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Nutrition Cosmetics Creation SA

PEPTISLIM®

The swiss approved dietary supplement for your shape

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What is PEPTISLIM® , swiss patented product ?

PEPTISLIM® is a food supplement dose, based on the association of :

- Blue Whiting Fish Proteins
- Konjac Glucomannan
- Chromium
-

Fish proteins from blue whiting fish promotes the production of gut hormones associated with supressing appetite, and may aid weight management.

To find appetite suppressive molecules derived from fish protein hydrolysates, both in vitro and in vivo experiments were performed in order to demonstrate that hydrolysates produced from blue whiting muscle (BWMH) possess satiating properties. This protein hydrolysate obtained from marine source was able to enhance cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1) secretion in STC-1 cell line. Results showed that BWMH reduced the short term food intake which was correlated to an increase in the CCK and GLP-1 plasma levels. Moreover it was demonstrated that the chronic administration of BWMH led to a decrease in the body weight gain.This fish peptide enriched with BCAAs, works naturally with the human physiology by increasing CCK and GLP-1 which further sends messages to the brain to control hunger, eating and nibbling.

The involvement of hormones CCK and GLP-1 in the regulation of food intake is now well documented in scientific literature. The one, derived from the Northern Blue Whiting fish (Micromesistius poutassou) improves and amplifies a natural physiological mechanism already occurring during the digestion process. Indeed, ingestion of foods especially food protein, induces production of intestinal hormones called satiating hormones.

Among these, cholecystokinin (CCK) and glucagon-like peptide 1 (GLP-1) are now well known for their satiating properties and their involvement in the regulation of food intake. In fact, these hormones send a signal proportional to their concentration to the brain indicating the end of the meal. The second effect is to delay hunger for the next meal.

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Konjac Glucomannan is the most viscosity soluble fiber in nature - it forms an extremely viscous solution, and has the highest molecular weight of any dietary fiber known to science - molecular weight is between 200,000-2,000,000 Daltons. Konjac Glucomannan has the highest water holding capacity of any soluble fiber - up to 100 times its own water weight, forming either a reversible or a thermo-non-reversible gel. Soluble fiber is the only known food component that will lower blood cholesterol when you add more to your diet. Foods high in soluble fiber help prevent sugar from rising too high after meals by keeping food in the stomach longer. Sugar is absorbed more slowly, preventing free fatty acids and triglycerides from rising too high after meals. Free fatty acids bind to insulin receptors and prevent insulin from doing its job of driving sugar from the bloodstream into cells.

Chromium is an essential nutrient involved in the regulation of carbohydrate and lipid metabolism. Normal dietary intake of chromium in humans and farm animals is often suboptimal. In addition to its effects on glucose, insulin, and lipid metabolism, chromium has been reported to increase lean body mass and decrease percentage body fat, which may lead to weight loss in humans. The effects of chromium on body composition are controversial but are supported by animal studies, which increase their validity. A subject's response to chromium depends on his or her chromium status, diet consumed, type and amount of supplemental chromium, and study duration. There have been no confirmed negative effects of chromium in nutritional studies. Chromium is only a small part of the puzzle in the control of weight loss and body composition, and its effects, if present, will be small compared with those of exercise and a well-balanced diet.

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Peptides from fish and crustacean by-products hydrolysates stimulate cholecystokinin release in STC-1 cells. Food Chemistry, Volume 111, Issue 4, 15 December 2008, Pages 970-975, Benoit Cudennec, Rozenn Ravallec-Plé, Elisa Courois, Martine Fouchereau-Peron

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Soluble Fiber Intake & Type 2 Diabetes Mellitus: The Research

Research proves that the higher the viscosity of soluble fiber, the better the control of blood sugar level in patients with Type 2 diabetes:

The New England Journal of Medicine (May 11, 2000. v342: 1392-1398)
Beneficial effects of high dietary fiber intake in patients with type 2 diabetes mellitus.
"A high intake of dietary fiber, particularly of the soluble type, above the level recommended by the ADA, improves glycemic control, decreases hyperinsulinemia, and lowers plasma lipid concentrations in patients with type 2 diabetes"

Clin Excell Nurse Pract.(September 2000; 4 (5): 272-6)
Dietary fiber and type 2 diabetes.
"Water-soluble fiber appears to have a greater potential to reduce postprandial blood glucose, insulin, and serum lipid levels than insoluble fiber. Viscosity of the dietary fiber is important; the greater the viscosity, the greater the effect. "

Med Hypotheses. (June 2002; (6): 487-90)
Glucomannan minimizes the postprandial insulin surge: a potential adjuvant for hepatothermic therapy.
"Glucomannan (GM) is differentiated from other soluble fibers by the extraordinarily high viscosity of GM solutions. Administration of 4-5g of GM with meals, blended into fluid or mixed with food, can slow carbohydrate absorption and dampen the postprandial insulin response by up to 50%. "

Diabetes Care (1999 Jun v22, i6; 913-919)
Konjac-mannan (glucomannan) improves glycemia and other associated risk factors for coronary heart disease in type 2 diabetes. A randomized controlled metabolic trial.
"KJM fiber added to conventional treatment may ameliorate glycemic control, blood lipid profile, and SBP in

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high-risk diabetic individuals, possibly improving the effectiveness of conventional treatment in type 2 diabetes"
PDF Format

Diabetes Care (2000; 23: 9 - 14)
Beneficial effects of viscous dietary fiber from Konjac-mannan in subjects with the insulin resistance syndrome: results of a controlled metabolic trial.
"A diet rich in high-viscosity KJM improves glycemic control and lipid profile, suggesting a therapeutic potential in the treatment of the insulin resistance syndrome."
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Journal of the American College of Nutrition (2003, February, 22(1): 36-42)
Konjac supplement alleviated hypercholesterolemia and hyperglycemia in type 2 diabetic subjects--a randomized double-blind trial.
"The KGM supplement improved blood lipid levels by enhancing fecal excretion of neutral sterol and bile acid and alleviated the elevated glucose levels in diabetic subjects. KGM could be an adjunct for the treatment of hyperlipidemic diabetic subjects."

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