

Product Development Guide

Managing weight a whole new way

The GLP-1 craze is driving renewed interest in weight management supplements and bolstering opportunities to innovate with natural, holistic options.



PAID CONTENT


Your Trusted Partner
BIOACTIVE NATURAL PRODUCTS
GATEWAY HEALTH ALLIANCES
HPIngredients
Delivering Herbal Science Since 2001
BIOACTIVES
Innovation Inspired by Nature
SunWay Biotech boragroup

What's inside



Cover and interior images by istockphoto.com

Managing weight a whole new way

A category recast	4
What's supps got to do with it	5
Supporting the supplements space	5
Formulating for weight management.....	7



Copyright © 2025 Informa Markets All rights reserved. The publisher reserves the right to accept or reject any advertising or editorial material. Advertisers, and/or their agents, assume the responsibility for all content of published advertisements and assume responsibility for any claims against the publisher based on the advertisement. Editorial contributors assume responsibility for their published works and assume responsibility for any claims against the publisher based on the published work. Editorial content may not necessarily reflect the views of the publisher. Materials contained on this site may not be reproduced, modified, distributed, republished or hosted (either directly or by linking) without our prior written permission. You may not alter or remove any trademark, copyright or other notice from copies of content. You may, however, download material from the site (one machine readable copy and one print copy per page) for your personal, noncommercial use only. We reserve all rights in and title to all material downloaded. All items submitted to SupplySide Supplement Journal become the sole property of Informa Markets.


SupplySide[®]
Supplement
Journal

SupplySide Supplement Journal leads CPG brands from ideation through manufacturing, supporting the development of innovative, healthy and compliant products in the dietary supplement, functional food and beverage, and sports nutrition industries. As an official content provider for SupplySide, SupplySide Supplement Journal connects ingredient buyers and suppliers with executives across the health and nutrition marketplace.

[Contact us here](#)

 **informa**markets



What sparks innovation?

A conversation at SupplySide Connect New Jersey.

An unparalleled networking experience.

SupplySide Connect New Jersey is the East Coast trade show that delivers an unparalleled networking experience for supplement, food and beverage industry professionals.

280+ exhibiting companies

Discover innovation with 280+ anticipated exhibitors, showcasing game-changing supplement solutions, cutting-edge food and beverage ingredients, and expert contract manufacturing services.

12 ConnectEd education sessions

Unlock innovation through 12 power-packed ConnectEd sessions, blending industry trends, practical tips, and networking opportunities to fuel your competitive edge.

3,000+ total participants

Join an anticipated crowd of 3,000+ professionals, including visionary researchers and quality experts, driving industry evolution.

Multiple networking opportunities and events

Forge valuable connections at two unmissable gatherings: An evening happy hour to spark collaborations and a morning “Thanks a Lox” Brunch to nurture relationships, all within the bustling Expo Hall.

Register

Managing weight a whole new way



A category recast

After several years of puttering along without many needle-moving innovations to drive growth, the weight management supplement market has been hit by two consecutive waves that have electrified the category.

First came Covid-19 – or, more accurately, the recovery period that followed. Few people focused on weight management in the pandemic's early days, but then as the world reopened and recalibrated in 2021 and 2022, many felt compelled to get back in shape and drop those extra pounds they'd gained. This triggered superb sales growth for weight management supplements according to Nutrition Business Journal (NBJ) data, something the sector hadn't seen since ephedra's glory days in the early 2000s.

The second wave, which landed amidst the post-pandemic rebound, has been more like a tsunami. That, of course, is the dawning of

the “Ozempic age” – the zeitgeist-capturing arrival of Ozempic, Wegovy, Mounjaro and other glucagon-like peptide-1 (GLP-1) receptor agonist drugs for weight loss.

First intended to treat type 2 diabetes, these prescription medications began earning Food and Drug Administration (FDA) approval for obesity starting in 2021. By mimicking the effects of GLP-1, a gut hormone that modulates hunger and blood sugar, these drugs slow down digestion, prompt insulin production and reduce appetite, leading users to consume fewer calories and drop pounds. In short, they work.

Given their unprecedented efficacy, demand for the drugs has soared and usage has skyrocketed. And with 73.6% of U.S. adults classified as either overweight or obese per the latest Centers for Disease Control and Prevention (CDC) data,¹ the GLP-1 revolution is just getting started. J.P. Morgan Research

Managing weight a whole new way

forecasts that by 2030, some 30 million U.S. adults will be using a GLP-1 medication, making this a \$105 billion market.²

What's supps got to do with it

At first blush, the Ozempic age could be conceived as terrible news for the weight management supplement space. After all, with this new class of pharmaceuticals producing real-deal results, will anyone seek out supplements for weight support anymore?

It turns out that the answer is a resounding yes – consumers are flocking to this category and adjacent sectors like never before.

Sales of weight management products, which account for almost 11% of all supplement purchases in the U.S., grew an estimated 6.7% in 2024 to reach \$7.2 billion, according to NBJ's [Supplements in the Ozempic Age: Special Report](#). More than 70% of these sales came from meal replacements, while a mix of various pills, powders and other supplements combined for the rest.

NBJ expects weight management sales to increase another 7% this year, 6.3% in 2026 and 6.1% in 2027. At that point, this market should be worth almost \$8.7 billion.

Additionally, several categories tangential to weight management are thriving in the Ozempic age. Blood sugar management is a prime example, expanding an estimated 5.5% last year to reach \$2.4 billion. NBJ expects sales to increase by nearly 6% each year through 2027, when they'll likely hit \$2.85 billion.

All of these numbers are peanuts compared to the GLP-1 pharmaceuticals market, but that's to be expected, as supplements have always commanded significantly fewer dollars than drugs. What matters is that these predictions indicate strong market growth – and all but prove that the GLP-1 craze is helping the weight management supplements sector more than it's hurting.

Supporting the supplements space

All told, the Ozempic age is proving phenomenal for the weight management supplement market, and there are several reasons why. For product developers and brand owners to effectively capitalize on this tidal wave and formulate and market the kinds of supplements that



Sales of weight management products, which account for almost 11% of all supplement purchases in the U.S., **grew an estimated 6.7% in 2024 to reach \$7.2 billion.**

Source: NBJ Supplements in the Ozempic Age: Special Report



Managing weight a whole new way



today's consumers truly want, it's helpful to understand those reasons.

