

## CoffeeGenic® Green Coffee Extract

*Helps Maintain Healthy Blood Glucose Levels*

**Item #01604 • 200 mg • 90 vegetarian capsules**

**Item #01620 • 400 mg • 90 vegetarian capsules**

People who take extraordinary steps to limit their **carbohydrate** exposure may *still* be experiencing higher-than-desired blood sugar throughout the day. The reason? **Blood sugar can surge to high levels that can last for hours following meals and even the entire day!**

Studies show even in people with normal *fasting* glucose, gaining control of *after-meal* surges may provide additional support for cardiovascular and metabolic health.<sup>1-3</sup>

To address this widespread problem, Life Extension® introduced a natural compound called **CoffeeGenic® Green Coffee Extract**. A 400 mg dose was shown to induce a remarkable **24%** drop in *after-meal* blood sugar after 30 minutes while 200 mg generated a 14% drop.<sup>1</sup>

### Convenient Source of Chlorogenic Acids

At the core of **CoffeeGenic® Green Coffee Extract's** power to favorably modulate *after-meal* glucose levels are **chlorogenic acids**, polyphenols found in the **green coffee bean**.

**Chlorogenic acids** have been shown to *inhibit* excess activity of the **glucose-6-phosphatase** enzyme.<sup>4,5</sup> This enzyme triggers glucose formation from non-carbohydrate substrates and glycogen release from the liver, both of which can create excess glucose in the blood.<sup>6</sup> Neutralizing excess **glucose-6-phosphatase** is essential for most people to achieve **optimal glucose control**.

Another means by which **chlorogenic acids** support healthy after-meal glucose levels is by targeting the **alpha-glucosidase** enzyme. This intestinal enzyme breaks apart complex sugars and enhances their absorption into the bloodstream.<sup>7</sup>

Chlorogenic acids also increase the signal protein for insulin receptors in liver cells.<sup>8</sup>

### Why CoffeeGenic® Green Coffee Extract

**CoffeeGenic® Green Coffee Extract** is produced from green coffee beans. Green coffee extract is standardized to 50% chlorogenic acids for maximum potency ... maximum effect in helping to maintain healthy glucose levels already within normal range.<sup>9</sup>

**Caution:** Because this product may lower blood glucose, consult your healthcare provider before taking this product if you are taking blood glucose lowering medication.

#### References

1. Nagendran MV. Effect of Green Coffee Bean Extract (GCE), High in Chlorogenic Acids, on Glucose Metabolism. Poster presentation number: 45-LB-P. Obesity 2011, the 29th Annual Scientific Meeting of the Obesity Society. Orlando, Florida. October 1-5, 2011.
2. *J Am Coll Cardiol*. 1999 Mar;33(3):612-9.
3. *Diabetes Care*. 2009 Sep;32(9):1721-6.
4. *J Agric Food Chem*. 2010 Apr 14;58(7):4141-4.
5. *Ethnopharmacol*. 2010 Jul 6;130(1):93-7.
6. *Cell Biochem Funct*. 2008 Apr;26(3):320-8.
7. *J Nutr Sci Vitaminol (Tokyo)*. 2007 Apr;53(2):166-73.
8. *J Nutr Biochem*. 2006 Jan;17(1):63-71.
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New look outside.  
Same quality inside.



Item #01604

Item #01620

The transition to this new look will happen over time.

### Each vegetarian capsule contains (Item #01604):

CoffeeGenic® green coffee extract ..... 200 mg (bean) [std to 50% chlorogenic acids (100 mg)]  
Other ingredients: microcrystalline cellulose, vegetable cellulose (capsule).

### Each vegetarian capsule contains (Item #01620):

CoffeeGenic® green coffee extract ..... 400 mg (bean) [std to 50% chlorogenic acids (200 mg)]  
Other ingredients: vegetable cellulose (capsule).

### Dosage and use

Take one capsule before each heavy meal, up to three times daily, or as recommended by a healthcare practitioner.



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These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.