

# AP-300

## *Natural Herbal Energizer - Thermogenic Formula*

**Code:** 101  
**Package Size:** 90 caplets  
**Suggested Use:** 1-3 tablets daily after breakfast as a dietary supplement.

*Also available in  
Trial Packs*  
**Code:** 100 -- 12 tablets

### **What is this dietary supplement?**

AP-300 is a unique blend of specialized herbs and a patented ingredient, Chromium Polynicotinate, a safe, effective nutrient that was originally developed in the nutrition laboratories of the U.S. Department of Agriculture. Chromium Polynicotinate, along with our special blend of herbs, is a scientific breakthrough that is absolutely revolutionary! Chromium Polynicotinate was developed by the USDA and distributed under exclusive governmental license. The good news is For•Mor has been granted distribution access. AP-300 is a proven winner!!!

### **Why Diets Don't Work**

Most dieters who achieve significant weight loss, lose far too much (approximately 30%) lean body mass (muscle and organic tissue). This not only diminishes strength and agility, but affects appearance as well. With less muscle, pleasing curves flatten, chests sink, and arms and legs look spindly. Making things worse, this lessened lean body mass lowers the metabolic rate, making it harder to keep the fat off permanently. This is known as the "yo-yo" diet syndrome.

### **What is Chromium Polynicotinate?**

Chromium Polynicotinate is an organic complex, a definite compound of trivalent chromium and picolinic acid. This product has been patented by the U.S. Department of Agriculture and is licensed under U.S. Patent #RE.33,988.

### **Daily Need**

According to U.S. Department of Agriculture studies, 9 out of 10 Americans get less than 50 micrograms of Chromium daily as compared to the 50 to 200 micrograms recommended by the National Academy of Sciences. Supplementation of 3 tablets of AP-300 taken daily after breakfast provides 300 micrograms of this vital nutrient.

### **About AP-300**

For thousands of years, the Chinese have used herbal remedies. Our product is synergistically designed using the same natural ingredients that the Chinese have seemingly always known about, plus Chromium Polynicotinate, 300 micrograms per 3 AP-300 tablets taken once a day.

### **Testimonies**

#### **Leonard from Arkansas:**

"I started taking AP-300 in the middle of July and I have lost 16 lbs. Losing the weight is great, but the most important thing AP-300 has done for me is giving me extra energy and how good I feel. It made a new person out of me."

#### **Sylvia from Hawaii:**

"Aloha. I just wanted to say mahalo for AP-300!! Since I started taking AP-300 several months ago, I have lost over 40 pounds. But the best part is that I went from a dress size 14-16 to a size 5-6. It really does help control my hunger, and gives me lots of energy."

#### **Gilbert from Illinois:**

"I just wanted to tell you how AP-300 has changed my life. I am a truck driver and have been overweight most of my life. Since I started taking this product about 10 months ago, I have lost 123 pounds. I have also lost 12 inches in my waist, taken 9 links out of my watch band and dropped one shoe size. It also helps me to maintain my concentration and alertness on long hauls. The only exercise was driving my truck. My friends no longer recognize me. I have never looked or felt better. To say the least, AP-300 has been wonderful."

#### **Don from Oklahoma:**

"WOW! This stuff really works! I lost 30 pounds in 3 months, but what really blows my mind is that at 62 years old, I was completely worn out by noon. Since using AP-300, I can go all day and still feel good. I feel 20 years younger."

#### **O.A. from Oklahoma:**

"I will be 92 on April 2, 1993. I am diabetic and had lost the circulation in my right foot. My doctor thought he might have to amputate my leg. Since using this wonderful new product, I regained good circulation in both feet. I have lowered my insulin intake and have more strength and energy than before. I am now exercising every day on my miniature trampoline. I have been sleeping very well and have lost several inches thanks to Chromium Polynicotinate and these great herbs."

## **Ingredients**

**EPHEDRA EXTRACT (MAHUANG)** - A good source of energy, improves blood circulation, and stimulates BAT activity (the burning of stored white body fat).

**GUARANA EXTRACT** - A high energy source.

**GOTU KOLA** - Reduces high blood pressure, mental fatigue and senility. Helpful for skin disorders.

**SIBERIAN GENSING** - Stimulates mental and physical vigor.

**FO-TI** - Lowers cholesterol and strengthens the body.

**GINKGO BILOBA HERB** - An antioxidant that increases circulation, and reduces premature memory loss and senility.

**WHITE WILLOW BARK** - Helps insomnia, reduces pain, and is an anti-inflammatory.

**NIGELLA SATIVA** - Good for high blood pressure and circulation.

**CAYENNE PEPPER** - Stimulates circulation, useful in sinus and respiratory ailments, helps digestive system.

**HAWTHORN BERRY EXTRACT** - Is historically considered as a powerful tonic for the heart and aorta and modern testing has linked much of its effect to protecting the heart from free radicals.

**GREEN TEA EXTRACT** - Antioxidant and detoxifier.

**SELENIUM** - Helps blood pressure and memory.

**ECHINACEA** - A blood purifier. Helps build up the supply of large white blood cells. Improves resistance to viral, fungal, and bacterial infections. Good for prevention of colds, flu, and blood poisoning.

**BLADDERWRACK** - Contains natural iodine to promote a healthy thyroid. It also stimulates blood circulation and eases obesity.

**REISHI MUSHROOM** - Helps stimulate liver activity, cleanses the blood, helps lower stress, and helps beautify the skin. It also strengthens the immune system.

### **SPECIAL NOTE:**

This information was taken from the Readers Digest Association, The British Herbal Pharmacopoeia (published by British Herbal Medicine Association's Scientific Committee) and "Holistic Herbal Healing," by Dr. Samuel S. Troyer.

## **Questions frequently asked**

### **(Q) Is AP-300 a drug?**

(A) *AP-300, a synergistically designed blend of specialized herbal food concentrates and nutrients, is not a drug.*

### **(Q) Can AP-300 be taken with medications?**

(A) *AP-300 can be taken with medications. However, if any special health or medical conditions exist, a physician should be consulted before taking any herbal product. Pregnant and lactating women should not use the thermogenic agents.*

### **(Q) When can results be expected?**

(A) *Results will vary depending upon the individual's genetic and metabolic disposition. When taking AP-300 as directed, results can be obtained within the first 30 days of usage, but not always.*

## **Additional References**

Chromium polynicotinate has also been recommended as the chromium supplement of choice in recent books by distinguished physicians, including:

### **The Doctor's Vitamin and Mineral Encyclopedia**

By Sheldon Saul Hendler, M.D., Ph.D.  
(Simon & Schuster)

### **The Doctor's Book of Home Remedies**

By Ronald Hoffman, M.D.  
(Rodale Press, 1990)

### **The Chromium Program**

By Jeffrey A. Fisher, M.D.  
(Harper & Rowe, 1990)

### **The Purification Prescription**

By Sheldon Saul Hendler, M.D., Ph.D.  
(William Morrow & Co)

### **The Princeton Plan**

By Edwin Heleniak, M.D.  
(St. Martin's Press, 1990)

### **The New Super Nutrition**

By Richard Passwater, Ph.D.  
(Simon & Schuster)

### ***Special Notice***

*"For ♦Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label."*

*If you are not fully satisfied with the results after using AP-300 your full purchase price will be refunded by the distributor you purchased it from.*

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