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(72) **Inventeurs/Inventors:**
SHIRAZI, SHAWN, CA;
AKRONG, JAMES, CA;
APONG, PHIL, CA;
BASHIR, RAZA, CA;
WISSENT, CRAIG, CA

(73) **Propriétaire/Owner:**
NORTHERN INNOVATIONS HOLDING CORP., CA

(74) **Agent:** TORYS LLP

(54) **Titre : FORMULATION POUR PERTE DE POIDS**

(54) **Title: WEIGHT LOSS FORMULATION**

(57) **Abrégé/Abstract:**

A weight loss product comprises a mixture of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora* (in the weight proportion 12:10:5:4), to which additional ingredients have been added to increase weight loss efficacy. The additional ingredients may include, but are not limited to, Gamma-oryzanol, Caffeine, Cirsimarin, Fucoxanthin, Guggulsterones, Evodiamine, Forskolin, Sclareolide, Chromium, Hydroxycitric acid, Pinolenic acid, Conjugated linoleic acid, Potato protein, Raspberry ketone, Capsaicin, Synephrine, Dehydroepiandrosterone, Phenylethylamine, Orlistat, Glucomannan, or Vitamin C, or sources thereof, as well as herbal ingredients such as Guarana, Yerba Mate, Damiana, Green tea, Green coffee bean, Cinnamon, White kidney bean, Garcinia Cambogia, Nopal Cactus, Hoodia, Yohimbine, *Malpighia glabra*, *Eurycoma Longifolia*, *Caralluma Fimbriata*, *Citrus aurantium*, *Gymnema Sylvestre*, *Lyceum barbarum*, Aloe Vera, Cayenne, Pomegranate, Blueberry, Billberry, or extracts of such herbal ingredients, and plant sources of antioxidants. A preferred additional ingredient is caffeine provided by caffeine anhydrous, *Coffea Arabica*, *Coffea canephora*, *Camellia sinensis*, *Ilex paraguariensis*, Guarana, *Theobroma cacao*, and kola nut. Other additional ingredients may be used as well in accordance with specific disclosed formulations.

ABSTRACT OF THE DISCLOSURE

A weight loss product comprises a mixture of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora* (in the weight proportion 12:10:5:4), to which additional ingredients have been added to increase weight loss efficacy. The additional ingredients may include, but are not limited to, Gamma-oryzanol, Caffeine, Cirsimarin, Fucoxanthin, Guggulsterones, Evodiamine, Forskolin, Sclareolide, Chromium, Hydroxycitric acid, Pinolenic acid, Conjugated linoleic acid, Potato protein, Raspberry ketone, Capsaicin, Synephrine, Dehydroepiandrosterone, Phenylethylamine, Orlistat, Glucomannan, or Vitamin C, or sources thereof, as well as herbal ingredients such as Guarana, *Yerba Mate*, Damiana, Green tea, Green coffee bean, Cinnamon, White kidney bean, *Garcinia Cambogia*, Nopal Cactus, Hoodia, Yohimbine, *Malpighia glabra*, *Eurycoma Longifolia*, *Caralluma Fimbriata*, *Citrus aurantium*, *Gymnema Sylvestre*, *Lyceum barbarum*, *Aloe Vera*, Cayenne, Pomegranate, Blueberry, Billberry, or extracts of such herbal ingredients, and plant sources of antioxidants. A preferred additional ingredient is caffeine provided by caffeine anhydrous, *Coffea Arabica*, *Coffea canephora*, *Camellia sinensis*, *Ilex paraguariensis*, *Guarana*, *Theobroma cacao*, and kola nut. Other additional ingredients may be used as well in accordance with specific disclosed formulations.

WEIGHT LOSS FORMULATION

CROSS-REFERENCE TO RELATED APPLICATION

[0001]

BACKGROUND OF THE INVENTION

[0002] Field of the Invention

[0003] The present invention relates to a weight loss formulation, and more particularly, to a formulation comprising a known combination of herbal extracts to which is added further ingredients to enhance weight loss.

