

Thermo Burn 60 tablets

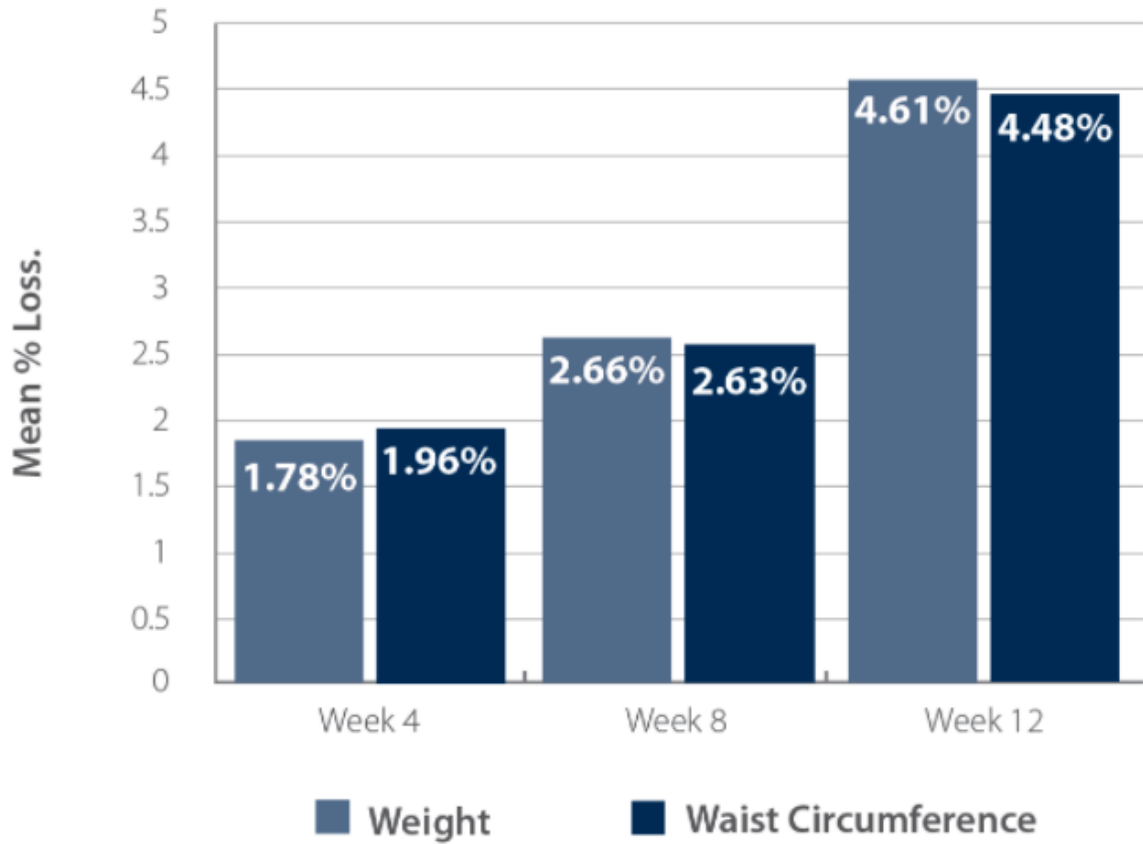
To Enhance Thermogenesis And Calorie Burning.

Quantity:

- 60 tablets (30 days' worth).