First and foremost, the emergence of GLP-1s has elevated the conversation around healthy weight management. More people are now pondering what this concept really means and how to approach weight loss in a positive, sustainable way – whether or not they're taking one of these drugs. Overall, there is a deeper understanding of the myriad factors involved in achieving and maintaining a healthy weight – from blood sugar control to body composition to gut health – and a greater appreciation for multipronged strategies.

In other words, consumers in the Ozempic age are wiser to the whole weight management matrix. Many are also more motivated to put their learnings to work and make the necessary effort to enhance their well-being.

For a growing legion of consumers, this journey includes a GLP-1 medication – but it likely involves supplementation as well. An astounding 96% of current GLP-1 users also take supplements, 46% of them daily, according

to an October 2024 survey published in NBJ's Supplements in the Ozempic Age report.

Consumers like these may turn to supplements to augment their weight loss efforts, support their metabolic health or enhance healthy digestion, sleep, energy levels and mood, which may be impacted by GLP-1 medications. Supplements can also contribute to specific nutritional needs that may accompany GLP-1 use.

All in all, supplements can play a pivotal role in consumers' quests toward a healthier weight. These may include the basics such as protein and multivitamins, but also botanical extracts that elevate GLP-1 in the body naturally or branded metabolites that help maintain lean muscle mass amidst caloric restriction. Even novel prebiotics and probiotics, which optimize the gut microbiome to promote metabolic health and weight management, can provide excellent support.

Also consider that most people taking a GLP-1 don't stay on it forever, and there are even more opportunities for supplements to help once someone cycles off the drug. Along with continuing to take certain supplements, they'll likely look for new products to help them sustain the weight loss results they achieved.

As proof, NBJ's separate survey of some 500 former GLP-1 patients in the NBJ Ozempic report revealed that 95% of this group uses supplements, with 30% doing so daily. Notably, more than half (56%) of these consumers didn't start using supplements until after beginning a GLP-1. This suggests that the drugs brought a large swathe of consumers into the supplements space – and those new customers haven't left.

There is also a huge subset of people who want to achieve and maintain a healthy weight but will not go the GLP-1 route. Many can't afford these incredibly expensive drugs that

Managing weight a whole new way

insurance plans often won't cover. Other consumers try them but can't stomach the side effects, so they quit. Still others simply aren't interested in pharmaceuticals for weight loss and would rather take a natural approach from the start.

When NBJ asked people who haven't yet tried a GLP-1 drug but are considering it whether they'd be willing to try weight loss supplements before Ozempic, a remarkable 60% said yes. Plus, 48% said they'd consider a proven-safe supplement alternative if the supplement were equally effective as a drug. Another 43% said they'd consider the supplement if it were even half as effective as the drug and priced accordingly. Another 9% would ponder taking a supplement if it were just 10% as effective as the drug and priced accordingly.

Formulating for weight management

Undoubtedly, the weight management market is now flush with opportunities for product developers and brand owners to explore. As discussed, consumer journeys around weight loss and improved metabolic health can vary widely in terms of what their goals are, what phase of the process they are in and what types of supportive products they seek. Thus, the key is understanding the core customers' ambitions, challenges, pain points and desired results to capture a target audience and serve it best.

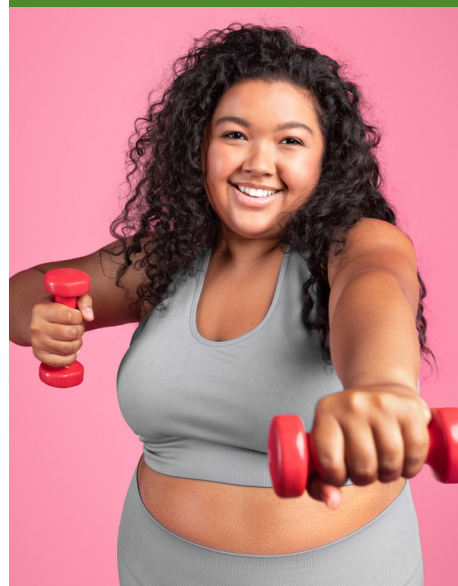
This growing audience is open to trying new and different approaches to enhance their weight management efforts. However, they have little patience for products that are of subpar quality, don't deliver on label claims and, if applicable, don't produce experiential results.

Some of these shoppers may be especially skeptical of this entire category, citing their own dissatisfaction with products purchased in the past. They are willing to give weight management supplements another shot, but if they don't like what they find, they may be quick to move on.

For formulators and brand owners to satisfy consumers' discerning standards, they too must be astute when selecting ingredients to power their products. Look for responsibly sourced, safe, simple-to-understand, label-friendly ingredients in formats that are easy to formulate with. Many leading branded solutions today boast enough



When NBJ asked people who haven't yet tried a GLP-1 drug but are considering it whether they'd be willing to try weight loss supplements before Ozempic, **a remarkable 60% said yes.**



Managing weight a whole new way



versatility to befit various delivery systems, such as in-demand gummies, ready-to-drink beverages, stick packs, shots and more.

Additionally, bioactive ingredients – those that are crucial to making a finished weight management product work – must have demonstrated efficacy for their purported benefits. The level of science in this industry has increased significantly in recent years, thereby yielding better researched and more effective ingredients, which benefits industry and consumers alike. As such, formulators and brands should keep scientific evidence top of mind when vetting potential ingredients to incorporate into their weight management products and narrow down their considerations to those backed by solid research.

All these factors underscore the importance of working strictly with supply partners that are trustworthy, transparent, innovation-forward and scientifically driven. Top suppliers in this space offer an exciting array of trademarked ingredient solutions

that can form the basis of next-gen weight management and metabolic health products.