[0004] Description of Related Art

[0005] A product called Weighlevel™ marketed by Sprunk-Jansen A/S contains a mixture of the extracts of four plants that have been used in traditional folk medicine as a weight loss product. The four plants are Lady's Mantle (*Alchemilla vulgaris* L.), olive leaves (*Olea europaea* L.), cumin seed (*Cuminum cyminum* L.), and wild mint (*Mentha longiflora* L.). Reported studies have demonstrated the efficacy for weight loss of a daily regimen of three 310 mg tablets taken with meals, each tablet containing the following amounts of these plant extracts:

Alchemilla vulgaris – 60 mg

Olea europaea. – 50 mg

Cuminum cyminum – 25 mg

Mentha longiflora. – 20 mg

Said, O., et al., "Weight Loss in Animals and Humans Treated with 'Weighlevel,' a Combination of Four Medicinal Plants Used in Traditional Arabic and Islamic Medicine," *Evid Based Complement Alternate Med*, Vol. 5, pgs. 421-28 (2008); Said, O., et al., "A Double Blinded-Randomized Clinical Study with 'Weighlevel,' a Combination of Four Medicinal Plants Used in Traditional Arabic and Islamic Medicine," *The Open Complementary Medicine Jour.*, Vol. 2, pgs. 1-6 (2010). (The formulations in both studies also contained 7 mg of Vitamin C and 148 mg of tricalcium phosphate).

[0006] However, there appear to be no reports of enhancing the weight loss effects of the tested Weighlevel™ herbal formulation by incorporating other ingredients in combination with extracts of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora*.

SUMMARY OF THE INVENTION

[0007] It is an object of the present invention to provide various formulations of the above combination of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora*, with one or more additional ingredients to enhance weight loss.

[0008] It is a further object of the invention to provide methods of administering such formulations to enhance weight loss in individuals using them.

DETAILED DESCRIPTION OF PREFERRED EMBODIMENTS

[0009] The present invention includes numerous specific formulations that comprise *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora*, to which additional ingredients have been added to

increase the weight loss efficacy of previously known products such as Weighlevel™.

- [0010] It is believed that the use of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora*, particularly in combination with other ingredients such as those used in formulations according to the present invention, may further enhance weight loss in overweight but otherwise healthy individuals. That is, the studies reported in the Said et al. papers mentioned above included a large proportion of subjects on medications for ischemic heart disease, diabetes mellitus, and/or hypertension. Said et al. 2008 at page 7; Said et al. 2010 at page 3. It is possible that such medications interfere with the efficacy of such formulations in maximizing weight loss.
- [0011] In addition, there is evidence that a formulation including *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora* in combination with other ingredients according to the present invention will cause subjects to lose more weight over the same period than the Weighlevel™ product reported in the Said et al. papers. It is also believed that weight loss is even further enhanced in female subjects.
- [0012] Formulations according to embodiments of the invention comprise a mixture of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora*, to which additional ingredients have been added to increase weight loss efficacy. The additional ingredients may include, but are not limited to, Gamma-oryzanol, Caffeine, Cirsimarin, Fucoxanthin, Guggulsterones, Evodiamine, Forskolin, Sclareolide, Chromium, Hydroxycitric acid, Pinolenic acid, Conjugated linoleic acid, Potato protein,

Raspberry ketone, Capsaicin, Synephrine, Dehydroepiandrosterone, Phenylethylamine, Orlistat, Glucomannan, or Vitamin C, or sources thereof, as well as herbal ingredients such as Guarana, *Yerba Mate*, Damiana, Green tea, Green coffee bean, Cinnamon, White kidney bean, *Garcinia Cambogia*, Nopal Cactus, Hoodia, Yohimbine, *Malpighia glabra*, *Eurycoma Longifolia*, *Caralluma Fimbriata*, *Citrus aurantium*, *Gymnema Sylvestre*, *Lyceum barbarurn*, *Aloe Vera*, Cayenne, Pomegranate, Blueberry, Billberry, or extracts of such herbal ingredients, and plant sources of antioxidants. Other ingredients may be used as well in accordance with the specific embodiments disclosed hereinbelow.

- [0013] Preferably, one of the additional ingredients includes caffeine or a source thereof. Suitable sources of caffeine include caffeine anhydrous, *Coffea Arabica*, *Coffea canephora*, *Camellia sinensis*, *Ilex paraguariensis*, *Guarana*, *Theobroma cacao*, and kola nut.
- [0014] Other embodiments include specific formulations that comprise a mixture of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora*, with additional ingredients to enhance weight loss, and further comprising vitamins, minerals, amino acids, and other nutrients which are commonly known in the art.
- [0015] In all of the specific formulations of the invention described herein, the form specified (capsules, caplets, or tablets) were made by requesting a commercial supplier to manufacture the capsules, caplets, or tablets from the ingredients listed under each formulation using methods well known to those skilled in the art of medication and dietary supplement manufacture. That is, one skilled in such art will be able to make the capsules, caplets,

and tablets described below without further explanation. In all cases, the particular excipients are chosen by the supplier to provide the desired form. Formulations according to the invention may also be in the form of a powder to be mixed with water and consumed as a beverage. One or more flavoring agents may be added to the powder as desired.

