

## Novadiet Inhibidel 30 sticks



Dietary supplement

Rating: Not Rated Yet

**Price**  
USD36.50

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Manufacturer [novadiet](#)

Description

**Description:**

Inhibidel is indicated in the following cases:

- Coadjuvant in overweight and obesity with a low calorie diet
- Regulator of intestinal transit.
- Coadjuvant in the control of hypercholesterolemia and diabetes.

**How does Inhibidel help us in our diet?**

-Glucomannan

The high water absorption capacity of glucomannan causes the stomach to swell, providing a feeling of fullness, and due to its ability to increase the viscosity of the gastrointestinal content delays gastric emptying, thus prolonging the effect of fullness. These two actions of glucomannan contribute to reduce appetite.

With the ingestion of glucomannan, the improvement of the chronic constipation symptoms is achieved , since it contributes to normalize the

rhythm of intestinal evacuation and favors the production of soft and voluminous feces.

This fiber is used in the dietary management of diabetes , since it has been shown to reduce blood glucose and postprandial insulinemia in healthy individuals and diabetic patients. Glucomannan increases the viscosity of the contents of the gastrointestinal tract, which at the level of the stomach, delays gastric emptying, and at the level of the intestine, reduces the speed of absorption of nutrients, by constituting a barrier that protects them from the action of enzymes and that hinders its access to the intestinal mucosa.

For this last property is why glucomannan is also used in the control of circulating hypercholesterolemia . By increasing the viscosity of the gastrointestinal content and forming a gel, bile acids (which are responsible for carrying cholesterol to the intestinal mucosa for absorption) are trapped in this gel,

excreting in the feces and decreasing the intestinal absorption of cholesterol.

-Inulin

It is a dietary fiber that has satiating effect , increasing gastric volume and mechanical laxative effect , increasing the volume of the fecal bolus. In addition, it has a sequestering effect of fats and glucose , which makes it a good help in the control of diabetes and hypercholesterolemia.

-Vegetable Chitosan

The chitosan used in INHIBIDEL is not of animal origin, but vegetable (Kitozyme®). It is a cationic biopolymer able to bind to negatively charged molecules, such as fats , fatty acids and bile acids, preventing their intestinal absorption and allowing their elimination with feces. The fat retention capacity is very high.

-Phaseolamin.

Its mechanism of action consists of inhibiting the enzyme alpha-amylase, which is the enzyme that digests starch. The enzyme alpha-amylase is generated in the pancreas and is released into the small intestine at the time when the presence of complex carbohydrates is detected. Thanks to phaseolamin, part of the ingested starch is not absorbed, therefore, phaseolamin helps reduce the caloric intake of the diet , which is an interesting help if you are following a weight control diet.

-Chromium Picolinate.

Chromium is part of the glucose tolerance factor, a factor that is considered a complex of chromium, nicotinic acid and amino acids. It acts together with insulin, reinforcing its action, which influences the metabolism of carbohydrates, fats and proteins.

The Chromium Picolinate supposes a contribution of chromium for the organism, mineral that contributes to the normal metabolism of the macronutrients: fats, carbohydrates and proteins and contributes to maintain normal levels of glucose in blood, controlling the appetite sensation for sweets.

### **Use:**

Dissolve the contents of a stick in a large glass of cold water (250 ml), stir vigorously and drink immediately. Next, drink another large glass of water (250 ml). Take before breakfast, lunch and dinner.

### **Reviews**

There are yet no reviews for this product.