



CSAT+®

Why use this material?

CSAT+® is a carob bean extract with satiating and metabolic effects for appetite and weight control. Carob is a beanlike fruit typically found in the Mediterranean region and historically consumed as a food product, especially in ancient times as a sweet for children.

The science behind the indications

CSAT+® has high Galactomannan (>30%) content, a polysaccharide recognised as a dietary fibre with gelling properties. Studies show that the gelling properties of Galactomannan delay the stomach's content from emptying, which helps prolong the feeling of satiety.

Oligofructose are small dietary fibres that have been shown to improve lipid profile and reduce glucose peaks after meals.

Polyphenols are powerful antioxidants that have been shown to exert anti-inflammatory properties, improve lipid metabolism and decrease fat accumulation in adipose tissue.

Indications, Claims and Dose

Dose: 300mg extract per day for weight control, 1000mg extract per day for maximum efficacy

- Helps reduce hunger cravings and calorie intake
- Helps support a weight loss program
- Helps prevent unhealthy eating habits
- Provides slow and constant energy release

References

https://pharmactive.eu/ingredient/csat_r-achieves-satiating-metabolic-effect/