

## Historical Use For Ingredients Found in the Skinny Magic Formula.....

**Vitamin B6** may aid in the formation of several neurotransmitters and is therefore an essential nutrient in the regulation of mental processes and possibly mood.

**Calcium** (as Coral) Coral calcium may help to increase bone density, strengthen teeth and helps with osteoporosis. It is a natural dietary supplement that contains dozens of natural minerals and vitamins that the human body requires for good health, including Vitamin D and magnesium, two essential elements that work well with calcium. Having sufficient calcium in the body can prevent muscle and bone pain, high blood pressure caused by stress and cramping of the muscles, as well as bone diseases.

**Magnesium** (as Coral) may help us to build energy which control blood pressure in our body and associate with potassium and calcium.

**Note:** Some experts feel that by adding Calcium and Magnesium to Energy and Weight Loss Formulas that the people experience a smoother energy level and a more balanced PH.

**Chromium** (as Polynicotinate) said to have greater biological activity than other forms of Chromium, including sources from picolinate. CP helps to stabilize blood sugar levels and can be critical to the synthesis of cholesterol, fats and proteins. Chromium polynicotinate consists of pure niacin-bound chromium, identified by United States Government researchers as the active component of true GTF (Glucose Tolerance Factor). GTF is responsible for binding insulin to cell membrane receptor sites. Chromium polynicotinate has been shown to possess greater biological activity than other chromium picolinate weight loss supplements.

**Jet Black Cocoa (seed)** may have the ability to elevate the metabolism and perhaps even increase satiety (fullness). For instance, is the chemical responsible for that "chocolate high" some people experience when eating... uh... chocolate.

**Geranium Flower** as a nutrition supplement has been used to stimulate weight loss. Also used as a nasal decongestant, some say they seem to breathe better after taking this supplement.

**Phenylethylamine HCL** (Trace Mineral Blend) Referred to as "PEA" Researchers believe that our body releases phenylethylamine as if when we are in love, thus producing the uplifted mood associated with love. It is rumored that chocolate produces the same feelings because of the phenylethylamine it contains. Have you ever tried eating dinner after eating chocolate? Same goes with phenylethylamine you just are not hungry, loss of appetite.

**Caffeine** (from natural source) energy boost from a natural source. Equivalent to 8 oz cup of regular coffee.

**Dimethylamine** commonly used in dietary supplement as a catalyst. Commonly used in diet and body building formulas.

**Octadecadienioc Acid** also known as Linoleic Acid (LA) is an unsaturated omega-6 fatty acid. Commonly used in diet formula's.

**Theobromine** has a similar effect than caffeine. Theobromine is a diuretic, stimulant and has a relaxing effect. Theobromine has been known to lower the blood pressure because it has been said to have the ability to dilate blood vessels. Theobromine has stimulant properties, similar to caffeine. Unlike caffeine theobromine does not affect the central nervous system.