

# Naturemedies Fat Burner Thermo Boost 90 capsules

HERBAL FAT BURNER, ENERGY SUPPORT AND WEIGHT LOSS SUPPLEMENT



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## Naturemedies Fat Burner Thermo Boost 90 capsules

### Usage:

Take 2 capsules, 2 or 3 times per day with water.

1 serving = 2 capsules.

**WARNING:** There is a risk of choking for people with swallowing difficulties and when ingested with inadequate fluid intake. Plenty of water should be consumed with this product to ensure it reaches the stomach.

Naturemedies Fat Burner Thermo Boost 90 capsules is a thermogenic fat metaboliser and herbal weight management supplement, which supports the body's natural fat burning processes, along with the feeling of fullness, energy levels, thyroid function, carbohydrate, lipid and fatty acid metabolism, stable blood sugar levels and other vital aspects of effective weight loss.

This food supplement has been formulated with a specialist combination of synergistic herbs and nutrients, in line with the latest in weight loss research and consumer demand and contains proven ingredients.

### # Approved EFSA health claims:

Glucosaminan contributes to weight loss in the context of an energy-restricted diet. This beneficial effect is obtained with a daily intake of 3g of glucosaminan in three doses of 1g each, together with 1-2 glasses of water, before meals.

Choline contributes to normal lipid metabolism.

Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Iodine contributes to normal energy-yielding metabolism, the normal production of thyroid hormones and normal thyroid function.

Chromium contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

Vitamin B6 contributes to the normal function of the immune system, the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

Ideal for use during any exercise or weight management programme, Naturemedies Fat Burner Thermo Boost 90 capsules is suitable for men and women and is recommended to be used in conjunction with a sensible exercise regime and balanced, calorie-controlled diet.

As such, for best results it should ideally be combined with our great-tasting and filling meal shakes / protein shakes. Also see Fibre & Full for a filling drink, high in dietary fibre.

**Vitamin B6:** Vitamin B6 contributes to the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

**Choline:** Choline is a water-soluble nutrient. It is usually grouped within the B-complex vitamins. Humans cannot produce choline, and therefore must source it through their diet. Choline contributes to normal lipid metabolism. Lipids are fat-like substances found in your blood and body tissues.

**Zinc:** Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

**Chromium picolinate:** Chromium contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

**Iodine:** Iodine contributes to normal energy-yielding metabolism, the normal production of thyroid hormones and normal thyroid function.

**Glucosaminan:** This formula includes glucosaminan (a form of soluble fibre derived from the konjac root). Glucosaminan contributes to weight loss in the context of an energy-restricted diet. This beneficial effect is obtained with a daily intake of 3g of glucosaminan in three doses of 1g each, together with 1-2 glasses of water, before meals. Glucosaminan also contributes to the maintenance of normal blood cholesterol levels. This beneficial effect is obtained with a daily intake of 4g of glucosaminan per day. Konjac fibre glucosaminan: has almost no calories, is naturally high in fibre, absorbs water in the stomach and in contact with water, expands and can absorb up to 50 times its weight.

**Green tea leaf (40% catechins, 95% polyphenols):** Discovered over 4,000 years ago, green tea has become the supplement of choice for those seeking control over their weight. The polyphenols in this leaf help to activate the body's thermogenic (fat burning) activities, promoting the use of calories as energy and thereby assisting fat-fighting efforts. We use green tea leaf extract in the Naturemedies Fat Burner Thermo Boost formula, which is even more effective. It is a source of catechin polyphenols - Epigallocatechin gallate (EGCG), in particular.

**Siberian ginseng:** This herb is considered to be an adaptogen - a substance that can help individuals to cope with physical and emotional stress. Ginseng is also widely used in eastern Asia to increase the ability to do physical work (i.e. it is used as a natural energiser). Helps to stabilise blood sugar and reduce cravings.

**African mango:** This "superfruit", indigenous to coastal west Africa, is an age-old Cameroonian bush remedy that has been used for its unique properties that help to shift fat and lower blood fat levels. The African mango, *Irvingia gabonensis*, is unlike other mangoes in that it produces an edible protein-rich seed. It can support healthy blood fat and glucose values, blood pressure and leptin levels. African mango can also delay stomach-emptying to help you stay fuller for longer.

**Citrus Bioflavonoids:** Citrus bioflavonoids are nutritious plant-derived polyphenolic compounds found in citrus fruits. Bioflavonoids were first discovered in 1936 by Nobel-prize winning scientist and vitamin C research pioneer Albert Szent-Gyorgi, who originally named the group of compounds "vitamin P". Since then, thousands of flavonoids have been identified and classified according to chemical structure. Like vitamin C, citrus bioflavonoids have strong antioxidant properties, and most of the health benefits attributed to bioflavonoids relate to their antioxidant activity. They are also used to help support the immune system, improve blood flow and ease swelling in the body.

**Capsicum:** This spice is also known as cayenne, hot pepper, red pepper and chilli pepper. Research studies have shown that people who took hot spicy foods (i.e. added a teaspoon of red-pepper sauce and a teaspoon of mustard to their meal) raised their metabolic rates by as much as 25% for a period of time. In other words, it induces thermogenesis, increases energy expenditure and calorie-burning. Studies also indicate that capsicum slows down the absorption of fat in the small intestine.

**Raspberry fruit (contains ketones):** Raspberries in general have long been known for their health-promoting benefits, but more specifically, raspberry ketones (a type of natural phenolic compound and the primary aroma compound of red raspberries) can help burn body fat by: increasing lipolysis (fat breakdown); helping to increase the rate at which calories are burned; and helping to increase fat loss as part of a balanced diet. It is also worth noting that raspberries have a molecular structure that is similar to the structure of capsaicin, a component of capsicum - see below -accounting for their powerful thermogenic properties.

**Caffeine anhydrous:** Anhydrous caffeine is simply dehydrated caffeine - a powdered version of caffeine. Anhydrous means "without water." It is a powerful natural stimulant found in many foods such as tea, coffee, cola and chocolate. Used to offset hunger, appetite, boost energy levels and mental clarity. Combined with the other ingredients in this formula, it has a metabolic stimulating and mild diuretic effect.

**L-Tyrosine:** This is an amino acid, as well as a precursor of several important neurotransmitters, including l-dopa, dopamine, norepinephrine, and epinephrine. These are important contributors to mood, cognitive performance as well as combating stress. L-tyrosine is also a precursor to the thyroid hormone, thyroxine (also known as T4) and supplementation may have a positive effect on thyroid hormone levels which help to contribute to an increased metabolic rate.

**Guarana:** This is a herb that grows in the Brazilian Amazon rainforest. It contains significant amounts of guaranine (the active constituent that is virtually identical to caffeine) and has thus been used for centuries by indigenous tribes to help reduce hunger, relieve fatigue and treat obesity. Guarana is a valuable aid for temporarily increasing energy levels. Its ability to "free" fatty acids (fat cells) into the bloodstream in order to be broken down and used up for energy makes it a natural choice for effective fat loss products. It also has a mild diuretic effect. We use an extract form of guarana, enhancing these beneficial actions.

**Piperine:** Piperine is the alkaloid responsible for the pungency of black pepper and long pepper. Piperine extract assists in losing weight as it increases thermogenic activity in the body. Thermogenesis is the way of developing cellular energy and this results in an increase in the metabolic rate of the body.

