

Whey Satisfied™

Natural Vanilla Spice-Flavored Powder

DESCRIPTION

Whey Satisfied™ by Douglas Laboratories® provides a natural approach to weight management, supplying whey protein isolate, specialty fiber sources, and unique satiety peptides in a delicious vanilla spice drink mix. Developed to support the body's natural hormonal response to food by balancing ghrelin, leptin and neuropeptide Y production, Whey Satisfied can lead to reduced caloric intake and improved body composition. † ‡

INDICATIONS

- Satiety and Weight Management † ‡

FUNCTIONS AND MECHANISM OF ACTION

Energy balance is modulated by numerous physiological pathways involving appetite centers and hormonal signals from the gut. When blood sugar levels fall, the stomach increases the production of ghrelin and the hypothalamus releases Neuropeptide Y (NPY) to stimulate appetite. Under normal metabolic control, insulin is released from the pancreas after a meal, which then stimulates the production of leptin to increase satiety. Insulin also increases the production of PYY, CCK, and GLP-1 peptide hormones in the gastrointestinal tract to further control appetite and regulate glucose levels. Research shows that even a single meal containing 25% to 80% protein can induce satiety by regulating insulin and glucagon-like-peptide-1 (GLP-1), offsetting the rise in blood sugar and food cravings caused by carbohydrate intake. ‡

DNF-10 is a specialty satiety ingredient that has been shown to promote weight management in human clinical trials. This food-based ingredient is obtained from a screening of small molecular weight peptides (<10 kDa) after proteolysis of *Saccharomyces cerevisiae*, a non-pathogenic yeast. As a key ingredient in this formula, DNF-10 addresses weight management through regulation of the mediators of satiety. The peptides from DNF-10 lower the hypothalamic expression of neuropeptide Y and downregulate ghrelin, thereby reducing the physiological hunger cues. Long-term use of DNF-10 can modulate the secretion of leptin, a satiety hormone secreted by the adipose tissue. In an eight-week trial, individuals taking 500 mg of DNF-10 daily showed a reduction in caloric intake, along with a significant decrease of abdominal body fat percentage and waist circumference. † ‡

Sunfiber® is a researched soluble fiber made from partially hydrolyzed guar gum (PHGG) that promotes satiety. Preliminary clinical trials with regular intake of PHGG at a dose of 2 grams per serving provided significant sustained post-meal satiation effects and minimized the inter-meal caloric intake by about 20% in normal subjects. The intake of guar fiber alone at a dose >5 grams or its combination with 8+ grams of protein showed acute satiety effects in normal subjects. ‡

Glucomannan (GM) is a water-soluble, fermentable dietary fiber extracted from the tuber or root of the elephant yam, also known as konjac. Glucomannan consists of a polysaccharide chain of beta-D-glucose and beta-D-mannose with attached acetyl groups with beta-1,4 linkages. Because human salivary and pancreatic amylase cannot split beta-1,4 linkages, GM passes relatively unchanged into the colon, where it is fermented by resident bacteria. It is possible that GM fiber can delay gastric emptying and slow small-bowel transit time because of the increased viscosity of the GI contents. This may also slow the absorption of food in the small intestine, leading to attenuated postprandial insulin surges; accelerated delivery of food to the terminal ileum, where satiety signals are transmitted; and elevated levels of plasma cholecystokinin (CCK), a hormone believed to mediate fat-induced satiety. ‡

FORMULA (#57747P)

Serving Size 1 Rounded Scoop (Approx. 17 g):

Calories	60
Total Carbohydrate.....	5 g
Dietary Fiber.....	2 g
Protein	10 g
Calcium	60 mg
Sodium.....	25 mg
Sunfiber® (partially hydrolyzed guar gum).....	2.6 g
Konjac gum (providing 95% Glucomannan)	1 g
DNF-10 yeast hydrolysate (from <i>Saccharomyces cerevisiae</i>).....	500 mg

Other ingredients: Whey protein isolate, natural flavors, sunflower lecithin, stevia leaf extract and cinnamon

CONTAINS: Milk (as whey isolate protein)

Gluten-free, Non-GMO

Sunfiber® is a registered trademark of Taiyo International, Inc.

DNF-10 is marketed by Fytexia

SUGGESTED USE

Take 1 rounded scoop blended in 8 oz of water or milk 30 minutes before a meal or with a meal, 1-2 times daily or as directed by a health care professional. For increased thickness, let sit for 10 minutes before consuming.

For further guidelines, refer to the Metabolic Hormone Clinical Protocol by Douglas Laboratories.

SIDE EFFECTS

A small percentage of people may initially experience minor, temporary digestive changes in bowel movements as the body adjusts to the addition of soluble fiber.

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 Whey Satisfied™ 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.

†Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.

Manufactured for
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440



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