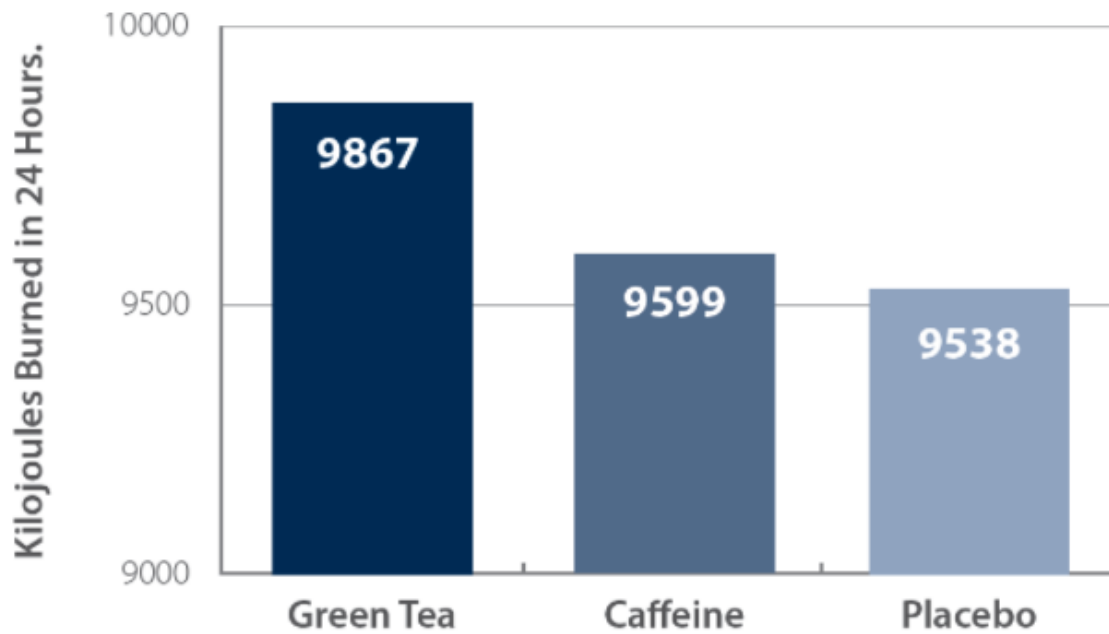
Benefits:

- Help to reduce body weight and promote abdominal fat loss.^{1,2}
- Assist in managing carbohydrate cravings.³
- Provides 270 mg of EGCG from green tea per day.
- A clinical trial has shown 270 mg of epigallocatechin gallate (EGCG) from green tea decreased body weight and waist circumference in 70 moderately obese patients. There was a significant mean body weight decrease by 4.61% and a decrease in mean waist circumference by 4.48% (Figure One). The mechanism by which green tea decreased body weight was via inhibition of lipases and the stimulation of thermogenesis. Green tea has been shown to significantly increase energy expenditure by a mean of 330 KJ (3.5%) demonstrated in a separate, double blind trial (Figure Two).



Chantre P, Lairon D. Recent findings of green tea extract AR25 (Exolise) and its activity for the treatment of obesity. *Phytomedicine* 2002; 9(1):3-8.

