

Total Control – Ingredient Validation Data Sheet

Product Overview

Total Control is an advanced metabolic support formula designed to reduce cravings, improve fat metabolism, stabilize blood sugar, and support digestive and hormonal balance. Each ingredient is rooted in herbal tradition and supported by scientific research to help the body regain balance and sustainable energy while promoting a healthy body composition.

Documented Ingredient Validity

| Ingredient | Evidence of Efficacy | Source Type |
|--------------------------|---|--|
| Glucomannan | Expands in the stomach to promote satiety and reduce calorie intake | Asian nutrition; weight loss fiber clinical trials |
| Berberine HCl | Improves insulin sensitivity, lipid metabolism, and blood sugar balance | TCM and Ayurveda; metabolic syndrome and diabetes research |
| Yerba Mate | Increases energy expenditure and fat oxidation | South American herbal use; thermogenesis studies |
| Fenugreek Seed | Reduces appetite and stabilizes blood sugar | Ayurveda; hypoglycemic and appetite suppression studies |
| Triphala Powder | Supports digestion and bowel regularity | Ayurveda; GI motility and antioxidant studies |
| Gymnema Sylvestre | Suppresses sweet taste and reduces sugar absorption | Ayurveda; anti-diabetic clinical trials |
| Schisandra Berry Extract | Enhances energy metabolism and stress resilience | TCM; adaptogen and liver support literature |
| Turmeric Extract | Anti-inflammatory and supports fat metabolism | Ayurveda; curcumin metabolic health research |
| Dandelion Root Extract | Supports liver and digestive detox pathways | Western herbalism; diuretic and liver function studies |
| Baobab Fruit Powder | High in fiber and prebiotics; supports satiety and blood sugar | African traditional use; gut microbiome research |
| Bitter Melon | Helps regulate insulin and glucose utilization | Asian medicine; insulin-mimetic phytochemical research |
| Rhodiola Rosea | Adaptogen that reduces fatigue and supports metabolic energy | Siberian tradition; stress and metabolism studies |
| Banaba Leaf | Contains corosolic acid, which helps lower blood sugar | Philippine folk medicine; hypoglycemic research |

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| Cinnamon Bark | Improves insulin signaling and glucose metabolism | Ayurveda and Western herbalism; blood sugar modulation studies |
| Ginger Root | Enhances thermogenesis and digestion | Ayurveda and folk use; anti-obesity and metabolism studies |
| Pomegranate | Antioxidant-rich; supports glucose and lipid metabolism | Middle Eastern herbal use; polyphenol research |
| Lemon Balm | Reduces cortisol and emotional eating triggers | European herbal tradition; mood and digestion regulation |
| Long Pepper | Improves bioavailability and digestive fire | Ayurveda; absorption-enhancing herb research |
| Cayenne Pepper | Boosts metabolism and reduces appetite | South American and Ayurvedic traditions; thermogenic stimulant research |