Bluebonnet's Trimology™ Licorice Flavonoid Oil Vegetarian Softgels is one of the industry's first nutrigenomic products on the market, which positively affects weight management by optimizing fat metabolism with proper diet and exercise.

**NUTRIGENOMICS**
Also called "nutritional genetics," a phrase coined in 1999, is the study of the molecular relationship between nutrients and gene expression and how genetic variations can cause people to respond differently to food nutrients.

Scientists have discovered that licorice flavonoid oil (LFO) standardized for polyphenols with glabridin influences the expression of the genes that increase fatty acid breakdown and decrease fatty acid synthesis, thus helping to maintain healthy body fat composition. ↑

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**Supplement Facts**
Serving Size: 3 Vegetarian Softgels
Servings Per Container: 30

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Licorice Flavonoid Oil (Glycyrrhiza glabra)</td>
<td>300 mg *</td>
</tr>
<tr>
<td>Polyphenols (50%)</td>
<td>90 mg *</td>
</tr>
<tr>
<td>Glabridin (5%)</td>
<td>9 mg *</td>
</tr>
</tbody>
</table>

* Daily Value not established.

Other ingredients: Medium chain triglycerides (MCT) oil, soluble food starch, vegetable glycerol, beeswax, sea vegetable extract, sodium phosphate.

**REFERENCES**

For additional information on the complete line of Bluebonnet nutritional supplements, log on to: [www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com)

or write: Bluebonnet Nutrition Corporation
12915 Dairy Ashford, Sugar Land, TX 77478

Available in fine natural food stores

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**The Power of Optimizing Fat Metabolism**

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**Get Into Your Jeans Through Your Genes**

Helping you get into your favorite pair of jeans has just gotten a little bit easier! Bluebonnet Nutrition is proud to introduce the first in a new series of responsible, science-based weight management products under the Trimology™ brand called Trimology™ Licorice Flavonoid Oil Vegetarian Softgels, which provide pure licorice flavonoid oil (LFO) standardized to polyphenols (50%) with glabridin (5%) from Kaneka Corporation. Kaneka Glavonoid™ is manufactured by extracting licorice flavonoids and then dissolving them in medium chain triglyceride (MCT) oil. Licorice flavonoids are hydrophobic (water-repelling) compounds; therefore, unlike licorice root extract, LFO is virtually free of the hydrophilic (water-loving) compounds glycyrrhizin and glycyrrhizinic acid. ↑
FAT METABOLISM

The process by which fatty acids are broken down and synthesized is called fat metabolism. Research has recently shown that LFO has an effect on the metabolism of fat, which includes lipolysis, the breakdown of fat stored in fat cells (adipose tissue). During this process, free fatty acids are released into the bloodstream and circulate throughout the body. It is important to note that excess sugar (glucose) can be stored efficiently as fat in adipose tissue for later use increasing one's mass, particularly around the waistline. Interestingly, this research has evolved to demonstrate that key constituents in LFO can help mobilize fat from adipose tissue.†

With proper diet and exercise, research has specifically shown that LFO containing polyphenols with gallicin influences the expression of the genes that:

- SUPPORT HEALTHY FAT METABOLISM †
- INCREASE FATTY ACID BREAKDOWN †
- DECREASE FATTY ACID SYNTHESIS †

HEALTHY WEIGHT MANAGEMENT

Healthy weight management involves the identification of a healthy target weight and realistic goals. Body weight stays the same when the calories consumed equals the calories burned. Weight loss occurs when the calories consumed is less than the calories burned. On the flip side, weight gain occurs when calories consumed are greater than the calories burned.

To achieve and maintain a healthy weight, a caloric deficit must be achieved, but the diet must include sufficient calories to lose weight gradually. Additionally, a lifestyle change, which includes proper diet and exercise, must be adopted.

DAILY DIETARY GUIDELINES FOR HEALTHY WEIGHT MANAGEMENT

(Based on 2,000 calorie diet)

- Six ounces or less of meat, poultry, or fish or five servings of nuts, seeds or legumes.
- Three cups of fat-free or low-fat dairy products.
- Two cups of fruit and two and a half cups of vegetables (e.g., dark green, orange, legumes, starchy vegetables and other vegetables).
- Six ounce-equivalents of whole- or enriched-grain products.


ACTIVITY GUIDELINES FOR HEALTHY WEIGHT MANAGEMENT

- For individuals with a healthy body weight, 30 minutes of moderate physical activity daily.
- For individuals who need to lose weight, 60 minutes of moderate to intense exercise is recommended while maintaining a healthy, caloric balance.
- A complete physical fitness program includes stretching, cardiovascular exercise and strength training.
- Please consult with a healthcare practitioner before participating in any regular physical fitness program.

APPROXIMATE CALORIES/HR FOR A 154 LB PERSON

<table>
<thead>
<tr>
<th>MODERATE PHYSICAL ACTIVITY</th>
<th>C/HR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf (walking and carrying club)</td>
<td>330</td>
</tr>
<tr>
<td>Bicycling (&lt;10 mph)</td>
<td>290</td>
</tr>
<tr>
<td>Walking (3.5 mph)</td>
<td>280</td>
</tr>
<tr>
<td>Weight lifting (general light workout)</td>
<td>220</td>
</tr>
<tr>
<td>Stretching</td>
<td>180</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VIGOROUS PHYSICAL ACTIVITY</th>
<th>C/HR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running/jogging (5 mph)</td>
<td>590</td>
</tr>
<tr>
<td>Swimming (slow freestyle laps)</td>
<td>510</td>
</tr>
<tr>
<td>Aerobics</td>
<td>480</td>
</tr>
<tr>
<td>Walking (4.5 mph)</td>
<td>460</td>
</tr>
</tbody>
</table>

* Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.

Source: Adapted from the 2005 DGA Report.