

Comprehensive Understanding of How Inara Works and Its Benefits

Inara is a scientifically formulated fast-melt GLP-1/AMPK powder designed to support weight management and metabolic health. Its carefully selected active ingredients deliver a wide range of benefits, both through GLP-1 stimulation and broader health improvements. Here's an in-depth look at the key ingredients and how they contribute to overall wellness.

Key Ingredients and Mechanisms of Action

1. InnoSlim

InnoSlim is a proprietary blend of **Panax Notoginseng** and **Astragalus Membranaceus**, two herbs with a long history of use in traditional medicine for promoting weight management and metabolic health.

Panax Notoginseng

Panax Notoginseng contains active compounds such as **ginsenosides** and other **saponins**, which influence the gut-brain axis and regulate GLP-1 secretion. Key mechanisms include:

- **Activation of the AMPK Pathway:** Ginsenosides activate AMPK, a regulator of cellular energy, leading to enhanced GLP-1 secretion.
- **Improved Insulin Sensitivity:** The herb reduces blood glucose levels and enhances insulin sensitivity, indirectly boosting GLP-1 release.
- **Reduction of Oxidative Stress and Inflammation:** Its antioxidant and anti-inflammatory properties protect gut cells, optimising GLP-1 production.
- **Additional Benefits:**
 - **Cardiovascular Health:** Supports healthy blood pressure and circulation.
 - **Enhanced Cognitive Function:** Promotes mental clarity and memory.
 - **Immune Support:** Strengthens the body's defence mechanisms.

Astragalus Membranaceus

Astragalus contains **flavonoids**, **saponins** (e.g., astragalosides), and **polysaccharides**, which contribute to GLP-1 stimulation via:

- **Activation of the PI3K/Akt Pathway:** This pathway enhances insulin signalling and glucose metabolism, promoting GLP-1 secretion.
- **Regulation of Gut Hormones:** Astragalus modulates hormones like GLP-1 to improve glucose homeostasis.
- **Improved Insulin Sensitivity:** Enhances glucose metabolism and hormone function.
- **Additional Benefits:**
 - **Immune Boost:** Increases white blood cell production for better immunity.
 - **Anti-Ageing:** Antioxidants combat oxidative stress for cellular longevity.
 - **Kidney Health:** Reduces inflammation in renal tissues.

- **Stress Adaptation:** Functions as an adaptogen to enhance resilience to stress.
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2. Green Tea Extract

Green tea, rich in **epigallocatechin gallate (EGCG)** and polyphenols, supports weight management and offers broader health benefits.

- **GLP-1 Stimulation:**
 - **Gut Hormonal Secretion:** EGCG enhances GLP-1 release through direct interaction with intestinal cells and modulation of gut microbiota.
 - **Improved Insulin Sensitivity:** AMPK activation from green tea improves insulin sensitivity and amplifies GLP-1 effects.
 - **Inflammation Reduction:** Mitigates systemic inflammation for better hormonal function.
 - **Activation of GPCRs:** EGCG activates receptors like GPR40, boosting GLP-1 secretion.
 - **Additional Benefits:**
 - **Antioxidant Protection:** Catechins reduce oxidative damage, lowering the risk of chronic diseases.
 - **Heart Health:** Improves cholesterol levels and reduces blood pressure.
 - **Brain Health:** Protects neurons, reducing the risk of neurodegenerative conditions.
 - **Energy and Focus:** Combines caffeine and L-theanine for sustained energy without jitters.
 - **Skin Health:** Anti-inflammatory properties promote clear, glowing skin.
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3. Choline

Choline is essential for fat metabolism and plays a significant role in regulating overall body composition.

- **Fat Metabolism:**
 - **Fat Export from the Liver:** Supports the synthesis of VLDL to prevent fat accumulation.
 - **Fatty Acid Breakdown:** Facilitates the transport of fats for energy use.
 - **Mitochondrial Function:** Maintains healthy mitochondria for efficient fat oxidation.
- **Hormonal and Cognitive Benefits:**
 - **Leptin Sensitivity:** Improves appetite regulation and fat burning.
 - **Neurotransmitter Production:** Supports acetylcholine synthesis for better cognitive function.
- **Additional Benefits:**
 - **Liver Health:** Reduces the risk of fatty liver disease.
 - **Muscle Function:** Aids in nerve signalling and repair.

- **Pregnancy Support:** Critical for fetal brain development and reducing neural tube defects.
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Synergistic Benefits of Inara's Ingredients

The combined action of Panax Notoginseng, Astragalus Membranaceus, Green Tea, and Choline offers a comprehensive approach to health:

- **Weight Management:** Supports appetite suppression, fat metabolism, and GLP-1 secretion.
 - **Energy and Vitality:** Enhances mitochondrial function for sustained energy.
 - **Cardiovascular Health:** Improves cholesterol, blood pressure, and overall heart function.
 - **Immune Defence:** Strengthens the immune system and reduces inflammation.
 - **Brain and Mood Support:** Boosts cognitive performance, reduces stress, and enhances focus.
 - **Gut Health:** Promotes a balanced microbiome and better nutrient absorption.
 - **Anti-Ageing and Longevity:** Combats oxidative stress for cellular health and vitality.
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Conclusion

Inara is more than just a weight management product—it's a holistic solution for enhanced health and wellness. With its cutting-edge formulation targeting GLP-1 secretion, insulin sensitivity, and fat metabolism, Inara also provides a host of additional benefits, including immune support, brain health, and improved energy levels. By offering both immediate and long-term health advantages.

Ingredient Breakdown

Nutritional Information	Per 100g	Per 7g serving
Energy (Kj)	888	62
Energy (kcal)	212	15
Fat (g)	0.0	0.0
Of which saturates (g)	0.0	0.0
Carbohydrates (g)	90.0	6.3
Of which sugars (g)	0.6	0.0
Protein (g)	0.4	0.0
Salt (g)	0.06	0.00
Fibre (g)	0.9	0.1


Active Ingredients per 7g serve	
InnoSlim® (mg)	250
Choline (mg)	200
Green Tea Extract (mg)	250

Raspberry & Sour Cherry Flavoured Powder Shot for Weight Management.

Ingredients:
 Maltitol Powder, Acid (Citric Acid), Natural Flavours, Green Tea Extract, InnoSlim® (Astragalus Membramaceus Root, Panax Noto Ginseng Root Extract), Choline, Sweetener (Sucralose).

For allergens, see ingredients in bold.
 Suitable for Coeliacs, Vegans and Vegetarians.

Innoslim is a registered trademark of NuLivScience.



Innara[®]
Reach Your Inner Goal

Phase 2 Upgrades

We have a v2 planned for launch in February 2025, this will:

- Remove the Sucralose and replace with Stevia Root
- Reduce the upfront bitterness
- Upgrade the sachets to be suitable for home recycling
- Upgrade the outer packaging to be suitable for home recycling

These modifications will deliver an all natural and fully sustainable brand.