The bouquet of branded botanical extracts alone is incredible, each with its own documented mechanism of action and partial role in supporting consumers' healthy weight goals. There are also patented prebiotics and probiotics that produce notable effects on the gut microbiome, a critical piece of the metabolic wellness and weight management puzzle. Finally, don't overlook well-established, well-studied compounds like beta-hydroxy beta-methylbutyrate (HMB) that support muscle quality, metabolic health and body composition during weight management. These types of ingredients will continue to carry relevance in this market. ■

1. Centers for Disease Control. National Center for Health Statistics. Obesity and Overweight.

2. J.P. Morgan. The increase in appetite for obesity drugs. Nov. 29, 2023.

Helping consumers stay on track with GLP-1

Companion products for
weight regain, constipation
and lasting wellness

Clinically Verified Products



Prebiotic GLP-1
Support Weight
maintenance aid



Whole Kiwifruit Powder
for Regularity
Supports gentle laxation



Digestive Support

***Supplements** are becoming semaglutide
complements for undesirable
side affects and plugging nutrient gaps.*

***AIDP, Inc.** continues to focus on
clinically supported ingredients for
overall health and key market opportunities.*

AIDP
Your Trusted Partner



customercare@aidp.com
866.262.6699 / aidp.com



Digestive Health

Branded
Ingredients

Global
Sourcing

Hundreds
of INGREDIENTS

*These statements have not been evaluated by the Food and Drug administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Your Trusted Partner

Q & A

Product Development Guide



Vice President of R&D
Mike Weiser, Ph.D.
AIDP

What ingredients do you offer for supporting healthy metabolism and weight management?

We offer several clinically backed natural ingredients to support healthy metabolism and weight management. These include PreticX® xylooligosaccharide (XOS), Actazin® green kiwifruit extract, AlphaGOS® prebiotic galactooligosaccharide (GOS) and Feiolix® feijoa fruit extract.

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

These ingredients have several clinical trials behind them, with outcomes related to weight management and/or healthy metabolism.

PreticX can remodel the gut microbiome in prediabetics to a microflora composition similar to non-prediabetics, improving the *Firmicutes*-to-*Bacteroidetes* ratio, which has been linked to weight management. Furthermore, research demonstrates that PreticX supports healthy cholesterol, triglycerides and fasting blood glucose levels.

Actazin, via the active enzyme actinidin, helps with the digestion of proteins. Additionally, Actazin can increase levels of *Akkermansia muciniphila* in the gut microflora, which is linked to glucose and lipid metabolism and correlated with a decreased risk of metabolic dysfunction.

AlphaGOS has been shown to increase satiety, reduce caloric intake and improve the gut microbiome in overweight adults. Furthermore, AlphaGOS can improve blood sugar levels following a meal.

Feiolix supplementation supports healthy fasting glucose, HbA1c (blood marker for chronically elevated blood glucose), triglyceride and cholesterol levels. Feiolix is also the richest source of abscisic acid, which is a signaling molecule implicated in insulin sensitivity and glycemic control.

Are there specific DSHEA-compliant product label claims for your ingredient(s)?

Select claims for these ingredients include, but are not limited to:

PreticX:

- Supports a healthy gut microbiome
- Promotes healthy blood lipid and glucose levels
- Supports a healthy metabolism

Actazin:

- Enhances protein digestion
- Reduces bloating
- Supports digestive health
- Maintains a healthy gut microbiome

AlphaGOS:

- Promotes healthy blood glucose levels
- Supports the maintenance of healthy weight
- Supports digestive health including healthy intestinal barrier function

Feiolix:

- Promotes healthy blood lipid levels
- Supports healthy blood glucose levels
- Supports overall metabolic health

How do your ingredient solutions serve the expanding weight management consumer base and their diverse goals?

With the introduction and meteoric rise of GLP-1 agonist drugs on the market, consumers are likely examining how functional ingredients can complement GLP-1 drugs or be an alternative natural solution for weight management and metabolism support. Many GLP-1 users deal with side effects that may be ameliorated by products featuring any one or a combination of these four ingredients, which have demonstrated benefits that support healthy gastrointestinal function, including microbiome composition.

Another common side effect of GLP-1 drugs is muscle loss, which may be improved via enhanced protein digestion, an effect observed with Feiolix. Furthermore, for those who stop taking GLP-1 drugs either due to side effects or reaching an ideal body weight, these ingredients offer a natural solution to continue supporting the maintenance of a healthy weight and metabolism.

MORO ORANGE VARIETY, THE NATURAL APPROACH TO WEIGHT CONTROL

MOROSIL™ is a standardized powder extract obtained from the juice of a unique cultivar of Moro red oranges (*Citrus sinensis* (L.) Osbeck). "Moro" is the most pigmented blood orange.

COMPOSITION	MOROSIL™ % (W/W)
Anthocyanins (as cyanidin-3-glucoside)	0.8 - 0.9
Hydroxycinnamic acids (as caffeic, cumaric, sinapic, ferulic, cinnamic)	0.8 - 1.0
Flavanones (as hesperidin, narirutin)	2.0 - 2.2
Ascorbic acid	4.3 - 4.5

SUGGESTED DOSAGE: 400 MG/DAY

Thanks to the synergistic mechanism related to the pool of **polyphenols** contained in the Moro blood orange extract, **MOROSIL™** may be used in the management of weight control and, acting on fat accumulation, it can indirectly be used to improve the cardiovascular functions.

Benefits



**HEALTHY WEIGHT
MANAGEMENT SUPPORT**



**SUPPORTS OPTIMAL BMI
AND BODY COMPOSITION**



**SUPPORTS OPTIMAL WAIST
AND HIP CIRCUMFERENCE**

Moro Red Orange is the most colorful of the blood oranges. The color is intense red, at times almost black, due to the higher content of anthocyanins, compared to the other red-orange varieties; the flavor is stronger and the aroma is intense. The orange juice could be considered a co-product of the agro-alimentary industry where the oranges no more appealing to the food market are squeezed to produce the juice.

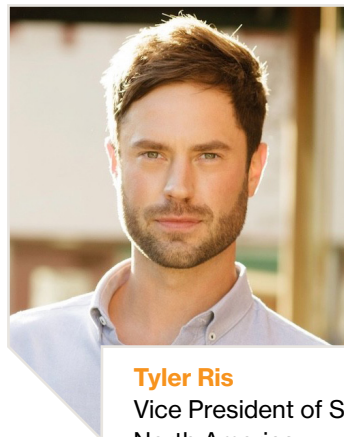
WINNER
NUTRA
INGREDIENTS USA
AWARDS 2023





Q & A

Product Development Guide



Tyler Ris

Vice President of Sales,
North America
Bionap USA Inc.

What ingredients do you offer for supporting healthy metabolism and weight management?

Bionap offers award-winning MOROSIL™ and ALTILIX™ to support metabolic function and weight management.

