

Nopal Cactus Support for Healthy Weight reduction

DESCRIPTION

Nopal Cactus Vcaps vegetarian capsules, provided by Douglas Laboratories®, contain 600 mg of the cactus Nopal (*Opuntia ficus-indica*). Nopal, also called prickly pear, is a perennial cactus that grows in semi-tropical area throughout the world. Nopal's content of gums and mucilages is thought to reduce the absorption of sugars and fats from the gastrointestinal tract.

FUNCTIONS

Nopal cactus, traditionally used to control glycemia in diabetics, has been shown in scientific studies to effectively attenuate postprandial hyperglycemia. Studies comparing the glycemic and insulin indices of foods commonly eaten in Mexico show that nopal cactus has the lowest indices of all. Nopal's therapeutic effectiveness may depend chiefly upon its content of gums and mucilages. These hydrophilic polysaccharide molecules may bind not only water as they increase in volume, but also sugars and fats as they are caught within the voluminous matrix of mucilage and water. Nopal consumption has also been demonstrated to support healthy cholesterol metabolism. Another way that nopal may effectively lower body weight is by reducing appetite. The increased volume in the stomach afforded by the swollen mucilage and water matrix of ingested nopal may more quickly produce a feeling of satiety and thus limit caloric intake.

INDICATIONS

Nopal Cactus Vcaps capsules may be a useful dietary supplement for those vegetarians who wish to reduce their absorption of dietary fat and calories.

FORMULA (#98249)

Each Vcaps™ Vegetarian Capsule Contains:

Nopal cactus (leaf) 600 mg

SUGGESTED USE

Adults take 1 to 2 capsules before meals, 1 to 2 times daily, or as directed by physician.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Nopal Cactus visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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Your patients trust you.**

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