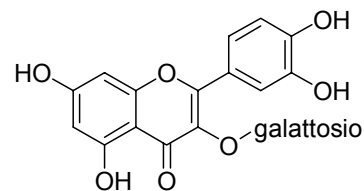


Arbutoside

Uva Ursi is an Ericacea that grows in sandy soils. The herb's activity is attributed to the phenolic glucosides, of which the most important is arbutoside, a β -D-glucopyranosidic derivative of hydroquinone. This molecule hydrolyses into glucose and a diphenol, which oxidises rapidly to quinhydrone, the element responsible for



Rosmariinic acid

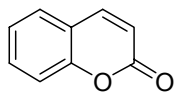


Iperoside

the diuretic activity. Uva Ursi is also a good urinary antiseptic. At common doses the herb is not harmful. **Horsetail** is a common element in most natural diuretic formulas and has the added benefit of supplying mineral salts, counteracting the depletion of those salts often associated with the use of diuretics. **Nettle** combines its diuretic and cleansing activity with an anti-inflammatory and astringent effect, also benefiting the upper respiratory tract. **Juniper** is associated with many benefits at the gastric, hepatic and kidney levels. **Rosemary** is rich with beneficial molecules, among which are flavonoids, polyphenols, terpenes and rosmarinic acid. The herb works mainly at a hepatic level, where it protects and improves the bile production. It is also a strong anti-oxidant. **Restharrow** is known for its diuretic and anti-inflammatory properties, which are very important characteristics for draining tissues and eliminating heaviness and swelling.

A third group of plants in the BELLA SLIM formula contributes to the cleansing and draining activity by acting on blood circulation and health. Through this mechanism the feeling of swelling and heaviness of the limbs is decreased further, complementing the action of the diuretic herbs described above.

Watercress supports the production of red and white blood cells, translating into a healthy immune system. Watercress is also effective against vitamin C deficiency. **Chervil** is commonly cultivated as a food flavoring but the extract also stimulates the lymphatic system, which makes it useful in relieving many conditions. The presence of this plant is very useful in the BELLA SLIM formula because it stimulates hematic synthesis, improves circulation and may stimulate male sexual function. **European Ash** was not the object of



Coumarin

phytochemical studies for a long time, but its chemical composition is now known to include a variety of beneficial elements including coumarinic derivatives, phenolic acids and flavonoids. European Ash was traditionally used as a diuretic and anti-inflammatory, and these functions have been confirmed by recent studies. It also appears to be effective at relieving osteo-articular pain. The coumarines are also anticoagulant, anticlotting and slightly antibacterial. The extract is not harmful when taken over long or

short periods.

The formula is completed with Muira puama and Damiana, which are stimulating and adaptogene.

Muira puama is an oleaceous plant that grows in the Amazon forest and other areas of north Brazil. Free fatty acids in long chains, essential oils, phytosterols, coumarin and the “muirapuamina” alkaloid are responsible for the plant’s activity. **Damiana**, or *Turnera diffusa*, is a shrub that is commonly found in central and South America. It was originally thought to be an aphrodisiac, and in fact many compounds (among which are steroid derivatives) have been found in its composition. The extract is useful because it tones up and stimulates, and some studies noted a certain cholagogue activity.

Recommended use

We recommend taking 5 measures diluted in 1.5 litres of water, to be taken during the day.

Nutrition information - per 10ml serving

Energy: 1.1 Kcal – 4.0 kJ
Protein: 0.004 g
Carbohydrate: 0.08 g of which sugars: 0.00 g
Fat: 0.05 g of which are saturated: 0.00 g
Fiber: 0.003 g

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