MOROSIL for weight management is a standardized powder extract obtained only from the juice of a unique cultivar of Moro red oranges (*Citrus sinensis* (L.) Osbeck). Unlike other orange varieties, Moro juice contains a unique phytocomplex particularly rich in anthocyanins, which shows properties that help to naturally counteract fat accumulation. MOROSIL is supported by two clinical studies that exhibited weight loss and reduced body-mass index (BMI), along with reduced waist and hip circumference.

ALTILIX for healthy metabolic function is a powder extract from the leaves of a specific cultivar of artichoke (*Cyanara cardunculus* var. *altilis* DC). Bionap has selected this cultivar because of its high concentration of biophenols and its resistance to severe weather conditions. A randomized double-blind placebo-controlled study demonstrated that ALTILIX can support glucose management, liver detoxification and vascular protection.

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

The source of Bionap ingredients is the Mediterranean region in the areas surrounding the Mount Etna UNESCO World Heritage Site. These areas have rich volcanic soils and temperature variations that impart a unique mineral and chemical composition into Bionap's branded ingredients. The Mediterranean diet is associated with maintaining a healthy weight and metabolism.

MOROSIL supports healthy weight management by promoting weight loss and improving overall body composition. MOROSIL supplementation helps to decrease BMI and improve the waist-to-hip ratio. Clinical study results demonstrated that MOROSIL promotes the loss of visceral fat — the unhealthy fat that lies deep inside the abdomen surrounding the organs — and supports healthy body composition by enhancing fat-mass loss while maintaining lean mass.

ALTILIX is a unique artichoke extract that works as a multitarget ingredient for metabolic health, supporting healthy glucose and lipid metabolism, healthy body weight and waist circumference and supporting a liver health and the cardiovascular system, if used along with healthy diet and exercise.

Are there specific DSHEA-compliant product label claims for your ingredient(s)?

Claims are dependent on the final product formulation. Bionap assists its customers in developing compliant claims based on the benefits the product seeks to feature. For weight management and metabolic support, Bionap's ingredients MOROSIL and ALTILIX have several research-supported claims.

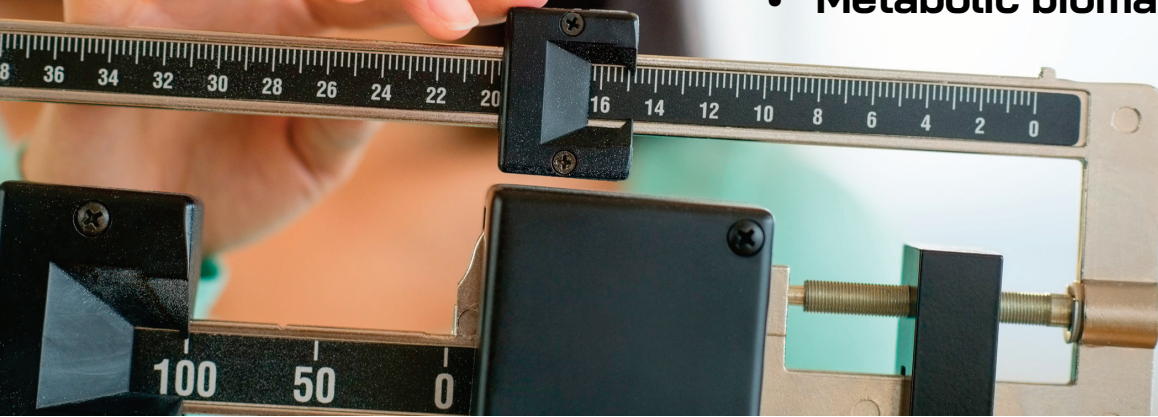
How do your ingredient solutions serve the expanding weight management consumer base and their diverse goals?

There is increasing consumer interest in nutritional products that are supported by science and produced sustainably. Bionap carefully sources its raw materials through sustainable practices, working closely with local farmers who possess an intimate understanding of the land and the plants. This ensures the highest quality of raw materials for MOROSIL and ALTILIX.

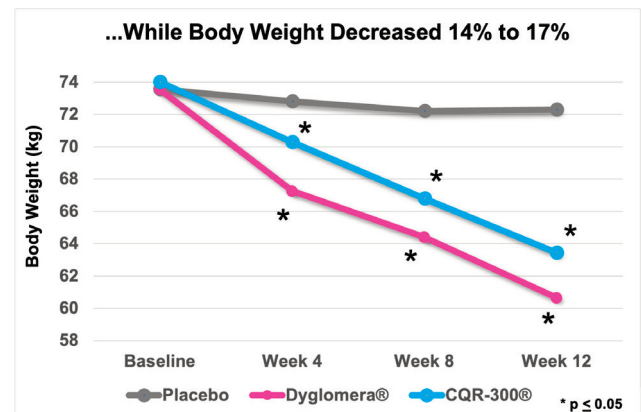
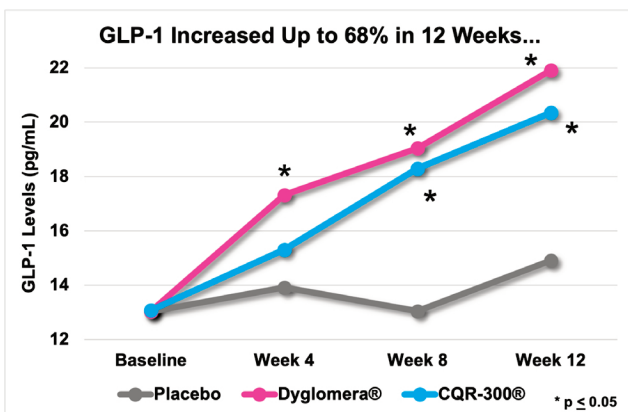
Nature's GLP-1 Boosters

Clinical Results:

- GLP-1 increase: +50%
- Weight loss: up to 17%
- Metabolic biomarkers improved



A breakthrough 12-week randomized clinical study demonstrates that Gateway Health Alliances' natural extracts significantly, measurably, and sustainably increased natural GLP-1 produced by the body.



Unlock the power of nature's GLP-1 boosters for your next product innovation. www.ghainc.com | 707-863-0265

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.





Q & A

Product Development Guide



Shil Kothari
President
Gateway Health Alliances

What ingredients do you offer for supporting healthy metabolism and weight management?

