

## FENNEL EXTRACT WITH GLUCOMANNAN

a product for reduction of body weight



**Anklam Extrakt® combines high quality extracts with exceptional service. We are pleased to present our novel finished product concept Fennel with Glucomannan for reduction of body weight in combination with gastro-intestinal well-being for overweight adults.**



Due to our modern lifestyle involving long working hours in the office, less physical activity and the opportunity to have a snack at every corner, overweight is a common phenomenon all over the world. The degree to which a person is overweight is normally described by the body mass index (BMI), defining overweight as a BMI of 25 or more.

The combination of Fennel with Glucomannan was designed to help overweight adults who are practicing an energy-restricted diet to lose weight more easily and faster, whilst experiencing gastro-intestinal well-being.

### INGREDIENTS

#### FENNEL

Fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seeds are well-known for their positive effect on the gastro-intestinal tract. For centuries, Fennel seeds have been used for the treatment of dyspeptic complaints such as mild, spasmodic gastro-intestinal ailments or bloating and flatulence. Furthermore, Fennel has a pleasantly sweet, slightly spicy taste.

#### GLUCOMANNAN

Glucomannan is a polysaccharid derived from the tuberous roots of the konjac plant (*Amorphophallus konjac* KOCH). It is non-digestible in the human intestine and has a high viscosity in water solution. Due to this characteristic Glucomannan forms a gel-like mass in the stomach when hydrated. This "mass effect" can delay gastric emptying and induce satiety. This leads to a decrease in subsequent energy intake and finally to weight loss.

#### EFSA CLAIM

Glucomannan in the context of an energy restricted diet contributes to weight loss.

#### DOSAGE

1 sachet contains:  
0.15 g Fennel seeds powdered extract  
1 g Konjac Glucomannan

#### FIELD OF USE

Reduction of body weight

#### RECOMMENDED INTAKE

1 sachet three times daily

#### INSTRUCTION FOR USE

1 sachet dissolved in a glass of water (100-200 ml).  
Consumed immediately after dissolution and before meals with plenty of water.

#### REGULATORY STATUS

Food supplement

#### EXTRACT DETAILS

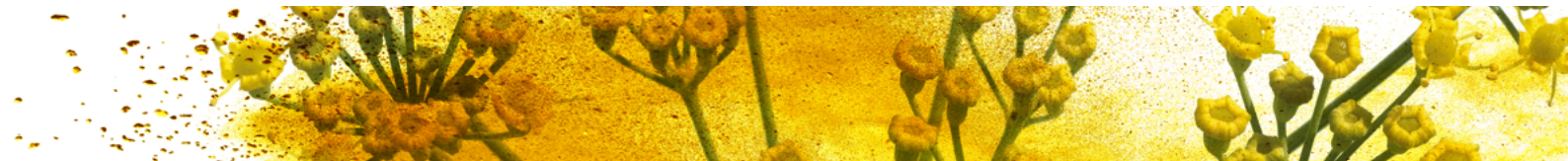
Fennel seeds powdered extract  
Foeniculi vulgare dulcis e sem extr aq sicc – 00-111-0481-52  
Extraction solvent: water  
78 % extract  
20 % maltodextrin  
2 % fennel oil

#### USED PLANT MATERIAL

Fennel (*Foeniculum vulgare*) is an annual or perennial plant. It reaches heights of up to 2 m and belongs to the family of umbellifers (*Apiaceae*). There are multiple known subgenera and varieties. One of them is Roman Fennel/Sweet Fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*). In the northern hemisphere, the ripe fruit is harvested from September to November.

#### REFERENCES

1. Blaschek W. Wichtl (2016) – Teedrogen und Phytopharmaka. Wissenschaftliche Verlagsgesellschaft mbH, 6. Auflage, Stuttgart.
2. EFSA Journal 2010; 8(10):1798
3. EMA 2008: HMPC Assessment report on *Foeniculum vulgare* MILLER. EMEA/HMPC/137426/2006.



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