[0016] Specific Embodiments

[0017] In all of the following formulations, the weight and weight percentage of in the tables is stated per the recommend serving size for each formulation. In all cases, the Lady's Mantle (*Alchemilla vulgaris*), olive leaves (*Olea europaea*), cumin seed (*Cuminum cyminum*), and wild mint (*Mentha longiflora*) are present in the same proportions to each other as set forth the two Said articles noted above. That is, the proportions of these four ingredients in all cases are:

Alchemilla vulgaris – 12 parts by weight

Olea europaea – 10 parts by weight

Cuminum cyminum – 5 parts by weight

Mentha longiflora – 4 parts by weight

[0018] Formulation No. 1

[0019] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	20.209323
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Vitamin C (ascorbic acid) – granular	0.007370	0.491560
Niacin Fine USP FCC (nicotinic acid)	0.004061	0.270858
Calcium D-pantothenate USP (vitamin B ₅)	0.002188	0.145934
Para-amino-benzoic acid	0.001000	0.066697
Vegetable oil phytosterols	0.001000	0.066697
Vitamin B ₆ – Pyridoxine HCl	0.000488	0.032548
Vitamin B ₂ – Riboflavin USP	0.000347	0.023144
Vitamin B ₁ – Thiamine HCl	0.000306	0.020409
Vitamin B ₁₂ – Cyanocobalamin 1% on dicalcium phosphate	0.000120	0.008004
Excipients		Remainder

[0020] This formulation was prepared in the form of powder capsules. The recommended serving size is two capsules. It is expected that users will take three servings per day.

[0021] Formulation No. 2

[0022] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	16.868269
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsement extract (as <i>Mentha longiflora</i>) – leaf		
Caffeine anhydrous USP	0.225000	12.525943
Ferrous gluconate dehydrate	0.017245	0.960044
Vitamin C (ascorbic acid) – granular	0.007143	0.397657
Folic acid – 10% trituration	0.003330	0.185384
Gamma-oryzanol	0.001000	0.055671
L-orthinine monohydrochloride	0.001000	0.055671

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
L-carnitine L-tartrate	0.001000	0.055671
Excipients		Remainder

[0023] This formulation was prepared in the form of liquid capsules. The recommended serving size is two capsules. It is expected that users will take three servings per day.

[0024] Formulation No. 3

[0025] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	17.740597
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		
Caffeine anhydrous USP	0.225000	13.173711
Sesame oil – RBDW	0.200000	11.709965
Calcium carbonate (heavy)	0.150000	8.782474
Ferrous gluconate dihydrate	0.017245	1.009692
Vitamin C (ascorbic acid) – granular	0.007143	0.418221
Folic acid – 10% trituration	0.002000	0.117100
L-glutamic acid HCl	0.001000	0.058550
L-alanine	0.001000	0.058550
L-isoleucine	0.001000	0.058550
L-serine	0.001000	0.058550
L-threonine	0.001000	0.058550
Coenzyme Q10	0.001000	0.058550
L-glutathione reduced	0.000005	0.000293
Excipients		Remainder

[0026] This formulation was prepared in the form of liquid capsules. The recommended serving size is two capsules. It is expected that users will take three servings per day.