Gateway Health Alliances offers patented botanical extracts clinically shown to support healthy weight management and metabolic health. These include *Dichrostachys glomerata* (Dyglomera® and DygloFit®) and *Cissus quadrangularis* (CQR-300®), both with long histories of use in traditional African medicine. A dozen randomized clinical studies demonstrate these ingredients' ability to restore sensitivity to key metabolic hormones – GLP-1, insulin, leptin and adiponectin – which are critical for regulating metabolic homeostasis, satiety and appetite. Additionally, CQR-300 inhibits key enzymes involved in the digestion and absorption of fats and carbohydrates.

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

A recent 12-week study demonstrated that both Dyglomera and CQR-300 significantly increased endogenous GLP-1 levels, reduced body weight and improved key metabolic biomarkers. GLP-1, an incretin hormone, plays a crucial role in glucose metabolism, satiety and hunger regulation. Outcomes were measured at baseline and at weeks 4, 8 and 12, assessing body weight, body mass index (BMI), body fat percentage, GLP-1 levels, blood lipids and fasting blood glucose. Results were statistically significant ($p < 0.05$), with key findings as follows:

- **Increased GLP-1 levels:** Over the 12-week study, GLP-1 levels increased significantly ($p < 0.01$) in both the Dyglomera group (68%) and the CQR-300 group (56%), compared to a modest, nonsignificant 15% increase in the placebo group.
- **Significant weight loss:** By week 12, participants in the Dyglomera group experienced an average body weight reduction of 17% while the CQR-300 group saw a 14% reduction – both statistically significant compared to the placebo group.

- **Improved body composition:** The Dyglomera group reduced body fat by 31%, and the CQR-300 group by 27%, whereas the placebo group showed only a 1% reduction. BMI decreased by 17% in the Dyglomera group and 14% in the CQR-300 group, compared to just 2% in the placebo group.

Are there specific DSHEA-compliant product label claims for your ingredient(s)?

- Supports healthy body weight and composition*
- Supports healthier GLP-1 levels naturally*
- Promotes metabolic balance and wellness*
- Increases satiety and appetite control*
- Supports cardiovascular health*
- Helps maintain healthy cholesterol, blood sugar and blood pressure levels*

**These statements have not been evaluated by the U.S. Food and Drug Administration nor by any other regulatory agency in any country.*

How do your ingredient solutions serve the expanding weight management consumer base and its diverse goals?

Dyglomera and CQR-300 are natural GLP-1 boosters supported by a dozen clinical studies, preclinical research, and comprehensive safety and toxicology evaluations. These ingredients are designed specifically for daily use to support healthy weight management and enhance metabolic health.

Both ingredients are effective at low daily doses (400 mg for Dyglomera and 300 mg for CQR-300) and feature favorable formulation attributes. This makes them ideal for a wide variety of product formats, including gummies, chewables, powder mixes, effervescent, stick packs, beverage shots, bars and softgels.

Learn more at ghainc.com.

CitruSlim®

A New Partner For Reaching Weight Loss Goals!

- Modulates Hormones Responsible For Hunger & Satiety*
- Maintains Healthy Cardiovascular Function*
- Supports Healthy Weight Management & Metabolic Wellness*
- Balances Cortisol Response to Stress*

CitruSlim® contains a proprietary blend of Bergamonte® – a full-spectrum Italian Citrus Bergamot Polyphenolic extract, and Adapticort® Tongkat Ali extract wild harvested from the rainforest of Malaysia.

Bergamonte® supports optimal cholesterol health, helps maintain healthy blood glucose levels, activates AMPK, and helps support normal levels of hunger hormones that control appetite and satiety. Adapticort® promotes a healthy cortisol response to daily stress, promotes vitality, and encourages healthy mood.**

We provide unique ingredients for your natural health products to support a wide range of common health concerns and goals:

Metabolic Syndrome • Cholesterol, Blood Glucose Balance • Weight Management • Skin Care
Men's Testosterone Health • Enhanced Physical Performance • Sports Nutrition • Neuronal Health
Bone, Joint and Muscle Health • Cognitive Function, Mood, IQ Performance • Antioxidant Support

LJ100® BERGAMONTE® PARACTIN® Adapticort® NuFemme®
NOMax® CitruSlim® Bergacyn® BergaFlow® BlissCare®
NeuroActin® IQ200® PARACTIN® QUANTUMACTIV® MaquiCare® ProteoActin®

* The products and the information provided have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure, or prevent any disease.

HPi

HPIngredients

Delivering Herbal Science • Since 2001



www.HPIngredients.com • 877.437.2234 • info@hpingredients.com



Q & A

Product Development Guide



Annie Eng
Founder and CEO
HP Ingredients

What ingredients do you offer for supporting healthy metabolism and weight management?

Bergamot (*Citrus bergamia* Risso), which grows abundantly on Italy's southern Calabrian coast, serves as the basis of several distinct ingredients that collectively and distinctly support critical characteristics of cardiometabolic health and related weight and fat management.

Bergamonte®, CitruSlim® and Bergacyn® are our top offerings for healthy cardiometabolic function, which includes supporting desired weight and fat loss while improving metabolic function.

HP Ingredients is a shareholder contributing to worldwide sales and marketing for Herbal and Antioxidant Derivatives (H&AD) of Calabria, Italy – the leader in manufacturing a patented bergamot polyphenolic extract supported by evidence from human clinicals.

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

Bergamonte, a unique bergamot polyphenolic fraction (BPF), has 12 human clinical studies showing it supports healthy cholesterol. A human clinical trial published in *Nutrients* in 2019 showed that Bergamonte reduces leptin, the “master” hormone that regulates body weight, and ghrelin. Adiponectin (inversely related to body weight) increased by 19% to 22%. Participants saw a reduction of 10% (650 mg daily) to 15% (1,300 mg daily) in body weight and body-mass index (BMI) in 90 days.¹

CitruSlim, a proprietary blend of citrus bergamot and *Eurycoma longifolia*, is supported by several published studies. It has been shown to promote an anabolic state (high testosterone, low cortisol), improve mood profile, as well as to support healthy triglycerides and blood sugar. CitruSlim can promote healthy weight loss by helping dieters maintain high energy levels during weight loss programs while also supporting appetite control and stress management to curtail stress-related binge eating.²

Bergacyn is a patented blend of bergamot extract and wild Calabrian artichoke thistle (*Cynara cardunculus*). Bergacyn improves oxidative metabolism within adipose tissue, increasing beneficial brown adipose tissue while reducing white adipose tissue. Human clinicals showed Bergacyn significantly increases glutathione peroxidase and superoxide dismutase, reduces liver fat, supports normal inflammatory response and healthy liver enzymes, and reduces body weight by 4.7 kg and BMI by 1.6 kg/m².³

Are there specific DSHEA-compliant product label claims for your ingredient(s)?