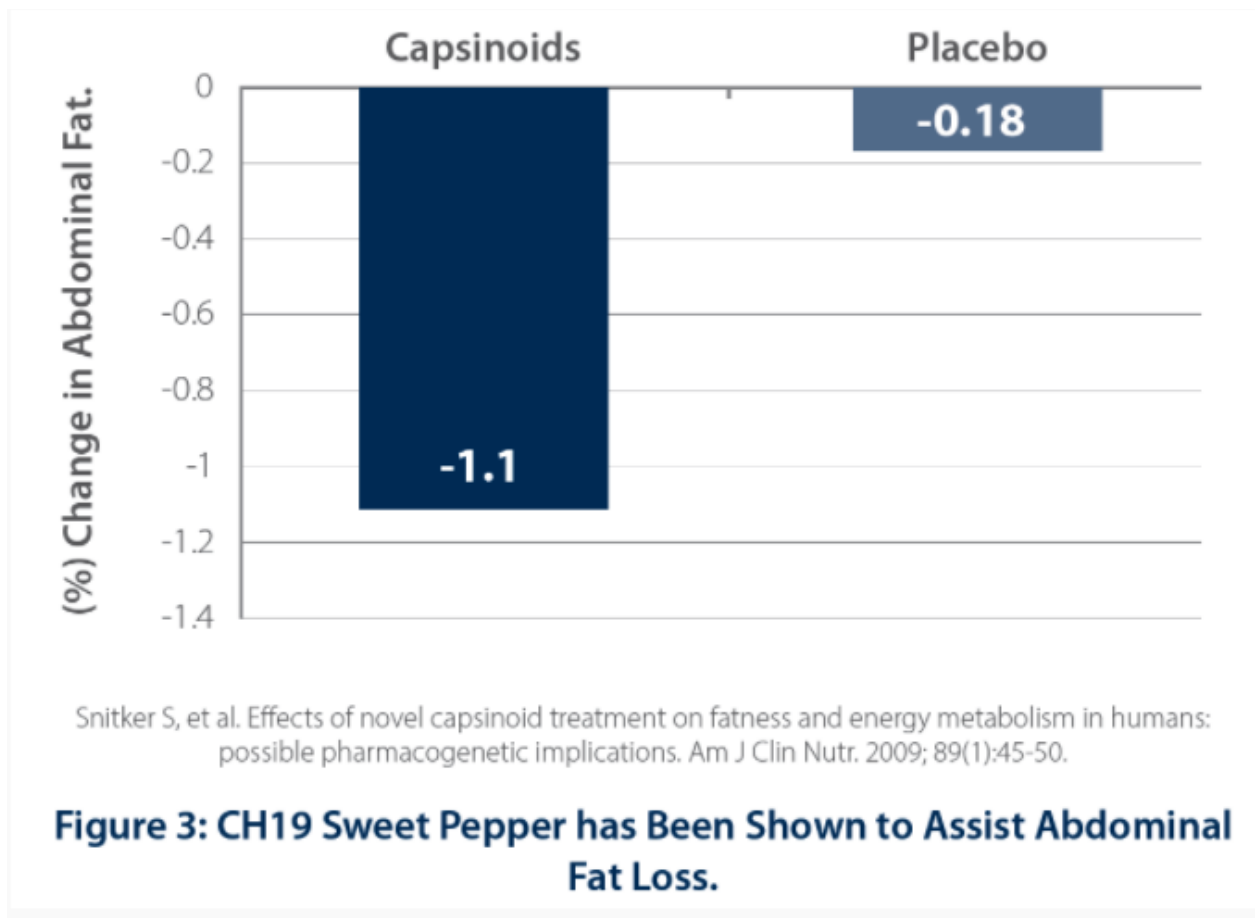
Figure 1: Green Tea has Been Shown to Reduce Body Weight and Waist Circumference.



Dulloo AG, et al. Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure and fat oxidation in humans. *Am J Clin Nutr.* 1999; 70(6):1040-5.

Figure 2: Green Tea Increases Total Energy Expenditure.

- Cocoa may support healthy eating patterns and assist in managing carbohydrate cravings. Cocoa contains components which may act on the homeostatic regulation of certain neurotransmitters which are involved in the regulation of appetite, hunger and mood. Methylxanthines contained in cocoa may also facilitate the synthesis and release of serotonin and inhibit its reuptake, thereby enhancing the activity of the serotonergic presynaptic neurons in the brain.
- Sweet pepper promoted a significant loss in abdominal fat demonstrated in a double blind, placebo-controlled, trial (Figure Three). CH19 sweet pepper may support weight loss by up regulating uncoupling proteins involved in energy expenditure, body weight maintenance, and thermoregulation.



Dosage:

- For adult use only.
- For thermogenesis:
 - Take 2 tablets daily with food.
- For appetite support:
 - Take 1 tablet, three times daily (with each main meal).

Warnings:

- Contains 47.1 mg total caffeine per tablet. A cup of instant coffee contains approximately 80 mg of caffeine. Caffeine intake of more than 200 mg per day is not recommended during pregnancy or breastfeeding. Limit the use of caffeine containing products (including tea and coffee) when taking this product. Caffeine interacts with the liver enzyme CYP1A2.
- Not all cautions and contraindications are listed. Consult me before taking it with other medicines, if we haven't discussed it already.

Price:

- \$50.70

Image:



Ingredients:

Each tablet contains:

Dry herbal extracts:

Camellia sinensis (Green tea), leaf	450 mg
Derived from dry leaf	11.3 g
Theobroma cacao (Cocoa), seed	140 mg
Derived from dry seed	630 mg
Capiscum annum (CH19 sweet pepper), fruit	35 mg
Derived from dry fruit	1.4 g

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives. Contains 47.1 mg total caffeine per tablet.

