

WM-2000™

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RELATED TERMS

- Bladderwrack, brindall berry, CLA, *Eleutherococcus senticosus*, Flavo-Magic®, Formula S/B®, Formula S/E®, Forte®, garcinia, *Garcinia cambogia*, ginger, Gluco-Shield®, gymnema, *Gymnema sylvestre*, H&Ms Chocoberry Chews®, Herbal Magic®, kelp, L-Glutabolic®, Lean Extreme®, *Lessonia nigrescens*, Maintenance-Optimizer®, PB-5®, Platinum 2000®, Relaxatrim®, Siberian ginseng, VHP®, WM-4000 Ultra®, *Zingiber officinale*.

BACKGROUND

- WM-2000™, manufactured by Herbal Magic®, is an herbal dietary supplement that consists of Siberian ginseng (*Eleutherococcus senticosus*), brindall berry (*Garcinia cambogia*), ginger root (*Zingiber officinale*), gymnema (*Gymnema sylvestre*), and kelp (*Lessonia nigrescens*).
- According to manufacturer data, the herbs in WM-2000™ are combined to aid in weight loss and are intended to be used as a part of a complete weight-loss program. However, there is currently a lack of scientific data on the safety and effectiveness of WM-2000™.
- Some research is available on the individual ingredients in WM-2000™.

THEORY/EVIDENCE

- General:** According to manufacturer data, the herbs in WM-2000™ are combined to aid in weight loss. Although there is currently a lack of scientific data on the safety and effectiveness of WM-2000™, some research is available on the individual ingredients.
- Siberian ginseng:** Siberian ginseng (*Eleutherococcus senticosus*) is a small, woody shrub in the Araliaceae family that is native to northeastern Asia. It is unrelated to true ginseng (*Panax ginseng*); however, the name "Siberian ginseng" became popular based on potential properties that are similar to *Panax ginseng*.
- Siberian ginseng has been traditionally used in Asia for a wide variety of conditions. It has been suggested as a potential adaptogen and exercise performance enhancer, but evidence of effectiveness is insufficient. Additional research is also needed to determine whether it is beneficial for cancer, chronic fatigue syndrome, familial Mediterranean fever, genital herpes hypotension (neurocirculatory), immune disorders, menopause, pneumonia, quality of life, and respiratory tract infections.
- Brindall berry:** Brindall berry, also called garcinia, is a purple fruit that is native to India and Southeast Asia. It contains high levels of hydroxycitric acid (HCA), which is used as a weight-loss aid. An extract of (-)-hydroxycitric acid (HCA-SX) in combination with niacin-bound chromium and *Gymnema sylvestre* extract has been reported to reduce appetite, inhibit fat synthesis, and decrease body weight without stimulating the central nervous system. However, overall, the available evidence is inconclusive.
- Ginger:** Ginger (*Zingiber officinale*) has been used extensively in Chinese, Japanese, and Indian medicine since the 1500s. The oleoresin of ginger is often contained in digestive, antitussive, antifatulent, laxative, and antacid formulations.
- Ginger has been shown to reduce the severity and duration of nausea/emesis during pregnancy and may have beneficial effects on other types of nausea, such as chemotherapy-induced nausea, postoperative nausea, or motion sickness.
- Ginger has also been suggested as a possible weight loss aid; however, definitive supportive evidence for this use is currently lacking. Based on early study, spiced foods or herbal drinks, such as those that contain ginger, may have the potential to produce significant neurologic and metabolic effects, such as

an increase in satiety and breakdown of fats. In one clinical trial, an herbal combination product containing ginger was found to be ineffective for weight loss in healthy adults. However, because ginger was combined with other herbs, the effects cannot be attributed to ginger alone. Additional studies are needed.

