

Full Spectrum™ Forskohlii



Metabolic Activator and Healthy Weight Management

- Stimulates cyclic AMP
- Metabolic activator
- May support healthy weight management
- Supports healthy circulation and lung function

Coleus forskohlii has been known and used by practitioners of Ayurvedic herbalism for centuries. Its active ingredient forskolin (ForsLean®) acts mainly through direct stimulation of



cyclic AMP (cyclic adenosine monophosphate) production. Scientific studies have shown that forskolin is a major metabolic activator and helpful when used as part of a healthy diet and exercise plan. Research shows that it also supports healthy sugar metabolism, endocrine, cardiovascular and respiratory function, stimulates digestion, maintains healthy eyes and soothes the nervous system. Planetary Herbals Full Spectrum™ FORSKOHLII is available in a convenient capsule which combines (ForsLean®) a standardized extract, with a whole root powder.

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Expert Formulations – Exceptional Results

Healthy Weight Management

Forskolin, the main active ingredient in *Coleus forskohlii*, has a profound thermogenic effect on the body's metabolism. It was shown to support a healthy body by stimulating the loss of body fat and by promoting lean body (muscle) mass. Our product includes the patented forskolin extract ForsLean®, which was shown in several studies to promote healthy weight and body composition, when taken according to the directions.

Cyclic AMP

The active ingredient, forskolin, acts mainly through direct stimulation of cyclic AMP production. Cyclic AMP is a ubiquitous cellular messenger, which determines how cells react to hormonal signals. This occurs through activating the enzyme adenylate cyclase. Cyclic AMP is an important cell-regulating compound which activates other enzymes that perform many important cellular functions. Hormones and neurotransmitters also activate adenylate cyclase, but forskolin appears to be able to activate adenylate cyclase by itself without the assistance of these hormones and neurotransmitters.

Respiratory and Cardiovascular Support

Scientific studies have shown that forskolin has a relaxing effect on bronchial smooth musculature and may support healthy respiratory function. Also, forskolin is proven to be effective in stabilizing the cells that release histamine. Forskolin has been shown by scientific studies to support healthy cardiovascular function. This is through its ability to support smooth arterial muscle relaxation and healthy blood flow.

Benefits of Forskolin

Forskolin is known to stimulate the secre-

tion of insulin and glucagon, both enzymes involved in sugar metabolism and the production of energy. Through stimulating the activity of ATP, it both stores and releases energy and uses the energy of ATP to perform a myriad of functions such as moving muscles, synthesizing compounds and transporting nutrients. Through balancing blood sugar levels already within a normal range, it may prevent insulin spikes, moderate inflammation and may reduce muscle cramps.

PhytoDynamics is a unique wellness system embraced by Planetary Herbals which integrates multiple worldwide herbal traditions with modern scientific research. PhytoDynamics combines specific botanical ingredients carefully selected to complement each other in order to provide superior herbal formulations which address entire body systems in need of support. It is our commitment to healthy alternatives and trusting in the health promoting properties of the planet which enables Planetary Herbals to offer health minded consumers in the West the finest herbal supplements available.

Reference

Seamon KB et al. Forskolin: Unique diterpene activator of adenylate cyclase in membranes and in intact cells. *Proceedings of the National Academy of Science*. June 1981; 78(6): 3363-3367.

Krieder RB, et al. Effects of *Coleus forskohlii* supplementation on body composition and markers of health in sedentary, overweight females. *Experimental Biology* 2002.

Asano Tsuguyoshi. Clinical report on root extract of perilla plant (*Coleus forskohlii*) Forslean® in reducing fat. Asano Institute, Tokyo, Japan. Available at: forslean.com

Schlepper M et al. Cardiovascular Effects of Forskolin and phosphodiesterase-III inhibitors. *Basic Research in Cardiology*. 1989; 84 Suppl.1: 197-212.



Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, National Nutritional Foods Association



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

