



BE EXCELLENT

FICHA TECNICA

Drainer 500 ml GoldNutrition®

Reduce body volume and decrease fluid retention

FOOD SUPPLEMENT SUITABLE FOR:

- Draining and detoxifying effect
- Reduction of body volume
- Decrease fluid retention



Presentation: Bottle with 500 m, Lemon flavour

Reference: GN61402

Drainer GoldNutrition® is a concentrated herbal formula that combines a set of plants with apple cider vinegar, designed for womens most common problems, such as fluid retention, difficulty in losing volume and body weight. Its formula combines Green Tea, Dandelion, Grape Seed, Fennel, Horsetail, Guarana and Apple Cider Vinegar, known for their stimulating properties of the lymphatic and urinary systems, and the correct elimination of liquids from the body, in addition to having detoxifying and purifying properties.

Drainer GoldNutrition® is suitable for all situations where you want to reduce body volume and abdominal swelling, detoxify the body and achieve the desired silhouette.



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COMPOSITION

Composition	Per Dose (20 ml)
Apple vinegar	250 mg
Green Tea dry extract	200 mg
EGCG	80 mg
Dandelion hydrophilic extract	200 mg
grape seed hydrophilic extract	200 mg
Horsetail hydrophilic extract	100 mg
Guarana dry extract	100 mg
Caffeine	22 ,g
Fennel hydrophilic extract	50 mg

Ingredients: water, bulking agent (sorbitol), apple vinegar [1,25%], green tea dry extract (*Camellia sinensis*, leaf, 70% catechins, 40% EGCG) [1%], dandelion hydrophilic extract (*Taraxacum officinale*, root) [1%], grape hydrophilic extract (*Vitis vinífera*, seed) [1%], horsetail hydrophilic extract (*Equisetum arvense*, plant) [0,5%], Guarana dry extract (*Paulinia cupana*, seeds, 22% caffeine) [0,5%], fennel hydrophilic extract (*Foeniculum vulgare*, seeds) [0,25%], flavouring, preservatives (E202, E211), acidity regulator (E330), sweetener (E955).

HOW TO TAKE:

Take 1 serving per day (20 ml). The intake of this product must be accompanied by the intake of 1.5 l of water per day. It can be taken for consecutive periods of up to 12 weeks, with breaks of at least 3 weeks before resuming.

WHY?

Fluid retention and abdominal bloating are uncomfortable features that mainly affect people with jobs that require long hours of standing or sitting, as well as those with hypersensitivities and/or food intolerances. This restriction of movement can result in insufficient blood and lymph flow. Hormonal reasons and also the use of tighter clothes make women more susceptible to this condition. The correct ingestion and elimination of liquids makes it possible to avoid or reduce these situations, allowing the maintenance of the desired body volume.

WARNINGS:

During pregnancy it should be recommended by a health professional.

AVOID:

- Unbalanced diet.
- Water intake of less than 1.5 l per day.



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GOES WELL WITH:

- **Thermogenic GoldNutrition®** - to boost metabolism
- **Slim Shake GoldNutrition®** or **Slim Body Shake GoldNutrition®** - protein shakes to strengthen muscle mass and accelerate metabolism

INGREDIENTS DESCRIPTION

Green tea

The *Camellia Sinensis* plant is constantly associated with health benefits, being used for weight loss. Green tea is a thermogenic plant per excellence, as it accelerates metabolism in our body, allowing it to burn more fat both at rest and during physical activity. It also stimulates the central nervous system, which allows for more energy¹. It consists of polyphenols, strong antioxidants, which prevent premature skin aging, lower cholesterol and strengthen the immune system².

Dandelion

Dandelion or *Taraxacum* has been used as a diuretic for over 200 years in both Traditional Chinese Medicine and Ayurvedic Medicine. This plant is part of the plants with diuretic action approved by Commission E. A pilot study carried out in humans showed that consumption of dandelion causes a significant increase in urinary frequency and volume.³.

Grape Seed Extract

In 2003, the FDA granted grape seed extract safety recognition. Grape seed procyanidins inhibit lipid peroxidation and have also been shown to improve leg swelling in women with occupations that require long hours of sitting.⁴.

Fennel

Fennel extract is a natural draining agent commonly recommended as an aid to weight loss regimens, in the treatment of fluid retention and the feeling of swollen legs. Used in draining supplements, due to its ability to stimulate urine production, with a consequent increase in the elimination of excess liquids and organic waste⁵.

Horsetail

Horsetail is a perennial herb native to the Northern Hemisphere. This one belongs to a very primitive family of plants⁷. It has a great ability to promote the elimination of water from the body. It is estimated that it promotes about 30% more urinary capacity than usual. This property is due to the action of several components, of which equisetin and potassium stand out^{6,7}.

Guarana

A native shrub from the South American region, rich in theophylline, theobromine, compounds with a stimulating action on the nervous system. It also has positive effects on lipid metabolism⁸, body weight loss⁹ and increases basal energy expenditure¹⁰. For this reason, Guarana is recommended in weight control programs.



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Apple vinegar

It is rich in minerals, vitamins, bioflavonoids, pectin and acetic acid. It has a high potassium content, resulting in a balance between sodium and potassium, inhibiting appetite and fluid retention. Acetic acid (ACOH), the main component of vinegar, can help suppress the accumulation of body fat, helping to balance blood sugar levels, lowering the glycemic index of meals. It can help fight candida, which causes a craving for carbohydrates and sugar, which contributes to weight gain. Detoxifying and antimicrobial¹¹.

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