

Impact of a herbal supplement on control of eating and body weight

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Background 1

Over-the-counter weight loss aids need to be tested thoroughly to establish effectiveness. Three studies have been carried out on the Zotrim® formulation (Nature's Remedies, UK) which found statistically significant weight losses:

Ref	Study type	n	Duration (days)	Weight change (kg)	Rate (kg/wk)
1	Randomised trial Active vs. placebo	47	45	5.1 vs. 0.3	0.8
2	Within-person trial	48	28	2.3	0.6
3	Within-person trial	61	28	1.79	0.45

Background 2

- Zotrim has also been shown to slow gastric emptying¹, which would have the effect of prolonging satiety.
- In the present study, we wished to find out if Zotrim would impact on reported hunger, satiety and perceived control over eating behaviour.
- Lack of self-control is a factor associated with poor dieting outcome in weight management programmes⁴

Methods - subjects

87 UK health workers (98% female) 18-70 years recruited via National Health Service.

Inclusion criteria = waist circumference ≥ 80 cm (94cm for men).

Exclusion criteria = multiple medical conditions, pregnant/breast-feeding, reported sensitivity to caffeine, thyroid disease, GI disease

68 subjects completed study (drop-out rate = 22%)

Mean baseline BMI = 30.6 (range 25-52)

Methods - protocol

10 wk intervention: 6 wk active phase (Zotrim®) then 4 wk follow-up (no Zotrim supplied)

Subjects not asked to make any other changes

Weight & waist/hip circumference at baseline, 1, 4, 6, 10 weeks (self-reported in telephone interview)

Questionnaires at same time-points to assess hunger, fullness and perceived control over eating

Statistical analyses using ANOVA and t-tests

* Tablets containing extracts of yerba maté (*Ilex paraguayensis*), guarana (*Paullinia cupona*) and damiana (*Tournefortia diffusa* var. *aphrodisiaca*). Taken before meals tid.

Control over eating assessed

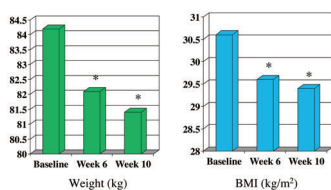
- Subjects asked to express their agreement or disagreement with the following statements:
 - I often feel hungry and end up snacking too much between meals
 - I don't feel full until I've eaten a large portion at meals
 - When I get upset, I find myself overeating high calorie foods
 - I find it difficult to refuse tempting food
- Changes over 10 wks followed

Results

- Mean weight loss was 2.2 kg at Week 6 (0.4 kg/wk) and 2.9 kg at Week 10
- 62 out of the 73 subjects still involved at Week 6 lost weight
- 39 out of the 48 'losers' still involved at Week 10 had kept within 1 kg of their new weight, while 29 continued to lose weight
- 13 of the subjects still involved at Week 10 had lost ≥ 5 kg (clinically significant weight loss⁵)
- Mean weight loss as % baseline was 2.6% at Week 6 and 3.3% at Week 10

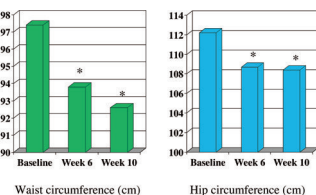
Changes in weight & BMI

* p<0.0001 compared with Baseline



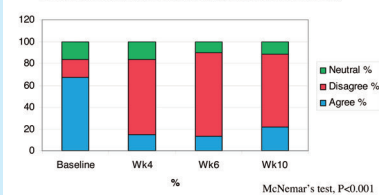
Changes in waist and hips

* p<0.0001 compared with Baseline



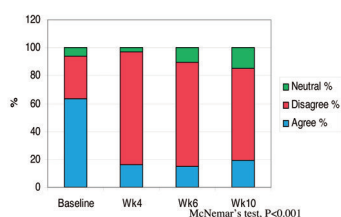
Control over eating improved

"I often feel hungry and end up snacking too much between meals"

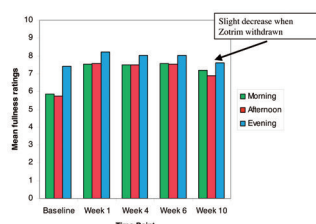


Control over eating improved

"I don't feel full until I've eaten a large portion at meals"



Satiety significantly increased



Conclusions

- Zotrim significantly lowered body weight and waist/hip circumferences over 6 weeks
- Reported satiety increased, while perceived control over eating behaviour improved
- A previous mechanistic study¹ found slower gastric emptying following Zotrim consumption
- Impact on satiety signals probably explains the beneficial effect of Zotrim on weight management

References
1. Andersen T & Fogli J (2001). *J. Hum. Nutr. Diet.* 14, 243-250; 2. Ruxton C (2004). *Nutr. Food Sci.* 34, 25-28; 3. Ruxton C et al (2005). *Nutr. Food Sci.* 35, 303-314; 4. Carls RA et al (2003). *Ent. Behav.* 4, 265-82; 5. SIGDN (1996). *Obesity in Scotland. Integrating prevention with weight management.* No. 8.