- There is also unclear or conflicting scientific evidence on its effectiveness for bleeding disorders, migraine, arthritis, labor and urinary disorders after a stroke.
- **Gymnema:** *Gymnema sylvestre* has been used for more than 2,000 years in India. It has been shown to lower serum glucose levels following chronic use but may not have significant acute effects. Preliminary human research reports that gymnema may be beneficial in patients with type 1 or type 2 diabetes when taken with oral diabetes medications or insulin. It may also help lower cholesterol and triglyceride levels in patients with type 2 diabetes.
- Limited research suggests that *Gymnema sylvestre* extract (GSE) may be effective for weight loss when used in combination with other products such as (-)-hydroxycitric acid (HCA-SX). However, additional high-quality trials using gymnema alone are needed to confirm early study results.
- **Kelp:** Kelp are various types of seaweed that are consumed as food in different forms. As an herbal medicine, kelp has been used for cough, asthma, hemorrhoid, boils, goiters, stomach ailments, and urinary diseases, as well as for reducing the incidence of tumors, ulcers, and headaches.
- Kelp has traditionally been used to treat disorders of the thyroid gland and is included as a component of various weight-loss formulas. Theoretically, the thyroid-stimulatory properties of kelp may cause weight loss. However, its effectiveness and safety for this use have not been adequately studied in humans. There is currently a lack of available high-quality trials of kelp for any indication.
- Kelp has also been shown to possess blood sugar-lowering and blood-thinning properties.

SAFETY

- **General:** Patients with known allergies or hypersensitivities to ingredients in WM-2000™ should avoid using WM-2000™. Children or pregnant or lactating women should also avoid using WM-2000™ due to a lack of safety information for this product.
- **Siberian ginseng:** Siberian ginseng may be unsafe when used for longer than two months without a two- to three-week break, based on anecdotal reports. Siberian ginseng should be used cautiously in patients with blood pressure disorders, bleeding disorders, or in those using blood-thinning agents or drugs that prevent blood clots. It should also be used cautiously in patients with diabetes and those using antidiabetic agents; in patients with autoimmune or psychiatric disorders, impaired gastrointestinal function; or in patients taking digoxin, CNS depressants, steroids, or photosensitizing agents. Alcohol or other sedatives should not be used with Siberian ginseng because it may increase drowsiness.
- **Brindall berry:** Brindall berry should be used cautiously in patients with diabetes mellitus or in those taking oral blood sugar-lowering agents. It should also be used cautiously in patients with histories of Alzheimer's dementia, rhabdomyolysis (a condition involving muscle breakdown), or in those taking statins (such as lovastatin or simvastatin).
- **Ginger:** The U.S. Food and Drug Administration (FDA) lists ginger on its Generally Recognized as Safe (GRAS) list, which indicates that it has not been associated with significant side effects when taken in low doses, such as those found in foods. The most commonly reported side effects involve the stomach and intestines. Irritation or bad taste in the mouth, as well as heartburn, belching, bloating, gas, and nausea have been reported, especially with powdered forms of ginger. Individuals who have had ulcers, inflammatory bowel disease, gallstones, or blocked intestines should use ginger supplements cautiously and avoid large amounts of freshly cut ginger. Ginger should also be used cautiously in patients with bleeding disorders, in patients using blood-thinning agents, in patients undergoing surgery, or in patients taking antacids, sucralfate, or anti-reflux medications. Large doses of ginger may increase the effects of medications that slow thinking or cause drowsiness. It may also interfere with medications that change the contraction of the heart (including beta-blockers and digoxin), vasodilators, agents that lower blood sugar levels, or agents that are taken for nausea/vomiting, arthritis, blood disorders, high cholesterol, high/low blood pressure, allergies (antihistamines), cancer, inflammation, or weight loss.
- **Gymnema:** Gymnema should be used cautiously in patients with diabetes or low blood sugar and in those taking drugs, herbs, or supplements that affect blood sugar levels. It has been reported to alter taste sensation. Gymnema may also lower blood cholesterol levels.

- **Kelp:** Kelp may have high levels of iodine that may cause abnormal thyroid conditions, changes in blood levels of thyroid hormones, or interference with drugs that act on the thyroid. Iodine may also cause a brassy taste, increased salivation, stomach irritation, and acne-type skin lesions. Caution is advised in patients with diabetes or hypoglycemia and in those taking drugs, herbs, or supplements that affect blood sugar levels. Caution is also advised in patients with bleeding disorders or in those taking agents that may increase the risk of bleeding. Kelp may contain vitamins and minerals (such as calcium, magnesium, potassium, and sodium) and may increase blood levels of these constituents. It may also contain heavy metals.

AUTHOR INFORMATION

- This information has been edited and peer-reviewed by contributors to the Natural Standard Research Collaboration (www.naturalstandard.com).

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