[0027] Formulation No. 4

[0028] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	6.046005
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		
Caffeine anhydrous USP	0.180000	3.591686
Vitamin C (ascorbic acid) – granular	0.007143	0.142530
Carbonyl iron	0.006122	0.122157
Niacin Fine USP FCC (nicotinic acid)	0.004060	0.081012
Calcium D-pantothenate USP (vitamin B ₅)	0.002188	0.043659
Anise powder (<i>Pimpinella anisum</i>) – seed	0.001000	0.019954
Evening Primrose oil powder (<i>Oenothera biennis</i>) – seed	0.001000	0.019954
Inosine anhydrous	0.001000	0.019954
Ornithine alphaketoglutarate 1:1	0.001000	0.019954
Papain 12,000 USP units/mg	0.001000	0.019954
Papaya powder (<i>Carica papaya</i>) – fruit	0.001000	0.019954
Sweet fig powder (<i>Ficus opposita</i>) – fruit	0.001000	0.019954
Folic acid – 10% trituration	0.000800	0.015963
Vitamin B ₆ – Pyridoxine HCl	0.000488	0.009737
Vitamin B ₂ – Riboflavin USP	0.000347	0.006924
Vitamin B ₁ – Thiamine HCl	0.000306	0.006106
Vitamin B ₁₂ – Cyanocobalamin 1% on dicalcium phosphate	0.000120	0.002394
Excipients		Remainder

[0029] This formulation was prepared in the form of liquid capsules. The recommended serving size is three capsules. It is expected that users will take three servings per day.

[0030] Formulation No. 5

[0031] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Caffeine anhydrous USP	0.200000	9.708738
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.155000	7.524272
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		
Vitamin C (ascorbic acid) – granular	0.007000	0.357259
Bee propolis powder	0.001000	0.048488
Boldo (as <i>Peurmus boldus</i>) – leaf	0.001000	0.048488
Feverfew (as <i>Tanacetum parthenium</i>)	0.001000	0.048488
Vitamin B ₁ – Thiamine HCl	0.001300	0.063107
Vitamin B ₂ – Riboflavin USP	0.001600	0.077670
Calcium D-pantothenate USP (vitamin B ₅)	0.007000	0.339806
Vitamin B ₆ – Pyridoxine HCl	0.001800	0.087379
Folic acid – 10% trituration	0.000110	0.005340
Vitamin B ₁₂ – Cyanocobalamin 1% on dicalcium phosphate	0.000002	0.000090
Excipients		Remainder

[0032] This formulation was prepared in the form of caplets. The recommended serving size is two caplets. It is expected that users will take three servings per day.

[0033] Formulation No. 6

[0034] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	12.142498
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		
Caffeine anhydrous USP	0.180000	7.213365
Vitamin C (ascorbic acid) – granular	0.007368	0.295267
Goji extract (<i>Lyceum barbarum</i>) – fruit (std.)	0.000100	0.040074
Acerola extract (concentrate 4-5:1) (<i>Melipighia glabra</i>) – fruit	0.000100	0.040074
Blueberry powder (<i>Vaccinium corymbosum</i>) – fruit	0.000100	0.040074
Pomegranate powder (<i>Punica granatum</i>) – fruit and seed	0.000100	0.040074
Bilberry extract 4:1 (<i>Vaccinium myrtillus</i>) – fruit	0.000100	0.040074
Excipients		Remainder

[0035] This formulation was prepared in the form of tablets. The recommended serving size is two tablets. It is expected that users will take three servings per day.

[0036] In tests using this formulation 13 subjects (eight females and five males) took two tablets three times daily with water before meals, for the length of time indicated in the following table (weights are in pounds), with the tabulated results:

<u>Subject</u>	<u>Gender</u>	<u>Start Wgt.</u>	<u>End Wgt.</u>	<u>Duration</u>	<u>Weight Loss</u>
1	Female	145	122	8 wks., 5 days	23
2	Female	156.6	133.2	8 wks., 5 days	23.4
3	Male	223.4	198.6	9 wks.	24.8
4	Male	203.2	183.6	8 wks., 5 days	19.6
5	Female	124.4	110	8 wks., 5 days	14.4

<u>Subject</u>	<u>Gender</u>	<u>Start Wgt.</u>	<u>End Wgt.</u>	<u>Duration</u>	<u>Weight Loss</u>
6	Female	148.8	134.2	8 wks., 5 days	14.6
7	Male	189	171.2	8 wks., 5 days	17.8
8	Female	145	119.8	9 wks., 2 days	25.2
9	Female	143.8	127.2	8 wks., 5 days	16.6
10	Male	190.2	177	8 wks., 5 days	13.2
11	Male	209.4	195.6	8 wks., 6 days	13.8
12	Female	144.2	126.6	9 wks., 1 day	17.6
13	Female	140.6	123.2	8 wks., 5 days	17.4
Average Overall		166.4	147.8		18.6
Average Female		143.6	124.5		19.0
Average Male		203.0	185.2		17.8

[0037] The next table summarizes the average percentage weight loss achieved by Formulation No. 6 against results reported in Table 2 of the 2010 Said et al. paper for a comparable length of time, namely about two months (percentage weight loss = average weight loss ÷ average start weight).

