

## **CALOREX<sup>®</sup> PROGRAM**

### **Weight Management Program**

#### *An active way to loose weight*

The unique program integrates medicines into total care – medical services, products and information. The medical services include diagnosis, treatment and prophylaxis of overweight and obesity. Four natural health products are integrated in the program – Calorex, Calorex Apetin, Calorex CLA and Calorex Lipass. The products exert their beneficial effects by favorably modifying appetite, metabolism and absorption of nutrients.

#### **Calorex**

##### *Burns Abdominal Fat*

Calorex is the basic product used in the program. It represents, a combination of two mutually potential natural ingredients - Garcinia Cambogia (hydroxycitrate) and bioactive chrome. Clinical trials have shown that the combination has a potential effect on the weight loss and increases 3 times the success in comparison with diet alone. Regular use of Calorex for the period of 8 weeks leads to a weight loss of over 5 kg. Dosage: Take 1 capsule twice daily, 1 hour before meal.

##### Calorex

- Selectively burns fat and spares protien
- reduces the synthesis of body fat
- increases the Basal Metabolic Rate (BMR)
- suppresses appetite
- improves glucose tolerance (insulin sensitizer)

#### **Calorex Apetin**

##### *Suppresses Appetite*

Calorex Apetin is a scientifically proven mean for appetite suppressing in a natural way. It targets directly the problem obesity by promoting satiety and by limiting the intake of excessive calories. Calorex Apetin contains pinolenic acid derived from the nuts of Korean pine tree. It is 100% natural product and 100% safe. Compared with the synthetic drugs inducing appetite suppression no adverse drug reactions have been observed with Calorex Apetin. Dosage: Take 1 capsule three times daily, 1 hour before meal.

##### Calorex Apetin

- suppresses the desire to eat
- promotes a feeling of satiety

- limits calories intake

### **Calorex CLA**

*Models a Dream Body*

Calorex CLA contains high-quality and standardized conjugated linolic acid (CLA). The pharmaceutical form Solucaps, a trade mark of Borola, allows quick and complete absorption of the active ingredient. Calorex CLA decreases the weight by lowering the body fats level and helps for their harmonized distribution in the body. Dosage: Take 1 capsule three times daily, 1 hour before meal.

Calorex CLA

- decreases body fats and helps in the fight with overweight
- decreases the level of the bad cholesterol and the risk of atherosclerosis
- stabilizes the level of the blood sugar

### **Calorex Lipass**

*Absorbs the Fats*

Calorex Lipass contains soluble natural fibres from sea shells (chitosan). It binds the fats and helps their excretion from the organism by reducing significantly the quantity of calories you take and cholesterol level in blood. In comparison with other fibres Calorex Lipass absorbs the fats many times more than other ones. Calorex Lipass is 100% natural product, completely safe. Dosage: Take 1 capsule three times daily, during meal.

Calorex Lipass

- decreases fat absorption
- helps for weight reducing
- decreases cholesterol level

***Our recommendation how to make the best use of the products of the Calorex Program***

Obesity BMI > 30	Calorex Apetin	Calorex	Calorex Lipass	
Overweight BMI 25 - 30	Calorex Apetin	Calorex	Calorex Lipass	
Normal Weight BMI < 25	Calorex Apetin			Calorex CLA

CALOREX® is a trade-mark of Borola Ltd. The products have been manufactured in compliance with the highest GMP standards.

## Overweight and Obesity

The overweight and obesity are the most frequent metabolic disorder in modern society. Recently the overweight has acquired epidemic sizes. Over 50 % of the Bulgarians are overweight or suffer from obesity. Overweight influences the self-esteem, but more important is that it represents a serious risk for health and which leads to cardio-vascular diseases, diabetes, hypertension, cerebro-vascular diseases, cancer, etc.). The obesity is a result of multiple factors but nutritional factors and physical activities play the major role. The Body Mass Index (BMI) is used very often for determining the degree of obesity, and for the obesity of abdominal type, the waist measurement is used (over 94 cm for men and over 80 cm for women).

### Measurement of Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2(\text{m}^2)}$$

### Degrees of obesity according to Body Mass Index (BMI)

BMI	WHO classification
18,5 - 25	Normal weight
25 - 30	Overweight
>30	Obesity

### Successful weight management

For stable and healthy weight loss a complex program, including rational nutrition, physical activity and prudent use of weight management product is necessary.

### Rational Nutrition

There is no a 'magic diet' for losing weight. Diets for quick body weight loss are not recommended. Each change in the nutrition has to be realized gradually. The natural rational nutrition satisfies the daily need of irreplaceable nutrition ingredients. Heavy hypocaloric diets may seriously affect health and that is why an obligatory medical supervision is necessary for them. The physical activity has to be moderate and not exhausting during weight loss. In opposite it will lead to an increase of appetite.

## **Products for weight loss**

A miracle pill has not yet been invented for weight loss. However, the synthetic medicaments and natural health products are widely used in the practice.

### *Synthetic medicaments*

Usually medicaments are not recommended as a first line therapy in cases of obesity. Their use gives temporary results. All 'melting fats' synthetic medicaments have to be applied under strict medical supervision.

### *Natural Health Products*

The natural products are a natural alternative of the synthetic drugs. They are practically harmless and have been proven their effectiveness for years. There are some convincing scientific evidences and a considerable clinical experience for many of them. Calorex family is a group of such products.

## **Useful advices for weight loss**

- Eat more often but smaller quantities
- Decrease the consumption of salt and refined sugars
- Do not use severe hypocaloric diets
- Consume more fruit and vegetables
- Do not abuse with food rich in animal fats
- Move actively

For consultations with a medical specialist, please, refer to  
Clinic Borola, 52 Tzar Simeon Street, Sofia 1202, Bulgaria.

Phone: +359 2 9156 102; e-mail: [contact@borola.com](mailto:contact@borola.com)