

PATIENT INFORMATION LEAFLET

Thinny capsules dietary supplement

Supports weight management

Supplement facts

Serving size: 2 capsules

One capsule contains:

Active ingredients:

- 500 mg of glucomannan (Amorphophallus konjac root extract)
- 0.025 mg of chromium (as chromium picolinate)

What Thinny is and what is recommended for?

Thinny is a dietary weight-loss supplement. It is recommended for weight management support.

Mechanism of action

Glucomannan, water-soluble dietary fiber in combination with chromium contributes to the reduction of body weight and supports healthy glucose and cholesterol levels, with beneficial effects on digestion.

On contact with water glucomannan particles swell and occupy a place in the stomach, and for that reason it is necessary to use it with plenty of water. It slows stomachs discharge and provokes a feeling of fullness (without flatulence and without unwanted gases in the digestive system), leading to reduced food intake.

Glucomannan contributes to the reduction of body weight in the context of an energy-restricted diet. At least 3 g of glucomannan should be consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water before meals, in the context of an energy-restricted diet. Also contributes to the maintenance of normal blood cholesterol levels (a beneficial effect is achieved by daily intake of 4 g glucomannan). Glucomannan has a probiotic effect, it helps rejuvenate the intestinal flora. It also helps in treating good bacterial intestinal flora. Maintains normal bowel function and healthy digestive system. It maintains the glucose and insulin ratio in the blood and can help reduce the glycemic index of meals.

Chromium contributes to the maintenance of normal blood glucose levels and normal macronutrient metabolism. It promotes fat and carbs metabolism and helps weight loss.

Thinny effectively and provenly:

- ❖ reduces appetite and contributes to feelings of fullness
- ❖ contributes to the reduction of body weight
- ❖ contributes to the maintenance of normal blood cholesterol levels
- ❖ contributes to the maintenance of normal blood glucose levels

Restriction for use:

Do not use this product if you are allergic to any of its ingredients.
Not recommended for pregnant or lactating women and young children.

Directions for use:

Two capsules, three times a day, half an hour before meal, with 1-2 glasses of water.
Do not exceed the recommended intake.

Dietary supplements are not a substitute or replacement for a balanced diet. It is important to adhere to a balanced and varied diet and a healthy lifestyle.

Caution

In people with difficulty in swallowing or in case of insufficient fluid intake there is a risk of choking. Therefore, it is imperative to take product with at least one glass of water (2dl) in order for capsules to reach the stomach. Excessive intake may have a laxative effect.

Package: 60 capsules in blisters, in a box.

Storage: Store below 25 °C in a dry place, out of reach of children.

Batch number and expiry date: Printed on packaging. Do not use this product after expiration date.

Date and number of authorisation:

Shelf life: 3 years.

Authorisation holder:

Manufacturer:

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