

COLEUS

What is COLEUS?

Coleus forskohlii is a member of the mint family. Coleus contains a substance called forskolin which has been found to stabilize the cells that release histamine and other inflammatory compounds. Forskolin increases the levels of the cellular messenger cyclic Adenosine Monophosphate (cAMP) which is a major regulator of fat-burning enzymes and a messenger that reacts with certain hormones to direct metabolic changes inside cells. Therefore, it has been chosen as a herb of choice in replacing ephedra and ma huang for weight loss. *

What are the benefits?

Coleus is a well known Ayurvedic herb that can help support overall vitality and well-being. Coleus is used to boost the body's fat-burning rate to help obtain lean muscle mass and the overall loss of weight. Coleus may be helpful in treating eczema and other allergic conditions. Studies have found it to relax smooth muscle tissue. For this reason, Coleus has been suggested as a treatment for asthma, menstrual cramps, angina, irritable bowel syndrome, cramping bladder pain, bladder infections and hypertension. It has also been proposed as a treatment for psoriasis as this disease appears to be at least partly related to low levels of cAMP in skin cells. Open studies have suggested that forskolin can reduce blood pressure and dilate bronchial tubes. Another study indicates that forskolin taken by inhalation may be as effective as standard asthma inhalers, while forskolin eyedrops appear to improve glaucoma. If taking blood pressure medications or blood-thinning drugs, Coleus should only be taken under the supervision of a physician. *

Supplement Recommendation:

For the most effective benefits, look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Support to help boost metabolism and burn fat***
- **Helpful in obtaining lean muscle mass***
- **An alternative for ephedra and ma huang in promoting weight loss***
- **A safe and effective way to regulate fat-burning enzymes in the body***
- **Increases levels of cAMP to help cell functions***
- **Beneficial for allergic conditions***
- **Helps relax smooth muscle tissue to aid in asthmatic symptoms***
- **Helps maintain normal blood pressure***
- **Enhances stabilization of cells that release histamine and other inflammatory compounds***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.