Bergamonte:¹

- Supports healthy cardiometabolic profile*
- Supports healthy cardiovascular function*
- Supports healthy cholesterol profile*
- Supports healthy blood glucose levels*
- Encourages healthy levels of endothelial nitric oxide production*
- Encourages healthy weight management*
- Promotes healthy balance of hormones responsible for hunger and satiety*

CitruSlim:²

- Modulates hunger hormone responsible for hunger and satiety*
- Combats surplus fat storage and promotes healthy fat metabolism*
- Supports healthy weight management and metabolic wellness*
- Balances cortisol response to stress*
- Supports physical and mental vitality*
- Helps maintain healthy cardiovascular function*

Bergacyn:³

- Promotes browning of white adipose tissue*
- Helps support liver health*
- Encourages healthy levels of liver enzymes and key liver health biomarkers*
- Clinically studied to encourage healthy weight loss*

How do your ingredient solutions serve the expanding weight management consumer base and their diverse goals?

Weight management is no longer about dropping as many pounds as possible by beach season. Consumers now understand how stress management and healthy cardiometabolic function help support a healthy weight and a healthy BMI.

**The products and the information provided have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.*

References

1. Capomolla et al. *Nutrients* 2019, 11, 1271; doi:10.3390/nu11061271
2. Hancke et al. *Phytotherapy Research* 1-11 <https://doi.org/10.1002/ptr.7331>
3. Ferro, et al. *Medicina* 2022, 58, 1728. <https://doi.org/10.3390/medicina58121728>

STOP THE YO-YO EFFECT!

It's not how much you lose, but how much you keep off.

Supported by a **12-week randomized; double-blind, placebo-controlled human study, peer-reviewed journal**, JBD probiotics strains 301, 302, and 305 demonstrating:

- binding properties,
- gut microbiome lipid metabolism, while
- **limiting fat uptake.**

Source: Chung et al. Intestinal removal of free fatty acids from hosts by Lactobacilli for the treatment of obesity. FEBS Open Bio. 2016 Jan 18;6(1):64-76.



**CLICK TO
SCHEDULE
A DEMO**



Linpharma Bioactives Inc,
601 South Fremont Ave,
Tampa FL 33606
www.linpharma.com

JBD 301, 302, 305 PROBIOTICS

Advantages

- ▷ Patented: USA, EU, Japan, S. Korea
- ▷ Clinically and Scientifically supported
- ▷ FFA absorption by strains
- ▷ No GI distress
- ▷ Tasteless and odorless
- ▷ Low water activity $\leq$ _0.150
- ▷ Shelf life 2 years at room temperature

Applications

- ▷ Helps support healthy weight
- ▷ Weight loss products
- ▷ Metabolic health products
- ▷ Supports healthy cholesterol
- ▷ Supports healthy triglycerides



Q & A

Product Development Guide



Volker Gallichio

Chief Market and
Business Development Officer
Linpharma Bioactives

What ingredients do you offer for supporting healthy metabolism and weight management?

We offer patented probiotics strains JBD 301 (*Limosilactobacillus reuteri*), JBD 302 (*Lactiplantibacillus plantarum*) and JBD 305 (*Lacticaseibacillus paracasei*), with clinical evidence supporting weight management and metabolic health from published human and animal studies.

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

A 12-week randomized double-blind placebo-controlled clinical trial by Korean researchers, published in the peer-reviewed journal FEBS Open Bio, investigated the effects of JBD probiotic strains 301, 302 and 305 on various metabolic parameters. The study evaluated the probiotics' impact on free fatty acid (FFA) absorption, body fat and visceral fat. Results showed significant improvements in all of these categories for the test group compared to the control group. Notably, the probiotic intervention outperformed Orlistat, a commonly prescribed weight-loss medication, without causing the gastrointestinal side effects typically associated with such treatments.

Are there specific DSHEA-compliant product label claims for your ingredient(s)?

- Supports metabolic health
- Supports heart health
- Supports healthy weight management

How do your ingredient solutions serve the expanding weight management consumer base and its diverse goals?

JBD probiotics are uniquely positioned to help break the yo-yo diet effect, offering a sustainable solution for long-term weight management. By enhancing the engagement of FFAs, supporting reduced energy intake and maintaining the metabolic benefits achieved during weight loss, these probiotics address the root of weight regain. This innovative approach allows consumers to maintain their progress with confidence, effectively breaking the cycle of weight fluctuation. With JBD probiotics, individuals can achieve lasting success in their weight management journey, moving beyond the frustration of temporary results and embracing a healthier, stabler lifestyle.

 **FIT &
STRONG**

360° approach to **weight** management



+ Appetite control

+ Microbiome
modulation

+ Water elimination

+ Enzyme inhibition

+ Fat binder

+ Detox

130
Years
Since 1889

nexira
Innovation Inspired by Nature



Q & A

Product Development Guide



Gaelle Wormus

Business Development Manager,
Premium Ingredients, Health Division
Nexira

What ingredients do you offer for supporting healthy metabolism and weight management?

Nexira offers a 360-degree approach, with a range of ingredients for weight management and metabolic support:

- NeOpuntia™, the original fat binder (patented fat binder from cactus)
- Okralin™, the breakthrough fat binder (okra-based fat binder)
- Cactinea™, the body shaper (prickly pear powder for water elimination)
- ID-aIG™, the calorie killer (brown seaweed extract for enzyme inhibition)
- Hepure™, the pure detox (immortelle and clove extracts for detox)
- Carolean™ for appetite control and a natural GLP-1 boost (synergistic and patent-pending complex)
- VinOgrape™ Plus for microbiome modulation and *Akkermansia* promotion (grape extract with proven prebiotic effect)

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

VinOgrape Plus, a grape extract rich in antioxidants such as oligomeric proanthocyanidins (OPCs) and anthocyanins, has shown significant benefits in recent studies. It modulates the gut microbiome by increasing the diversity index, which supports overall metabolic health. Notably, it enhances the abundance of *Akkermansia muciniphila*, a beneficial bacterium linked to improved metabolism and weight management. In vivo studies demonstrate VinOgrape Plus' protective effect on the intestinal wall, promoting colon health and supporting a healthy inflammation response. Furthermore, it may support healthy blood sugar levels.

