Healthy Weight Management
Forskolin, the main active ingredient in Coleus forskohlii, has a profound thermogenic effect on the body's metabolism. It was shown to support a healthy body by stimulating the loss of body fat and by promoting lean body (muscle) mass. Our product includes the patented forskolin extract ForsLean®, which was shown in several studies to promote healthy weight and body composition, when taken according to the directions.

Cyclic AMP
The active ingredient, forskolin, acts mainly through direct stimulation of cyclic AMP production. Cyclic AMP is a ubiquitous cellular messenger, which determines how cells react to hormonal signals. This occurs through activating the enzyme adenylate cyclase. Cyclic AMP is an important cell-regulating compound which activates other enzymes that perform many important cellular functions. Hormones and neurotransmitters also activate adenylate cyclase, but forskolin appears to be able to activate adenylate cyclase by itself without the assistance of these hormones and neurotransmitters.

Respiratory and Cardiovascular Support
Scientific studies have shown that forskolin has a relaxing effect on bronchial smooth muscle and may support healthy respiratory function. Also, forskolin is proven to be effective in stabilizing the cells that release histamine. Forskolin has been shown by scientific studies to support healthy cardiovascular function. This is through its ability to support smooth arterial muscle relaxation and healthy blood flow.

Benefits of Forskolin
Forskolin is known to stimulate the secretion of insulin and glucagon, both enzymes involved in sugar metabolism and the production of energy. Through stimulating the activity of ATP, it both stores and releases energy and uses the energy of ATP to perform a myriad of functions such as moving muscles, synthesizing compounds and transporting nutrients. Through balancing blood sugar levels already within a normal range, it may prevent insulin spikes, moderate inflammation and may reduce muscle cramps.

PhysiDynamics is a unique wellness system embraced by Planetary Herbs which integrates multiple worldwide herbal traditions with modern scientific research. PhysiDynamics combines specific botanical ingredients carefully selected to complement each other in order to provide superior herbal formulas which address intricate body systems in need of support. It is our commitment to healthy alternatives and trusting in the health promoting properties of the planet which enables Planetary Herbs to offer health minded consumers in the West the finest herbal supplements available.

Reference


Full Spectrum™ Forskohlii
Metabolic Activator and Healthy Weight Management

• Stimulates cyclic AMP
• Metabolic activator
• May support healthy weight management
• Supports healthy circulation and lung function

Coles Forskohlii has been known and used by practitioners of Ayurvedic herbalism for centuries. Its active ingredient forskolin (ForsLean®) acts mainly through direct stimulation of cyclic AMP (cyclic adenosine monophosphate) production. Scientific studies have shown that forskolin is a major metabolic activator and helpful when used as part of a healthy diet and exercise plan. Research shows that it also supports healthy sugar metabolism, endocrine, cardiovascular and respiratory function, stimulate digestion, maintains healthy eyes and soothes the nervous system. Planetary Herbs Full Spectrum™ Forskohlii is available in a convenient capsule which combines (ForsLean®) a standardized extract, with a whole root powder.

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Anna Trogisch. Clinical report on root extract of Coleus forskohlii (ForsLean®) in reducing fat. Anna Institute, Tokyo, Japan. Available at: forslean.com


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