



**StarchLite**<sup>TM</sup>  
Real food, less calories.<sup>TM</sup>

## Fact Sheet

- **Phase 2**<sup>®</sup> is a non-stimulant, all-natural nutritional ingredient derived from the white bean. It is the first nutritional ingredient clinically and scientifically proven to reduce the breakdown of starches found in foods like potatoes, rice, bread, cereal and bakery products.
- **Phase 2** temporarily inhibits the alpha-amylase enzyme from digesting the starch in food. This inhibition allows some dietary starch to pass through the body's intestinal tract undigested, like fiber. **Phase 2** cannot be absorbed and is eliminated via the digestive system.
- **Phase 2** is manufactured in the US from non-GMO plant sources. It is considered GRAS (generally regarded as safe) under the DSHEA standards. A review of public literature has reported no toxic effects with ingestion of up to 10 grams of the ingredient in humans.
- **Phase 2** is an ingredient in a variety of supplement forms including tablets, capsules, powdered drinks and chewables. It is also known as StarchLite<sup>TM</sup> in the functional food market. It can be found at your favorite place to buy supplements or healthy foods.
- The optimum time to take **Phase 2** is at "first bite" or during a starch containing meal along with an 8 ounce glass of water. It can be swallowed in pill form or sprinkled onto food. **Phase 2** is heat stable.
- The dose amount for **Phase 2** is 500mg - 1500 mg. The amount needed to inhibit the amylase enzyme may vary individually. Consumers may need to see what amount is the right level for them. Some people may experience excessive gas.
- **Phase 2** is the first nutritional ingredient with two permitted structure/function claims:
  - *"May assist in weight control when used in conjunction with a sensible diet and exercise"*
  - *"May reduce the enzymatic digestion of dietary starches"*

For more information on Phase 2<sup>®</sup> please go to [www.phase2info.com](http://www.phase2info.com)