VinOgrape Plus also promotes the production of short-chain fatty acids (SCFAs), such as acetate, by the microbiota. SCFAs play a crucial role in metabolic health by supporting energy balance, promoting a healthy inflammation response and improving gut function. This makes VinOgrape Plus a versatile ingredient for weight management and metabolic-support formulations.

Carolean, a patent-pending complex combining cactus and carob, has also shown significant advancements. In a 2024 in vivo study, Carolean demonstrated a clear ability to support weight management by slowing gastric emptying, reducing food intake and limiting calorie consumption. Additionally, Carolean benefits on GLP-1 and ghrelin to help with feelings of hunger and satiety. Natural and clean label, with no side effects, while still being price competitive, Carolean is a great product to keep in mind when formulating weight management formulations.¹

How do your ingredient solutions serve the expanding weight management consumer base and its diverse goals?

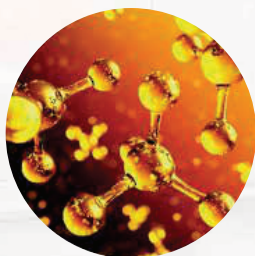
With growing interest in GLP-1 agonists, weight management is evolving. While prescription drugs offer new opportunities, concerns about side effects and rebound weight gain have led consumers to seek natural alternatives. A holistic approach combining diet, exercise and science-based supplements is crucial. Consumers value evidence-backed health claims, and research shows that 28% prioritize branded health ingredients when choosing wellness products.

1. Guillemet D., Keophiphath M., Study of a viscosifying ingredient Carolean™ on feeding behavior in mice.



Healthier Liver, Lighter You

- Promote Healthy Liver
- Support Healthy Weight



MonaFit™ Fast Facts

New Constituents-Monascin & Monascinol

Maintain Healthy Liver Function

- AMPK Activation
- Liver Lipids Decrease
- Reduce Liver Enzyme

Increase Fat Metabolism

- Brown Fat Increase (UCP-1 & SIRT1)
- LPL Activity Decrease & the Size of Adipose Tissue Reduce

Support Healthy Intestinal Lipid Metabolism

- AKK Increase
- SCFA Increase
- Feces TG and TC Increase

- ◆ Daily dosage: 500, 1000 mg
- ◆ Application: Capsules, tablets

MonaFit™, a new healthy liver and weight management red yeast product from SunWay, continues the legacy of ANKASCIN® 568 by excluding Monacolin K. Its innovative formula includes Monascinol (Msol) and Monascin (MS), active ingredients that promote liver health and aid in weight management.

In preclinical studies, MonaFit™ has been shown to reduce body fat, including subcutaneous and visceral types. By enhancing hepatic AMPK activity, it effectively maintains healthy liver triglyceride (TG) and total cholesterol (TC) levels, helping to minimize fat accumulation and maintain normal development of fatty liver, thereby promoting liver health. It also boosts fat metabolism by converting white adipose tissue into energy-burning brown adipose tissue and improves gut health by increasing beneficial *Akkermansia muciniphila* bacteria and short-chain fatty acid production.

Overall, MonaFit™ offers a holistic approach to managing lipid and fat metabolism, supporting healthy liver and weight management.



Q & A

Product Development Guide



John Pan
President
SunWay Biotech Co. Ltd.

What ingredients do you offer for supporting healthy metabolism and weight management?

SunWay, specializing in innovative fermentation ingredients and probiotics, introduced MonaFit™ at SupplySide West 2024. This natural ingredient features Monascinol and Monascin, which effectively support healthy weight and liver function. Targeting fat, liver and intestines and incorporating the **next-generation probiotic *Akkermansia***, MonaFit offers comprehensive support for weight control and liver health.

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

MonaFit effectively targets both subcutaneous and visceral body fat through a strategic three-pronged approach. First, it enhances hepatic AMPK activity, maintaining healthy liver triglyceride and cholesterol levels, inhibiting fat accumulation and supporting liver enzyme functions for overall liver health.

Second, MonaFit boosts fat metabolism by transforming white adipose tissue into **energy-burning brown adipose tissue**. This process is marked by increased UCP-1 and SIRT1 levels, indicating improved thermogenesis and the conversion of white to brown fat. It also diminishes lipoprotein lipase activity, which reduces lipid droplet formation, decreases adipocyte size and inhibits their differentiation.

Third, MonaFit enhances intestinal lipid metabolism by increasing levels of *Akkermansia muciniphila*, a shining star for weight management. This increase boosts the production of **short-chain fatty acids and GLP-1**, aiding in appetite control and weight management. Furthermore, MonaFit significantly promotes the **elimination of fat through feces**. Consequently, it effectively helps to **maintain both healthy fat mass and body weight**.

Are there specific DSHEA-compliant product label claims for your ingredient(s)?

The health claims we recommend to our customers based on our studies are that MonaFit:

- Maintains healthy weight control
- Maintains healthy liver function
- Supports fat metabolism
- Maintains healthy metabolic health
- Maintains healthy microbiome modulation
- Supports healthy GLP-1 function for optimal glucose metabolism

How do your ingredient solutions serve the expanding weight management consumer base and its diverse goals?

MonaFit not only provides a comprehensive solution but also pioneers a new approach to weight management, addressing specific needs across various demographics.

For younger consumers targeting aesthetic results, MonaFit **upregulates UCP1 in brown adipose tissue, enhancing fat burning and maintaining healthy fat storage**. This activation leads to increased thermogenesis, which can influence basal metabolic rate. **Thus, studies show that MonaFit can support effective weight control and normal levels of stubborn visceral and body fat.**

For the middle-aged and postmenopausal demographic, hormonal changes and slowed metabolism often lead to decreased fat metabolism, which presents challenges in weight and liver health. MonaFit activates the **AMPK energy metabolism center, boosting beta-oxidation in mitochondria to maintain healthy levels of triglycerides and total cholesterol in the liver**, thus maintaining overall health.