	<u>Formulation No. 6</u>	<u>Said 2010</u>
Overall Average	11.2%	6.9%
Female Average	13.2%	7.5%
Male Average	8.8%	6.0%

[0038] The 2008 Said et al. paper reports an overall average percentage weight loss of 13.2% after three months, but the charts in Figure 5 indicate a lesser reduction in body mass index after two months than at three months. From those charts it appears that the body mass index of overweight people (Figure 5(A)) decreased from 28.5 to 26, or 8.7% ($2.5 \div 28.5$) after two months, while the body mass index of obese people (Figure 5(B))

decreased from 32.1 to 29, or 9.7% ($3.1 \div 32.1$). This study did not report separately for males and females.

[0039] Formulation No. 7

[0040] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Sesame oil	0.715000	16.798853
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	7.118954
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		
Caffeine anhydrous USP	0.225000	5.286352
Vitamin C (ascorbic acid) – granular	0.007143	0.167824
L-Leucine powder	0.001000	0.023495
L-Proline	0.001000	0.023495
L-Methionine	0.001000	0.023495
L-Tyrosine	0.001000	0.023495
Myristic acid	0.001000	0.023495
Trans-ferulic acid	0.001000	0.023495
Cayenne pepper powder (<i>Capsicum frutescens</i>) – fruit	0.000100	0.002349
Excipients		Remainder

[0041] This formulation was prepared in the form of liquid capsules. The recommended serving size is two capsules. It is expected that users will take three servings per day.

[0042] Formulation No. 8

[0043] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	11.480839
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		
Caffeine Anhydrous USP	0.180000	6.820300
Vitamin C (ascorbic acid) – granular	0.007370	0.279253
Niacin Fine USP FCC (nicotinic acid)	0.004061	0.153874
Calcium D-pantothenate USP (vitamin B ₅)	0.002188	0.082905
Para-amino-benzoic acid	0.001000	0.037891
Vegetable oil phytosterols	0.001000	0.037891
Vitamin B ₆ – Pyridoxine HCl	0.000488	0.018491
Vitamin B ₂ – Riboflavin USP	0.000347	0.013148
Vitamin B ₁ – Thiamine HCl	0.000306	0.011595
Vitamin B ₁₂ – Cyanocobalamin 1% on dicalcium phosphate	0.000120	0.004547
Excipients		Remainder

[0044] This formulation was prepared in the form of powder capsules. The recommended serving size is two capsules. It is expected that users will take three servings per day.

[0045] Formulation No. 9

[0046] A formulation was prepared with the following ingredients:

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Liquid Conjugated linoleic acid (CLA)	1.282051	70.867921
Lady's mantle extract (as <i>Alchemilla vulgaris</i>) – leaf	0.303000	16.748928
Olive extract (as <i>Olea europaea</i>) – leaf		
Cumin extract (as <i>Cuminum cyminum</i>) – seed		
Horsemint extract (as <i>Mentha longiflora</i>) – leaf		

<u>Ingredient</u>	<u>Amount (g)</u>	<u>% (wt.) of total</u>
Vitamin C (ascorbic acid) – granular	0.003500	0.193469
Excipients		Remainder

[0047] This formulation was prepared in the form of soft gelatin capsules. The recommended serving size is two capsules. It is expected that users will take three servings per day

[0048] Summary

[0049] Those skilled in the art will readily recognize that the principles underlying the present invention has application to a wide variety of compositions comprising a mixture of *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, and *Mentha longiflora* and additional ingredients to enhance weight loss.

[0050] In that connection, only selected preferred embodiments of the invention have been depicted and described, and it will be understood that various changes and modifications can be made other than those specifically mentioned above without departing from the spirit and scope of the invention, which is defined solely by the claims that follow.

WHAT IS CLAIMED IS:

1. A weight loss composition comprising *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, *Mentha longiflora*, caffeine anhydrous, Vitamin C, *Lyceum barbarum*, *Malpighia glabra*, Blueberry, *Punica granatum*, Bilberry, and one or more excipients.

