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Fat Burner with Appetite Suppressant Ingredient Summary

Listed below are the key ingredients in this product and a synopsis of what each ingredient is known for and how it helps build this quality product. This paper is designed to give a better understanding of the ingredients, their purpose and the goal we obtained in the Fat Burner with Appetite Suppressant.

1. Green Tea Extract (Std to 95% Polyphenol, 45% EGCG & 3% Caffeine)

Green tea as a dietary supplement include improving mental alertness, relieving digestive symptoms and headaches, and promoting weight loss. Green tea and its extracts, such as one of its components, EGCG, have been studied for their possible protective effects against heart disease and cancer.

2. Green Coffee Bean Extract (Std to 50% Chlorogenic Acid)

Green coffee beans are unroasted coffee beans. Green coffee bean extract is claimed to decrease fat accumulation and help convert blood sugar into energy that your cells can use.

3. Raspberry Ketone

Raspberry ketone, found in red raspberries, is claimed to be a "fat burner."

4. Olive Leaf Extract (Std to 20% Oleuropein)

Olive leaf extract comes from the leaves of an olive plant. It contains an active ingredient called oleuropein. Claims the polyphenol can help lower bad cholesterol and blood pressure, prevent cancer, protect against oxidative damage, and help guard against cognitive decline

5. Caffeine Anhydrous Powder

Caffeine is a stimulant that can make you more alert, give you a boost of energy, burn calories, and increase fat breakdown.

6. Bacopa Monnieri Extract (Std to 20% Bacopasides)

Bacopa monnieri is used for a wide variety of ailments and as a general brain tonic to enhance memory, learning concentration and anti-aging. Bacopa monnieri is gaining popularity due to recent studies examining its effect on the brain, cancer and its ability to keep stress at bay.

7. Garcinia Cambogia Extract (Std to 60% HCA)

Garcinia cambogia is a tree. Hydroxycitric acid in the fruit is claimed to decrease the number of new fat cells your body makes, suppress your appetite and thus reduce the amount of food you eat and limit the amount of weight you gain.

8. CLA Oil Powder

CLA has been beneficial in lowering body fat, with even greater improvement in those who combine exercise with regular dietary intake of CLA. Previous studies have shown CLA reduces body fat while preserving muscle tissue, and may also increase your metabolic rate. CLA cannot be manufactured in the human body.

9. L-Theanine

L-Theanine is partly responsible for the impact on mood. It appears to alter levels of various neurotransmitters, producing a calming effect helping counter the stimulating action of the caffeine in tea. At the same time, it works with the caffeine to pro-mote concentration on mental tasks.

10. Coleus Forskohlii Root Extract

Coleus forskohlii is a plant subtropical areas. Forskolol, made from the plant's roots, is claimed to help you lose weight by decreasing your appetite and increasing the breakdown of fat in your body.

11. Biopreine

BioPerine has been clinically tested with several nutrient groups and shown to significantly enhance the bioavailability of supplemented nutrients through increased absorption.