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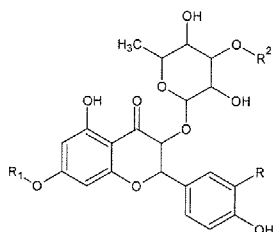
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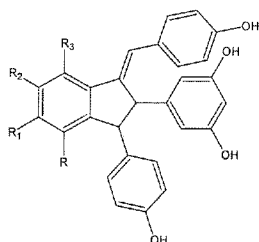
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(54) Title: METHODS AND RELATED COMPOSITIONS USING SPECIFIC FLAVONOIDS AND INDANES TO REDUCE
WEIGHT AND INHIBIT LIPASE. α -AMYLASE AND α -GLUCOSIDASE ACTIVITY IN MAMMALS**FIG. 1**Tested Flavonoids and Indanes

- 1: R = OH, R₁ = H, R₂ = H
 2: R = H, R₁ = H, R₂ = H
 3: R = OH, R₁ = CH₃, R₂ = H
 4: R = H, R₁ = CH₃, R₂ = H
 5: R = OH, R₁ = H, R₂ = COCH₃



- 6: R = OH, R₁ = H, R₂ = OH, R₃ = H
 7: R = H, R₁ = OH, R₂ = H, R₃ = OH

(57) Abstract: The present invention relates generally to methods and related compositions using flavonoids and/or indanes extracted from the stems and leaves of *C. quadrangularis* to reduce weight and inhibit lipase, α -amylase and α -glucosidase activity in mammals. By example and not by way of limitation, embodiments of the present disclosure, a composition and related methods for reducing body weight and/or inhibiting any combination of lipase, α -amylase and α -glucosidase is provided. The composition contains an effective amount of one or more flavonoids or indanes selected from 3-O-rhamnopyranosylkaempferol, 3-(4-hydroxybenzylidene)-2-(2,5-dihydroxyphenyl)-1-(4-hydroxyphenyl)indane-4,6-diol, quercitrin, rhamnitrin, rhamnocitrin, quercitrin-3-O"-acetate and parthenocissin A.



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