2. The weight loss composition of claim 1, characterized by the following respective weight percentages:

	<u>% (wt.) of total</u>
(i) a mixture of <i>Alchemilla vulgaris</i> leaf, <i>Olea europaea</i> leaf, <i>Cuminum cyminum</i> seed, and <i>Mentha longiflora</i> leaf	12.142498
(ii) caffeine	7.213365
(iii) Vitamin C	0.295267
(iv) <i>Lyceum barbarum</i> – fruit	0.040074
(v) <i>Malpighia glabra</i> – fruit	0.040074
(vi) Blueberry powder – fruit	0.040074
(vii) <i>Punica granatum</i> – fruit and seed	0.040074
(viii) Bilberry – fruit	0.040074
(ix) One or more excipients Remainder.	

3. The weight loss composition of claim 1 characterized by the following amounts by weights:

	<u>Weight (g)</u>
(i) a mixture of <i>Alchemilla vulgaris</i> leaf, <i>Olea europaea</i> leaf,	0.303000

Cuminum cyminum seed, and *Mentha longiflora* leaf

(ii) caffeine	0.180000
(iii) Vitamin C	0.007368
(iv) <i>Lyceum barbarum</i> - fruit	0.000100
(v) <i>Malpighia glabra</i> – fruit	0.000100
(vi) Blueberry – fruit	0.000100
(vii) <i>Punica granatum</i> – fruit and seed	0.000100
(viii) Bilberry – fruit	0.000100.

4. The weight loss composition of any one of claims 1-3, wherein the composition is characterized by the following proportions:

Alchemilla vulgaris – 12 parts by weight;

Olea europaea – 10 parts by weight;

Cuminum cyminum – 5 parts by weight; and

Mentha longiflora – 4 parts by weight.

5. The use of a composition for enhancing weight loss in an individual, wherein the composition comprises *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, *Mentha longiflora*, caffeine anhydrous, Vitamin C, *Lyceum barbarum*, *Malpighia glabra*, Blueberry, *Punica granatum*, Bilberry, and one or more excipients.

6. The use of claim 5, wherein the composition is characterized by the following respective weight percentages:

	<u>% (wt.) of total</u>
(i) a mixture of <i>Alchemilla vulgaris</i> leaf, <i>Olea europaea</i> leaf,	12.142498

Cuminum cyminum seed, and *Mentha longiflora* leaf

(ii) caffeine	7.213365
(iii) Vitamin C	0.295267
(iv) <i>Lyceum barbarum</i> – fruit	0.040074
(v) <i>Malpighia glabra</i> – fruit	0.040074
(vi) Blueberry powder – fruit	0.040074
(vii) <i>Punica granatum</i> – fruit and seed	0.040074
(viii) Bilberry – fruit	0.040074
(ix) One or more excipients Remainder	0.000100.

7. The use of any one of claims 5-6, wherein the composition is characterized by the following proportions:

Alchemilla vulgaris – 12 parts by weight;

Olea europaea – 10 parts by weight;

Cuminum cyminum – 5 parts by weight; and

Mentha longiflora – 4 parts by weight.

8. The use of a composition in the manufacture of a medicament for enhancing weight loss in an individual, wherein the composition comprises *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum*, *Mentha longiflora*, caffeine anhydrous, Vitamin C, *Lyceum barbarum*, *Malpighia glabra*, Blueberry, *Punica granatum*, Bilberry, and one or more excipients.

9. The use of claim 8, wherein the composition is characterized by the following respective weight percentages:

	<u>% (wt.) of total</u>
(i) a mixture of <i>Alchemilla vulgaris</i> leaf, <i>Olea europaea</i> leaf, <i>Cuminum cyminum</i> seed, and <i>Mentha longiflora</i> leaf	12.142498
(ii) caffeine	7.213365
(iii) Vitamin C	0.295267
(iv) <i>Lyceum barbarum</i> – fruit	0.040074
(v) <i>Malpighia glabra</i> – fruit	0.040074
(vi) Blueberry powder – fruit	0.040074
(vii) <i>Punica granatum</i> – fruit and seed	0.040074
(viii) Bilberry – fruit	0.040074
(ix) One or more excipients Remainder	0.000100.

10. The use of any one of claims 8-9, wherein the composition is characterized by the following proportions:

Alchemilla vulgaris – 12 parts by weight;

Olea europaea – 10 parts by weight;

Cuminum cyminum – 5 parts by weight; and

Mentha longiflora – 4 parts by weight.