Additionally, MonaFit distinguishes itself in the weight management market by increasing inner *Akkermansia muciniphila*. Studies indicate this bacterium significantly boosts healthy aging by improving gut barrier integrity, **metabolic health and the microbiota-gut-brain axis**.

To conclude, MonaFit aligns with current health trends and offers a premium option for brands focused on innovation and inspiration.

Ref:

Pei-Xin Yang, Ya-Wen Hsu, Tzu-Ming Pan, Chun-Lin Lee. Monascinol from *Monascus pilosus*-fermented rice exhibits hypolipidemic effects by regulating cholesterol and lipid metabolism. *Journal of Functional Foods*. (2024) 119: 106285.

Yang P-X, Hsu Y-W, Pan T-M, Lee C-L. Comparative Effects of Monascin and Monascinol Produced by *Monascus pilosus* SWM-008 on Pro-Inflammatory Factors and Histopathological Alterations in Liver and Kidney Tissues in a Streptozotocin-Nicotinamide-Induced Rat Model. *Journal of Fungi*. 2024; 10(12):815. <https://doi.org/10.3390/jof10120815>

Liu CF, Chuang HT, Wang CS, Hsu YW, Pan TM, Lee CL. *Monascus pilosus* SWM-008 red mold rice and its components, monascinol and monascin, reduce obesity in a high-fat diet-induced rat model through synergistic modulation of gut microbiota and anti-lipogenesis. *Food Funct*. 2025;16(3):966-985. Published 2025 Feb 3. doi:10.1039/d4fo05435k

Yang P-X, You C-R, Lin Y-H, Wang C-S, Hsu Y-W, Pan T-M, Lee C-L. Effects of *Monascus pilosus* SWM 008-Fermented Red Mold Rice and Its Functional Components on Gut Microbiota and Metabolic Health in Rats. *Foods*. 2025; 14(4):651. <https://doi.org/10.3390/foods14040651>



Stay Strong, Keep Muscle

When it comes to weight management, preserving **lean muscle mass** is key to maintaining **metabolic health**, boosting **physical performance**, and supporting **overall well-being**.

Calorie restriction can often lead to muscle loss, reducing strength, slowing metabolism, and making long-term weight maintenance more challenging. But there is a solution: **myHMB® (HMB)**.

Scientifically proven, myHMB® helps:

- ✓ **Preserve muscle mass** during calorie restriction (*Park et al., 2013*)
- ✓ **Enhance fat metabolism** in muscle cells (*Cheng et al., 1998*)
- ✓ **Promote fat loss** during time-restricted or reduced-calorie diets (*Tinsley et al., 2019*)
- ✓ **Reduce adipose tissue** to improve body composition (*Fairfield et al., 2022*)

Support your customers' weight management goals with myHMB®, the proven ingredient for preserving muscle, enhancing fat metabolism, and improving body composition.

Prioritize muscle health. Formulate with myHMB®. Reach out today - customersupport@myhmb.com



Q & A

Product Development Guide



Shawn Baier, M.S., MBA
VP of Business Development,
Innovative Ingredients
TSI Group

What ingredients do you offer for supporting healthy metabolism and weight management?

TSI Group offers myHMB® (beta-hydroxy beta-methylbutyrate) and the patented combination of myHMB® and vitamin D, which are scientifically proven to support muscle preservation, metabolic health and body composition during weight management. These ingredients are particularly impactful for consumers engaging in calorie reduction no matter the method – whether through diet, exercise or the use of supplements or prescription drugs. Adding strategies focused on muscle preservation is critical for any long-term weight management success. Muscle preservation is critical to maintaining a healthy metabolism, and myHMB is uniquely positioned to address this need by reducing muscle protein breakdown and enhancing muscle protein synthesis.

Are there new advancements and studies available for this ingredient(s) to enhance new product innovations in this category?

TSI Group is dedicated to advancing research and development, utilizing the latest scientific insights to enhance our myHMB offerings with a focus on weight management.

For example, a study by Tinsley et al. (2019) demonstrated that combining time-restricted eating with myHMB significantly improved body composition in active women, with notable reductions in fat mass while preserving lean muscle. This finding underscores the potential of myHMB for products catering to consumers practicing intermittent fasting or similar dietary approaches.

Similarly, research by Hashempour et al. (2019) revealed that myHMB supplementation facilitated superior fat loss in overweight women, even without specific dietary changes. This positions myHMB as a versatile solution for general weight management products that prioritize muscle preservation and metabolic health.

A study by Hung et al. (2010) on female judo athletes found that myHMB supplementation supported fat loss while maintaining muscle mass and performance during calorie restriction. This highlights its potential in sports nutrition products, particularly for weight-class athletes managing their body composition.

A study by Konopka et al. (2022) demonstrated that combining myHMB with vitamin D3 not only improved muscle quality but also significantly reduced intermuscular adipose tissue (IMAT) in middle-aged women. This reduction in IMAT is crucial, as excess IMAT is associated with decreased muscle function and metabolic complications. These findings suggest that myHMB with vitamin D3 can be effectively utilized in products aimed at age-related muscle maintenance and overall metabolic health.

These studies demonstrate how myHMB can be effectively leveraged across various applications – from lifestyle and weight management to athletic and age-related nutrition – providing a scientifically robust foundation for developing innovative health and wellness products.

How do your ingredient solutions serve the expanding weight management consumer base and its diverse goals?

TSI Group's myHMB solutions support sustainable weight management by addressing the critical challenge of muscle preservation during calorie restriction or weight management efforts. myHMB helps address muscle loss, supporting overall body composition goals and long-term outcomes.

myHMB is a versatile ingredient suited for a range of consumer needs, including:

- Active individuals: Supporting strength and recovery during exercise and calorie restriction.
- Aging populations: Helping maintain muscle health and function as part of an active-aging lifestyle.
- GLP-1 receptor agonist users: Providing muscle health support for individuals seeking to maintain lean body mass during drastic weight reduction.

With certifications such as Informed Ingredient, Non-GMO Project Verified and verified by the USP Ingredient Verification Program, myHMB meets rigorous standards for safety, quality and efficacy, giving consumers and brands confidence in its use as a trusted solution for weight management and muscle health.