



# LaNutrinoo

# sinetrol®

Fat loss for the long-term

CLINICALLY  
PROVEN

**10+ years of research**  
on mechanism  
of action and clinical  
benefits

**4 clinical studies**  
on more than 300 subjects  
using gold standard  
methodology

## KEY FEATURES

- Proven mechanism of action: lipolysis enhancer providing adipose being benefits
- Increase in resting energy expenditure: increases calorie burning
- Rebalanced body composition: significant reduction of body fat mass without lean mass loss
- Significant results on body weight, waist and hip lines
- Long-lasting benefits: subjects continue to benefit from adipose being after the end of the supplementation

## COMPOSITION & ACTIVE COMPOUNDS

Grapefruit extracts (*Citrus grandis* (L.) Osbeck, *Citrus paradisi* Macfad), Orange extract (*Citrus sinensis* (L.) Osbeck) and Guarana extract (*Paullinia cupana* Kunth)

Flavanones (Naringin & Hesperidin) ≥ 40%

Natural caffeine

21 - 25 mg

630  
mg/day

Sinetrol® Xpur C

## REGULATORY & CERTIFICATIONS

Approved by MFDS (Korean FDA): may help to reduce body fat

Non-GMO, Halal, gluten-free, suitable for vegetarians

## REFERENCES

### CLINICAL TRIALS

Dallas C. et al.; *Phytother. Res.*; 2013, 28(2): 212-218

Cases et al.; *Int. J. Food Sci. Nutr.*; 2015

Park S. et al.; *J. Med. Food*; 2020, 23(3): 1-8

### MECHANISTIC STUDIES

Yoo et al.; *J. Korean Soc. Food Sci. Nutr.*; 2016

Lee et al.; *J. Korean Soc. Food Sci. Nutr.*; 2017

### BIOAVAILABILITY & NUTRIKINETIC

Muralidharan J. et al.; *Food Funct.*; 2023

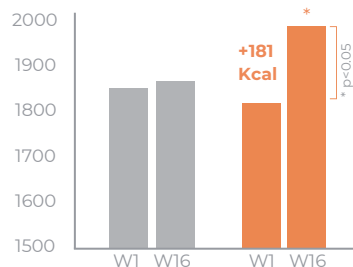
## CLINICALLY PROVEN BENEFITS

— Double-blind, randomised, placebo-controlled studies on both Caucasian and Asian populations.

2017 20 weeks (16+4)	2019 12 weeks
77 subjects Caucasian population BMI: 25-40 kg/m <sup>2</sup> Age: 29-52 years old	86 subjects Asian population BMI: 24-30 kg/m <sup>2</sup> Age: 25-62 years old
Body composition DXA Scan Recommended individualised normo-caloric diet (Harris and Benedict)	Body composition DXA Scan Recommended hypo- caloric diet (-500 kcal/day)
CAPSULES 2 x 450 mg/day	TABLETS 1 x 900 mg/day

**Sinretol increases resting energy expenditure in supplemented volunteers, providing adipose beinging benefits.**

### Resting Energy Expenditure (Kcal/day)



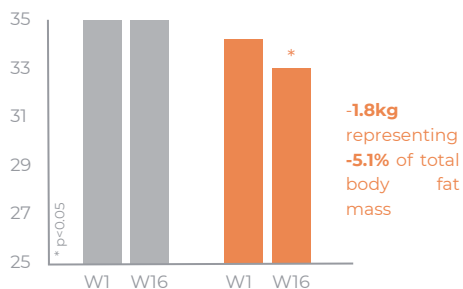
The increase in metabolic rate leads to a **significant reduction of the total body weight loss of the subjects, especially fat mass**, compared to the placebo group.

Placebo ■  
Sinretol ■

## Primary outcome: body fat mass reduction.

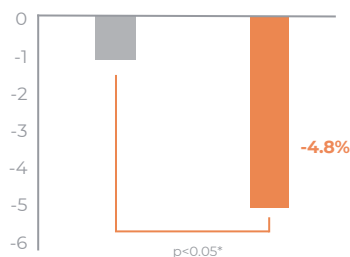
### Body fat mass - Caucasian population

(kg) ΔW1-W16



### Body fat mass - Asian population

(kg) ΔW1-W1

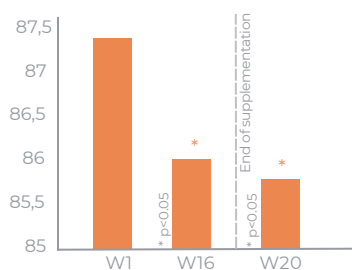


- Body composition is rebalanced: **lean to fat-mass ratio significantly improves with Sinretol.**
- **65% of the total fat loss is from the trunk area:** the Index of Central Obesity decreases significantly.

## Sinretol supports long-lasting benefits.

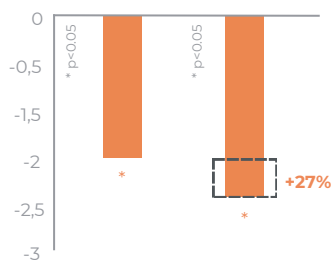
### Body weight

(kg) ΔW1-W16 & follow-up 20



### Fat mass loss

(kg) ΔW1-W16 & follow-up W1-W20



1 month after the end of the supplementation:

- **Subjects continue to lose body weight.**
- **Subjects continue to reduce body fat mass.**