



# PGX® DAILY ULTRA MATRIX SOFTGELS

NPN 80017389

RESEARCH INFORMATION

## Features and benefits

If you are among the millions of people who have trouble controlling their blood sugar levels or body weight, then you are at risk for obesity, diabetes, and cardiovascular disease. All of these conditions share a common underlying factor: resistance to the hormone insulin. Normally, insulin helps transport blood sugar into cells, but with insulin resistance this process is hindered leading to elevations in blood sugar and loss of appetite control.

The soluble dietary fibre in PGX® (PolyGlycopleX®) is able to reduce insulin resistance and balance blood sugar (glucose) levels. It also promotes healthy weight loss by creating a feeling of fullness so you can decrease food intake without experiencing hunger or between-meal food cravings. Clinical research shows PGX effectively lowers the glycemic index of foods and reduces the level of total cholesterol and LDL (“bad”) cholesterol. PGX is 3–5 times more effective than any other dietary fibre because it is a unique, novel complex of natural polysaccharides (plant fibres). PGX is completely safe and stimulant-free.

The PGX Daily Ultra Matrix Softgels are an advanced formula that suspends the PGX in a matrix of MCTs (medium-chain triglycerides) derived from purified coconut oil. This matrix facilitates the dispersion of PGX in the digestive tract to make it even more effective.

PGX Daily Ultra Matrix Softgels can help reveal the healthy person inside of you.

## How it works

The dietary fibre in PGX® improves insulin sensitivity and reduces the health risks associated with insulin resistance.

When taken shortly before a meal, PGX absorbs water and expands, substantially increasing the viscosity (thickness) of food in the digestive tract. This slows the absorption of carbohydrates, effectively lowering the glycemic index of the food. By slowing the release of glucose into the bloodstream, PGX smoothes out the peaks and crashes of the unhealthy blood sugar roller coaster. This helps you feel full longer and reduces food cravings, between-meal snacking, and weight gain.

PGX also increases the volume of your meal without significantly increasing the calories. By increasing the volume of food in your stomach, PGX makes you feel fuller, which makes it easier to eat less and lose weight.

The beneficial effects of soluble dietary fibre are directly proportional to the amount of water the fibre can absorb. The unique combination of fibres in PGX can bind several hundred times its weight in water and stomach fluids, far more than other soluble fibres like psyllium or oat beta-glucan. PGX Daily Ultra Matrix Softgels represent a new frontier for helping you achieve and maintain metabolic health.



## Research

For people who have trouble with blood sugar control or an overactive appetite, recent research into human metabolism is offering safe and effective new ways to improve metabolic health, reduce food cravings, and lose excess weight.

PGX® helps smooth out the harmful blood sugar roller coaster, where blood glucose levels rise and fall dramatically before and after meals, leading to weight gain and stress on many body systems. A randomized, controlled study measured the effects of PGX on blood sugar levels following a meal. Ten healthy men and women ages 33–40 ate meals such as cornflakes, granola, rice, yogurt, or a frozen turkey dinner, each containing 50 g of carbohydrate, with or without 5 g of PGX. Blood samples were taken before and at various times after the meal. PGX significantly reduced the blood glucose response by 14% for yogurt, 25% for frozen turkey dinner, and 45% for rice (Jenkins, 2010).

Sweet or starchy foods have a high glycemic index, meaning they cause a sharp rise in blood sugar. PGX effectively lowers the glycemic index of food by 30% or more. An Australian study tested the blood sugar response of 10 healthy subjects eating six starchy foods with 0 g, 2.5 g or 5 g of PGX. For all six foods, PGX significantly reduced the glycemic index, on average by 19% for the 2.5 g dose and 30% for the 5 g dose (Brand-Miller, 2012).

In addition to promoting insulin sensitivity and stabilizing blood glucose, PGX is very effective for losing excess weight. In a clinical weight-loss program, 29 sedentary, overweight, or obese adults (23 women, six men), ages 20–65, were given 5 g of PGX with 500 mL of water 5–10 minutes prior to each meal. After 14 weeks, the average weight was reduced by 5.8 kg, waist circumference by 12 cm and percentage body fat by 2.4% compared to the start of the study. There was also a reduction of 19% in total cholesterol and 26% in LDL (“bad”) cholesterol (Lyon, 2010).

Dietary fibre is known to improve the body’s response to insulin following a meal and PGX may also promote the secretion of insulin. A study in rats found that adding PGX to the diet increased the secretion of an intestinal hormone called GLP-1 that signals the pancreas to release insulin. A significant increase in circulating insulin was also observed (Grover, 2011).

Research shows that taking PGX with water prior to each meal can stabilize blood sugar and promote weight loss by reducing food cravings and food consumption. Incorporating Natural Factors PGX Daily Ultra Matrix Softgels into your diet is an effective way to receive the proven health benefits of PGX.

## Ingredients

Each Softgel Contains:

PGX® (PolyGlycopleX®) (*Amorphophallus konjac*, sodium alginate, xanthan gum) .....750 mg

## Recommended adult dose

For best results take PGX® Daily softgels 15–20 minutes before meals with 375–500 mL of water or as directed by a health care practitioner.

Week 1: 1–2 softgels 3 times daily

Week 2: 2–4 softgels 3 times daily

Week 3 and beyond: 3–6 softgels 3 times daily

Children: Half the adult dose is recommended for children following the same dosage recommendations as above. See Caution section.

## Caution

Consult a health care practitioner if you are under 18 years of age, pregnant or breastfeeding, or have any health concerns. If you are taking medications, take one hour prior to, or two hours after taking PGX®. If your goal is to achieve weight loss, or if diabetic or on cholesterol-lowering medications, consult a qualified health care practitioner prior to use. Keep out of reach of children.

## References

Brand-Miller JC, Atkinson FS, Gahler RJ, *et al.*, (2012). Effects of added PGX®, a novel functional fibre, on the glycaemic index of starchy foods. *Br J Nutr.* Jul;108(2):245-8. Epub 2011 Oct 10.

Grover GJ, Koetzner L, Wicks J, *et al.*, (2011). Effects of the soluble fiber complex PolyGlycopleX® (PGX®) on glycemic control, insulin secretion, and GLP-1 levels in Zucker diabetic rats. *Life Sci.* Feb 28;88(9-10):392-9. Epub 2010 Nov 30.

Jenkins AL, Kacinik V, Lyon M, *et al.*, (2010). Effect of adding the novel fiber, PGX®, to commonly consumed foods on glycemic response, glycemic index and GRIP: a simple and effective strategy for reducing postprandial blood glucose levels—a randomized, controlled trial. *Nutr J.* Nov 22;9:58.

Lyon MR, Reichert RG. (2010). The effect of a novel viscous polysaccharide along with lifestyle changes on short-term weight loss and associated risk factors in overweight and obese adults: an observational retrospective clinical program analysis. *Altern Med Rev.* Apr;15(1):68-75.