

Control

Advanced Cravings Support*



Cravings

Imbalance

Insulin Resistance

NutritionalFrontiers.com
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Control

Available in 90 Count Capsules

The ingredients of **Control** help those people struggling with sugar and carbohydrate cravings. Carb cravings can be a symptom of insulin resistance, neurotransmitter imbalance, or mood problems. This formula addresses these concerns to help people working to avoid excessive dietary intake of carbohydrates.

About the ingredients:

Fenugreek (*Trigonella foenum-graecum*) has been used since ancient times, being valued both as a cooking spice and for medicinal purposes. Research shows fenugreek to be effective for diabetes, high cholesterol, high triglycerides, and more. By stabilizing blood sugar, fenugreek can help with appetite control and carbohydrate cravings, promoting satiety. Fenugreek also helps with weight loss by promoting satiety and reducing appetite.

L-tryptophan and L-theanine are amino acids. Amino acids are the building blocks of protein. Theanine is found in green tea and is a derivative of the neurotransmitter glutamic acid. Theanine is calming and relaxing, while also promoting mental alertness and concentration. Theanine may also reduce irritability. Improving mood and emotional balance can help reduce eating habits driven by stress. Tryptophan is used in a similar fashion as theanine- to promote relaxation, improve sleep, reduce anxiety, and lower cortisol levels. Lowering cortisol can reduce carbohydrate cravings.

Rhodiola rosea is a plant that grows in the mountains and high latitudes in the northern hemisphere. As a traditional medicine, it has been used by herbalists in Scandinavia and Russia. The Vikings reportedly used rhodiola to enhance strength and endurance. It was also used in some regions during cold and flu season. At present, the root is used medicinally as an adaptogen to increase the body's resistance to the effects of stress. Many studies have confirmed rhodiola's reputation as an herb to optimize performance during stressful events. Stress and elevated cortisol are associated with overeating, weight gain, carb cravings and excess fat deposits especially in the abdominal area. Rhodiola is used to reduce stress-related physical and mental fatigue, and to enhance athletic performance and physical endurance. It improves mental and psychomotor performance in people exposed to prolonged physical and emotional stressors. Furthermore, rhodiola can help reduce feelings of anxiety in people with generalized anxiety disorder.

SUPPLEMENT FACTS

Available Bottle Sizes: 90

Serving Size: 1 Capsule

Softgels Per Container: 90

Amount Per Serving

Fenugreek Extract	250 mg
(Standardized to 50% saponins)	
L-Theanine	100 mg
Rhodiola Rosea Extract	100 mg
(Standardized to 1% salidroside)	
L-Tryptophan	50 mg

Other ingredients: Capsules (vegetable cellulose), maltodextrin, magnesium stearate, and silicon dioxide.

Suggested use: 1 capsule 3 times a day, or as directed by your healthcare practitioner

Caution: People injecting insulin or taking anti-hyperglycemic drugs like metformin should monitor their blood sugar carefully when starting supplements that may lower blood sugar, to prevent hypoglycemia. If this product causes gas or bloating, simply reduce the dose and wean up slowly over the course of a week.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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